

**CHRIS PIKIS:**

# “The best way to fight is not to fight”

**INTERVIEW: ANNA ARSENIS**

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. Chris featured in a story broadcast on Channel 9 news followed by a live interview in the studio by Today show host Lisa Wilkinson. Chris hopes he would be able to give others the confidence to say no to a stranger.

*Chris, how did it all start?*

When GKR karate came around to my house recruiting new members

*How do you feel earning a black belt*

Very happy and proud of my self

*What is the next grade*

1st Dan

*Do you still enjoy karate? Is it something that you see doing in the future?*

Yes / definitely

*Do you think that karate has made you a better person? In what ways.*

Yes / it has helped me with my self esteem, confidence and my way of thinking

*Tell me a few things about the techniques you have learned*

Basics which consists of strikes blocks kicks and stances kata which is a sequence of offensive and defensive moves and kumite which is sparing

*Breathing and concentration. Do these help you in your everyday life?*

Yes they do

*What is the best advice you*

*have been taught so far*  
That the best way to fight is

The teenager and his father Nickolas Pikis have created the website aussiekaratekid.com.au, which offers tips to children on how to stay safe. Chris has been handing out stay safe flyers with his sister Andrea. He said he hoped people who read his stay safe tips would also make a donation to the Children’s Hospital, Westmead.



not to fight

*Would you like to star in a movie??*

Definitely and I am working towards that with the help of ray Anthony from Australian film fighting academy

*Do you train on a daily basis?*

Yes I do, sometimes twice a day

*Does the training affect your life... Other things that you might want to do?*

No it doesn’t because my passion in life at this moment is karate.

## A few words about Chris

Chris Pikis has been training with Go-Kan-Ryu (GKR) Karate since 2002.

Born in 1996 in Sydney, Chris spent most of his time watching Power Ranger, Teenage Mutant Ninja Turtles, and The Karate Kid series repeatedly.

It was at the age of six when his fascination of Karate became a reality, when the local Go-Kan-Ryu Self Defence Consultant (SDC) come round to the house recruiting new members.

Over the next 7 years, he continued to train in martial arts while gaining confidence and inner security.

He has competed in numerous Tournaments and was a member of the elite NSW GKR State Tournament Team for a period of 3 years.

Today Chris Lives in Sydney, Australia and trains 5 to 6 days a week with his sister Andrea, Mother Fiona and Father Nicholas.

**Chris, 13, of Prestons, who used his karate skills to fend off an attempted assault in October last year, is encouraging children to be more aware of potential danger.**

