

# FREE TRIAL MONTH

adult beginners only

*training opportunities 7 days a week*

karate  
fitness  
meditation

## Why Are We Offering a Free Trial

**Month?** You have many choices when it comes to fitness activities. As a frugal non-profit organization, we can't compete with health clubs, gyms and yoga franchises with much larger marketing budgets. Many people who would love being a Thousand Waves member have never heard of us. We're offering a free trial month to help us find men and women who want to improve themselves both physically and mentally and will enjoy being part of our welcoming and inclusive community. Are you someone who is intrigued by what true martial arts are all about?

Our idea is to make it easy and attractive for you to give our unique program a try, knowing that if it speaks to you, you could end up being a member for years to come.



**What to Expect** - Explore our Center fully in your free trial month. Take as many classes – both Seido Karate and Functional Fitness – as you can. Come to a Meditation program. Get to know our teachers and members. Wear your own comfortable, loose clothes for the whole month, or buy a karate uniform (\$70) if you prefer to wear that. The initial membership you'll be invited to purchase after your free trial month includes a uniform. If you've already bought it by the time you officially join, we'll deduct it from the price.

Training with us beyond your free month entails buying a 2-month initial membership. After that, members pay dues one month at a time. Fees range from \$95 to \$130 a month. Scholarships covering up to 90% of regular fees are available, based on need.

## Beginner Seido Karate Classes

introduce you to the fundamental strikes, kicks, blocks, stances, footwork and kata (forms) of Seido Karate. They provide you with a complete program in physical conditioning and allow you to ease into training slowly and safely. It is not necessary to have any previous experience or be in good physical condition. You progress at a pace consistent with your ability and level of fitness. Everyone is treated as an individual. Classes are offered Monday through Saturday.

## Thousand Waves

Martial Arts & Self-Defense Center, NFP  
1220 W. Belmont Ave, Chicago, IL 60657 • 773.472.7663  
[www.thousandwaves.org](http://www.thousandwaves.org)

**Functional Fitness Classes** provide an opportunity to work on physical conditioning in small, supportive groups using weights, balance balls, elastic straps and other gym equipment.



**Meditation** is incorporated into every class. In addition, we have special monthly meditation programs. We practice a simple non-religious style that includes sitting, standing and walking exercises. The monthly program includes a discussion that explores the non-violent, empowering philosophy which informs our physical practice.

### Getting Started

Email us ([info@thousandwaves.org](mailto:info@thousandwaves.org)), or call (773-472-7663) to schedule your first visit. After that, come to any beginner, fitness or meditation class you want; no appointment is necessary.



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