

40th Anniversary Member Poll Results - Part 1

We will publish more responses to our [poll](#) in the December *Kiai!* Submit your answers by Nov. 1st.

Name	How did you find Thousand Waves?	What made you decide to become a member?	What makes (or made if you are a former training member) you keep coming back?	Other comments?
Abby Rodgers	Google search while looking for an active hobby to try out	At the trial class I felt welcomed and I liked the community.	Supportive community, feeling like I was making growth / progress, variety of class options and teachers	
Akinwande Oyebanjo	Without me knowing, my mother signed me up for a trial class when I was seven years old.	In regards to becoming a member, I never had a decision. I chose to remain a member when I was in high school. I earned my adult Shodan around that time and I looked forward to rendezvous with my friends who I trained with in teen class.	I have always appreciated Thousand Waves for incorporating the idea of spatial awareness and setting safe boundaries in their training. This dojo is unique because it allows people from different walks of life to be comfortable with who they are and better themselves through Seido Karate. I am grateful that I grew up in this community.	I look forward to visiting Thousand Waves the next time I'm in Chicago.
Ana Gore	Family	Because ballet was boring and I wanted to do what my big sister was doing	Community	
Barry Moltz	My son Ethan started there. He was getting picked on at school and we want to give him some added tools	To practice karate with my son	The community, the teachers	

Bradford Stevens	A fellow actor	I wanted to learn self defense and dive into the world of martial arts	The desire to continue learning and meeting new people	I love this dojo. Osu!!!
Chris Dyrek	In the phone book	I liked the headline which said "all woman black belt instructors."	Everyone was so friendly and very welcoming.	Once I walked through the doors I knew that I was here to stay.
Denise Zaccardi	My son Miles O'Hare was a karateka at Thousand Waves. Way back in 2001!	At the time I had life challenges and I wanted to find a way to become less stressed and I needed to exercise as well.	Exercise, learning to be non-violent and practicing self-defense. Thousand Waves has a very supportive community of karate teachers and fellow students.	
El Linzer	Recommended to me	I wanted to learn karate and this style and dojo seemed like a great fit.	The supportive environment, the dedication of teachers and senpai, the empowerment.	
Erickson Ocasio	Search of Karate Schools in Chicago	Before I moved to Chicago I trained in Karate in New York City and was looking to stay in Karate. I decided to visit a few Karate Dojos in Chicago and most did not focus on the same material that I was training in New York. I was finally introduced to Thousand Waves by Rusty as he drove by the dojo. I was at that point studying a new martial arts, but in speaking to the front desk staff at the time, I scheduled an introductory training and it was what I was looking for.	The training, the camaraderie, a place to release tension and focus on my mental health.	

Ian Zeitlin	Googling karate schools	During Gassho, SS Nancy framed karate as an art that, while individual, we can only do in community.	The people	
Iliyan and Jasmin Shariff	Our neighbor Jonah attended classes and highly recommended Thousand Waves	I want my kids to learn a martial art and the kind, inclusive community of the dojo was very important to us. Their children's program was amazing. My younger daughter watched her brother for 1.5 years during his classes and could not wait to be able to join. The day she turned 4, we signed her up for class!	<p>Iliyan earned his second degree black belt and Jasmin earned her first degree black belt. I attribute their self confidence and comfort in performing in front of others to their karate training, belt testing and tournament experiences. They learned to stand up for themselves and their friends.</p> <p>We love Thousand Waves as it was part of our lives for 10 years. The kids' rigorous academics and other extracurricular activities have taken priority, but Thousand Waves will always have a special place in our hearts.</p>	
Jeff Stone	Mario Cruz introduced me		The martial art itself & the community	
John Musial	Word of mouth through friends	We joined for my son Ben who has been practicing for 1 1/2 yr	We think the program is excellent for our son who is mildly autistic and has ADHD. The training helps him with executive function, discipline and physical activity	We especially appreciate the focus on skills, discipline and kindness rather than on aggression. Thousand Waves is a very warm community and

				we're glad to be a part of it.
Karen Cook	We were looking for a martial arts place not too far from our older child's after-school activities. I remembered this place from travelling through the neighborhood in the past, so thought we'd do a trial class.	Our kid loved his first class. We'd tried a number of other activities (sports, arts, drama), and he often sat on the side, refusing to participate. Something about karate clicked. The instructors' patience is key, but also their demand for trying spirit.	My kid loves the rewards by advancing ranks. I love the focus on respect and continual improvement. I can see him growing physically stronger and gaining skills, but also see him growing in his mental strength and resilience.	
Kassandra Peck	Harper Carter	Great values and works with our schedule	Values and schedule	
Kate Phillippo	Through Chimera, a women's self-defense organization.	I loved my first class!	My love of Seido, and of the TW community.	
Lily	Siblings	I watched both of my older brothers train growing up and decided that I wanted to try too.	The community and the way that training makes me feel.	
Lisa Nataneck	Through the Shirley Ryan ASK program	The ASK program was not running during the pandemic	The instructors, senpais and peers	
Mark Hubert	Friends recommendation	I wanted to train in Karate with my son, who was 5 at the time. I was drawn to the deep feminist/humanist environment. I had no interest in the testosterone drenched MMA mentality. I was looking for a hard style Karate, and once I learned of Seido's Bushido/Zen mind body approach, I was all in.	The art and the community.	

