

spirit challenge fundraiser 2024

RISE TO THE CHALLENGE!

Once a year, the entire Thousand Waves community comes together for our Spirit Challenge Fundraiser. Our supporters reach out to their networks of family, friends, and colleagues to seek donations toward our collective fundraising goal of \$100,000. Funds raised support our mission of fostering fitness, healing, empowerment, and peacemaking.

GETTING STARTED

- Sign up & set a fundraising goal: thousandwaves.org/sc24
- Tell your story. Seek donations from friends and family by sharing why Thousand Waves is important to you. Examples: thousandwaves.org/sc24
- Check out our silent auction.
- Contribute an item or make a bid: thousandwaves.org/sc24



Terrific incentives for tremendous fundraisers!

Fundraising Tier	Fundraising Minimum	Spirit Challenge T-shirt	Admission to Challenge Events	Kids' Sleepover! Adult Reward Party!	Thousand Waves Gear Bag (one per family)
Participant	\$100	•	•		
Champion	\$400 individual \$500 for families with more than one training member	•	•	•	
Wavemaker	\$1250	•	•	•	•



Thousand Waves
Martial Arts & Self-Defense Center, NFP
CHICAGO

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Events schedule

SUNDAY • May 5th

12:30-1:30pm | **Karate Games**
Juniors, Youth and Teens
Sensei Lucia
 Kick off Spirit Challenge week with all your favorite karate games! All the kids can play and train together in this fun and energetic class.

2-3pm | **Kajukenbo Punch Attacks & Grab Arts**
Open to all Adult-ranked members Blue Belt and above, and Junior Black Belts
Sifu Nancy and Sifu Lauren
 Join Sifu Nancy and Sifu Lauren to explore a selection of their favorite Punch Attack and Grab Arts sequences from Kajukenbo. These partner exercises teach principles of simultaneous block and counter, multiple techniques off the same hand, evasion through twisting, off-balancing, redirecting an attacker's energy...and more!
 Gi jacket suggested, though not required.

3-4:30pm | **Pinyon 14: An Iconic Kajukenbo Form**
Adult and Teen White - Black Belts
Sifu Sarah Ludden
 Pinyon 14 is one of Kajukenbo's most beautiful katas. Whatever your level of martial arts training, you will enjoy exploring the exquisite movements of this form, and will leave class with some of it or all of it in your body, memorized or not. Myself and 3 other kajukenbo black belts will guide you. It will be fun, that I promise!

MONDAY • May 6th

4:15-5pm | **Boxing Skills**
Juniors
Coach Arlene Limas

5-6pm | Train like an Olympian! Gold medalist and Olympic coach Arlene Limas is offering a special workshop in boxing basics and fighting drills.
Youth/Teens

6-7:30pm | **Endurance Kicking**
All who know and are comfortable with front, roundhouse, side and hook kicks
Coach Arlene
 In this workshop we will use science-based methods employed by elite athletes to develop winning kicks. Using pads, paddles, heavy bags and more, we'll kick our way to greater speed, power and cardio endurance, while never losing our focus on FUN!

7:30-8:30pm | **Introduction to Sai Basics**
Open to Junior Black Belts and Adult Shodans - Sandans
Sensei Mattie
 Sensei Mattie will lead an introduction to Sai basics, examining how our empty hand art prepares us for weapons mechanics.

TUESDAY • May 7th

4:15-5pm | **Mat Skills**
Juniors
Sensei Lucia

5-6pm | Become friends with the floor in this rolling and falling class. We'll go over the basics of falling safely before exploring some creative ways to practice mat skills.
Youth/Teens

6-7:30pm | **Grappling Basics for Self-Defense**
Adult and Teen White - Black Belts
Sensei Aileen
 Come explore basic grappling principles and techniques that can be used to respond to grabs, chokes, hair pulls, and ground fighting situations.

7:30-8:30pm | **Sai versus Bo – Exploration of Sai as a Policing Weapon**
Adult Yondan and above
Jun Shihan Wai and Kyoshi Tom

The sai was a tool used by Okinawan police to counter offenders armed with a staff (bo or jo) or a sword. Many of the moves learned in Seido sai dosa and kata enable us to block, control and counter strike when attacked with these weapons. In this workshop we will apply the moves learned in our sai curriculum to bo attacks. At the end of the workshop, we will be able to perform sai kata and dosa with a deeper understanding of our moves.

