

# Chris Pikis Black Belt Karate Kid

KARATE exponent Chris Pikis has been dubbed by a TV network as the new "karate kid". The 13-year-old from Preston's has become a media star since the Leader broke the story on October 7 about Chris using his karate skills to fend off an attempted abduction.



On Sunday the 2nd May 2010 after an 8 year Martial Arts Journey and 3 hour grading made up of Kata (Basics in Flowing Form) Basic techniques, Stances and Kumite (Fighting Sparring) skills. Chris was awarded the rank of Shodan Ho Black Belt in the Martial Art of Karate-Do, his dedication and commitment continues with the youngster aiming to achieve his 1st Dan Black Belt in Okinawan



Kobudo Karate Weapons later this year.

Chris will continue to focus on child stranger danger awareness and his fundraising event for the Children's Hospital at Westmead, while mid May will see the release of Chris' Movie reel clip, which will include Chris' highlights recent media attention and training / preparation for upcoming Commercial / Television / Film productions.

If you would like to view the sample clip, or help Chris by donating funds to the Children's Hospital at Westmead you can visit [www.aussiekaratekid.com.au](http://www.aussiekaratekid.com.au)



# A VERY SPECIAL TREAT FOR MOTHERS THIS WEEK ON UBI WORLD TV...

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The best woman in the world deserves no less than the best TV from Greece! So pamper her, shower her with love and give her some special treats she will surely love!

Celebrate Mother's Day with an entire week of great Greek entertainment broadcasting direct from Greece and Cyprus - only on UBI World TV.

## Coffee with Helen! - Alpha

She's as refreshing, lively and perky as a fresh cup of morning coffee, and all women and mothers adore her! Let Eleni Menegaki, Greece's most watched face every morning; brighten up her day with the top-rating show Coffee with Helen!

Eleni has lined up all the right ingredients to perk up



your mother's day: great company, good food, beauty secrets, horoscopes, tips for the home, music and more for a happier, healthier life. Plus, with vivacious company that includes Thanasis Anagnostopoulos, Tassos Pappalazarou, Asi Biliou, Spyros Soulis and some of Greece's famous celebrities as guests, her day is sure to be complete!

Make it a date with Eleni Menegaki and the show that rules morning TV in Greece,

Coffee with Helen, airing from MON. to FRI. at 17:00pm AEST on the channel where great Greek entertainment begins, Alpha, exclusively on UBI.

## Hungry Agents - Star

Your mother rules the kitchen so this show is perfect for her! Greece's culi-

nary experts Dina Nikolaou and Thanisi Patra present Hungry Agents, a lively, modern cooking show that all mothers and the entire family are sure to enjoy.

Dina has dedicated herself to preparing healthy food. In this show, she presents traditional recipes prepared with the demands of the modern family in mind - quick and healthy but always fresh and tasty!

Meanwhile, Thanasis Patras not only gives Dina a hand in the kitchen, but also he ventures out of the pantry, looking for traditional recipes and along the way introduces viewers to his new friends who share their cherished recipes.

Antonia



Katti is not visible on screen, but she ensures that every dish served up is beautifully presented, decorated and garnished.

Join Dina Nikolaou and Thanisi Patra as they feed their Hungry Agents every day MON. to FRI. at 17:15pm AEST (Rpt. on Sat. and Sun 14:45pm) on the star-studded Greek channel Star, exclusively on UBI.

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