Marla Cohen	A friend told me about a karate program along with a women's spa at the Women's Gym	The welcoming energy of the women who were running the dojo during this time	All the components of the art and moving in a martial way. The class instruction is wonderful.	Training at Thousand Waves has helped me personally and professionally in more ways than I can mention!!
Martha Thompson	In 1991, I had been an IMPACT Chicago self-defense instructor for three years. At the recommendation of my friend Theo Pintzuk, I attended the 1991 National Women's Martial Arts (NWMAF) Special Training in Chicago which was open to self-defense instructors whether or not they were a martial artist. Other than one summer class in karate I had taken at Kent State University 21 years earlier, I had no martial arts experience. I was so impressed with the quality of the conference and its brilliant organization that I decided I was going to sign up for whatever martial art the organizers taught. Turned out the organizers were Nancy Lanoue and Sarah Ludden and I joined Thousand Waves.	I was inspired to join Thousand Waves by my positive experiences at the 1991 NWMAF Special Training organized by Nancy Lanoue and Sarah Ludden. In my prior martial arts experience, I was one of two women. Although I greatly enjoyed the physical training, I did not feel welcome or supported. I was excited about Thousand Waves because of women's leadership and women at every rank.	I continued in my training because of the quality of the training, the supportive community, and the commitment to feminist and social justice values.	
Mary Nolan	From Shihan Tom Tanaka and Kyoshi Tina Carter at the Seattle Seido Branch.	I moved back home to Chicago and was excited to train with Shuseki Shihan Nancy and Sei Shihan Sarah - they came highly	I love Kaicho's meditations on leaving your "outside" identity at the door when you train. It allowed me to just be a karate	Though I am no longer able to train at Thousand Waves, I know I

		<p>recommended. My original (Sensei when I met her) Tina Carter had trained with Shuseki Shihan Nancy in New York.</p>	<p>student - without all of the baggage of the rest of life. Thousand Waves does that, but then gave me ways to take my training into the world to live a better life. I am a peacemaker, an interrupter, a defender, and a warrior - depending on the context.</p>	<p>have a community that I could call on if needed. I see the work that continues to happen to make the world a better place - in the dojo, in the community, and in the world at large. I miss my training deeply, but I find peace and joy knowing I am forever changed as a human from my time with the people of Thousand Waves. I love being an alumni and being included in the ongoing mission of TW.</p>
<p>Michele Curley</p>	<p>I needed to strengthen my core to prevent running injuries. I met Kate Webster and she suggested I join TW for the wonderful fitness and yoga classes that were offered in 2008.</p>	<p>In 2008 it was possible to join TW as a fitness and yoga student. There were three of us who were not karate training members. As I got to know people, they would say to me, "When are you going to start karate classes?" I thought about it and decided I would do so</p>	<p>The quality of the teaching, the TW community, and the promotion and teaching of Seido Karate, Empowerment Self-Defense, violence prevention, and ways to improve the world through social justice and civil rights for all.</p>	<p>Osu!</p>

		after the 2009 Boston Marathon that I was training for. And the rest is history!		
Nohra Murad	A Google search for martial arts near me	How welcoming and non-judgmental everyone was! I really enjoyed how much and how gently I was walked through the etiquette and structure of the dojo during the trial class.	The Thousand Waves community has created an atmosphere of welcome and non-judgment that is also able to push me out of my comfort zone and keep challenging myself even when I'm failing — what Shuseki Shihan Nancy calls the “window of tolerance.” I keep coming because I want to progress in my training, but I also come to practice because I am simply coming to practice.	
Peggy Scanlan	Google Search	Originally I searched for a dojo for my oldest daughter. Once I felt I had some bandwidth for my own stuff, and knew I loved the teaching style, I also signed up as a member.	Good teachers, strong community, inclusivity, positive energy in the dojo	
Penelope Kumar	My mom	My mom had done karate here before I was born and loved it, so she registered me for camp Kokoro when I was 6. I've done camp every year since, and started training to see my friends more often and be with them in the camp classes.	The community	
Rebecca Bishop	I used to work in the theatre buildings across the street.	I wanted to start Martial arts. I knew Emily McConnell was	Great community. Low pressure but highly rewarding classes.	

		already a member, and decided to try here first.		
Sarah Pierce	Participating in a friends younger birthday party at Thousand Waves	Opportunity to learn karate with peers	Thousand Waves community experience and great instructors.	Thank you. Excited for Thousand Waves future!
Scott Rencher	TW was local to my neighborhood and we were looking for a place for my son to learn karate.	I had trained in a previous martial art but found the pedagogy and community/environment for my son was incredible.	The people in the room. From great teachers to a community that is more than "people I train with".	
SRIVIJAYA GORTHI	We are living near Lakeview and we saw Thousand Waves	Because at first I thought karate was fun but now I am loving it and increasing my confidence		I'm happy to learn new things and feel variety in life with self defense.