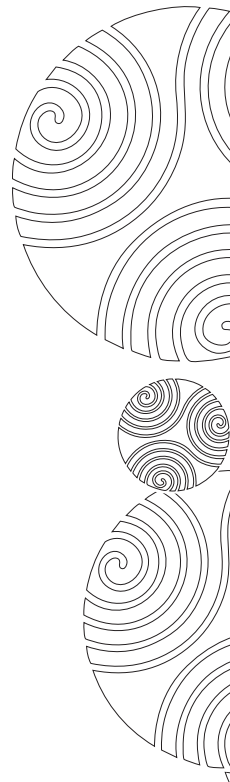
WEDNESDAY • May 8th

4:15-5pm | **Meditation**
Juniors
Senpai Zak

5-6pm | Calm your mind and your body in this special meditation class. Learn the ways in which karate helps us feel good on the outside and the inside.
Youth/Teens

6-7:30pm | **Natural Knife – Kajukenbo Knife Form**
Adult and Teen White - Black Belts
Sifu Tom
 Natural Knife is a Kajukenbo form (like a kata), created by Professor Coleen Gragen, Sifu Sarah's teacher. It uses a tantō (practice knife) to learn defensive and offensive techniques in a multi-opponent knife fight. Participants will learn basic knife handling and practice these techniques in a variety of stances and stance transitions, including a back roll. No previous experience with a knife is required but is useful.

7:30-8:30pm | **Know the 'Do' of Seido Bo**
Adult Blue-Black Belts and Teen Brown Belts and above
Senpai Todd
 We'll demystify the Bo Staff, practice some key Bo Basics, and put it all together in fun partner exercises.



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THURSDAY • May 9th

4:15-5pm
Juniors | **Nunchaku**
Sensei Mattie

5-6pm
Youth/Teens | Practice traditional Nunchaku techniques including swings, strikes, and twirls. Build hand/eye coordination while feeling like a Ninja!

6-7pm
Adult Green Belts and above | **Joint Locks in Seido and Beyond**
Shuseki Shihan Nancy

In this workshop, we will learn how to control an opponent by manipulating their fingers, wrists, elbows, shoulders and knees. Communication strategies partners must employ in joint lock drills will be taught and utilized, enabling us to gain these valuable skills safely, with a minimum of pain and a maximum of fun.

7-8pm
Adult and Teen White - Black Belts | **Blindfolded Self-Defense**
Sensei Ryan

Inspired by a class at the Meijishi Alliance Camp in 2023, we'll work with senses other than eyesight as we anticipate danger and respond physically to threats. The class honors our empowerment self-defense ethos: Focus on what you have, not on what you don't have! Please bring a blindfold/bandana.

FRIDAY • May 10th

4:15-5pm
Juniors | **Tameshiwari**
Kyoshi Tom

5-6pm
Youth/Teens | Feel your power by practicing Board Breaking; a traditional part of our art that teaches us to face our fears and get through tough obstacles.

6-7pm
Adult and Teen White - Black Belts | **Board Breaking for Empowerment**
Sensei Ryan

We'll teach the basics of Tameshiwari to beginners, and assist intermediate breakers in making appropriate choices to continue to grow in this fun and empowering part of our art. A special breaking challenge will be open to Adult ranked brown belts and up and Junior Black Belts who wish to take it on!

7-7:30pm
Open to ALL past and present members of the TW community | **Enjoy watching Two Black Belt Karate Performance Art Pieces**

SATURDAY • May 11th

10am-12pm
Everyone | **Punch-and-Kick-A-Thon**
Sensei Lucia & Sensei Zak

Everyone (yes, EVERYONE) is invited to join us for this fun karate challenge. We'll finish off Spirit Challenge week by doing 1000 punches and 1000 kicks together. Friends and family members are encouraged to join us for the workout, and stick around afterwards for some celebratory treats.

1-2pm
Adult Blue Belts and up who have attended sparring classes, and teen free-sparrrers | **Sparring 201**
Sensei Scott

We'll put framework and language around different elements of our sparring, why we do them, and when to use them. It will be a combination of learning, application, and live rounds.

2-3:30pm
Adult and Teen White-Black Belts | **Staff Spinning**
Sensei Zoe

In this workshop, I will share some of the tricks I learned as a circus spinner in college. We will utilize the 5-foot staff in a less practical / martial way, and instead work with them in a more flashy / performance-gearred style.

