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CONTACT: Audrey L. Suffrin
Office: 847.607.9559
Cell: 847.204.2534
Asuffrinpr@aol.com

PHOTOS ATTACHED



***Karate Can-Do! Foundation Hosts Martial Arts Event
For Dreams For Kids Organization***

*Opportunity for Kids with Disabilities and/or Financial Needs to
Gain Self Empowerment Through the Ancient Teachings of Karate*

(GLENVIEW, IL) -- **The Karate Can-Do! Foundation**, a 501(c)(3) non-profit dedicated to empowering children of all abilities to reach their fullest potential through the teachings of karate, recently welcomed the **Dreams for Kids** organization for the second annual afternoon of martial arts training at North Shore Dojo in Glenview. Founded in 1989, **Dreams for Kids**, also a 501(c)(3), is committed to providing kids dynamic leadership programs and life-changing activities that inspire them to fearlessly pursue their dreams and compassionately change the world.

As the kids punched, kicked, climbed ropes, and maneuvered their way through lessons and obstacles, they unknowingly were being introduced to techniques that can help them meet lifelong challenges. "Karate is a discipline which focuses on concentration and strength which improves physical, cognitive and emotional health," states Sensei Jeff Kohn, who has 27 years as a coach under his "black" belt, and is the Founder and Executive Director of the **Karate Can-Do! Foundation**. "I've watched in awe at the courage and inner strength of my special needs kids. I've learned that there is no limit to the human spirit."

(more)

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The **Karate Can-Do! Foundation** emerged from Kohn's North Shore Dojo, which is now considered one of the most prestigious dojos in the country. An organization unlike any other in the United States, the **Karate Can-Do! Foundation** was created to help kids reach beyond their expectations, regardless of their financial or special needs. Sensei Kohn's deep passion and unique approach to teaching makes the benefits of karate accessible to kids with special needs, no matter what their physical or intellectual challenges. Sensei Kohn's talent lays in his innate ability to lead exceptional kids to master goals that many never thought possible. In developing a reputation for doing exceptional work with special needs kids, Sensei Kohn has also received national and international recognition as a champion for how karate can be applied to dramatically enhance the lives of people with disabilities.

Dreams For Kids helps break down social barriers and end the isolation of children in need. Through various initiatives from global awareness workshops to adaptive sporting events, **Dreams for Kids** unites children of every ability, race, religion, and socio-economic background and inspires them to realize their full potential and serve as active members of their communities and citizens of the world. One such program **Dreams For Kids** offers is *Extreme Recess*, which gives children with physical and developmental challenges the opportunity to participate in sports, often for the first time.

With the common goal of helping kids reach their fullest potential through self-empowerment, the **Karate Can-Do!** and **Dreams For Kids** partnership to host the event was a win-win for all. **Dreams For Kids** founder Tom Tuohy knows first-hand what it is like to grow up from the sidelines of life, to one day living his dream of becoming an attorney.

"My mother was a single parent left to raise four children alone. Through challenging circumstances and with my mother's example, along with encouragement from those who cared, I reached my dream of becoming an attorney," said Tuohy, who founded **Dreams For Kids** in 1989 in a tiny room of a Chicago homeless shelter.

"Watching the kids break wooden boards and master techniques, you can see a sense of achievement that is truly felt by the person who earned it. It was so gratifying to witness," Tuohy continues. "We came here today because it's a chance for all the kids to realize that everything in your life is possible and there is nothing that you can't do!"

For more information for the **Karate Can-Do! Foundation** call: 847.729.0001. For information for **Dreams For Kids** call: 312.729.5404 or go to <http://www.dreamsforkids.org>