

PRESS RELEASE

For Immediate Release

ACA and Karate SA Promote a Sport Lifestyle for our Youth

As news headlines continue to highlight the angst, bullying and poor discipline prevalent in our schools, it's an opportune time to consider the many benefits of sport, particularly among the youth.

The Arnold Classic Africa (ACA), taking place from 18 to 20 May 2018 is a celebration of the lifestyle benefits of sport, and gives each sport code the opportunity to showcase not only its top athletes, but also the value of the sports in our modern lives.

Take karate, for example. In the past few years there has been huge development in terms of popularising the sport, especially now that it has been afforded Olympic status. It will feature at the World Youth Olympics in Argentina later this year, and the Tokyo Olympics 2020 setting the scene for thousands of aspiring young 'karateka' who would like to represent their country.

According to Karate South Africa President, Sonny Pillay Hanshi, the discipline, focus and physical expression inherent in karate has served many troubled youth and kept them away from harmful activities such as drug use. For children who are not necessarily at risk, taking up karate has assisted to build confidence, self-awareness and focus. "When we see the effects of bullying, being bullied and the way the resultant anger is expressed, often with tragic consequences in our schools, we realise how beneficial a sport like karate can be. Practitioners become armed with their own skills and strength, and the discipline to use it appropriately."

Karate is a family-friendly activity and participation can begin at any age. It does not require expensive equipment, so it is highly accessible. Pillay Hanshi who serves on the World technical board for karate explains what makes karate special, "Karate in its different forms, shapes and names is thousands of years old, and is an extraordinary sport because even in this modern era we are able to maintain respect and a code of conduct in a karate class. A tournament fighter would never remonstrate with the referee. We know that discipline is an important ingredient in bringing up children, and karate is one of the activities that can instil discipline in children in the context of good health, strength, competitiveness and camaraderie."

Karate South Africa will be hosting demonstrations and inviting audience participation at the Arnold Classic Africa through workshops to be conducted by world renowned coaches such as Tokey Hill the director of coaching WKF USA, as well as featuring the current ranking top 10 karateka in the country as they compete against one another.

Ticket options range from day to weekend passes, covering some or all of the contests. Visit <http://arnoldclassicafrica.com> for more information and a link from which to buy tickets.

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About the Arnold Sports Festival

Named for its co-promoter, legendary bodybuilder and film star Arnold Schwarzenegger, the Arnold Sports Festival USA was founded in Columbus, Ohio, in 1989. The festival has expanded into the world's largest multi-sport fitness weekend since its debut as the Arnold Classic, a one-day professional men's bodybuilding competition. Now celebrated on six continents, the event showcases an increasing number of physical and mental sports, making it accessible and relevant to audiences within and outside of the bodybuilding arena.

About the Arnold Classic Africa

Three years ago, four South African bodybuilding and sports enthusiasts collaborated to make the Arnold Sports Festival a reality on the African continent under the broad theme '*My Sport, My Passion*'. In partnership with the Gauteng Provincial Government and the SA Sports Confederation and Olympic Committee (SASCOC), Arnold Classic Africa affords athletes the opportunity to compete in an international competition, against participants from all continents, in Africa. Like its global counterparts, the African rendition embraces numerous sporting codes and promotes these through demonstrations, contests, record attempts and sports celebrities over three days each May.

About Karate SA

Karate South Africa is committed to developing the character and discipline of today's members, so that they will become sound leaders of tomorrow who will use the positive values of karate-do, to serve the needs of our rainbow nation, with diligence and distinction.

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