

Kicking diabetes

Second annual Chop for Charity also raises money for CHOC.

By **AMANDA PAZORNIK**
STAFF WRITER

Jordyn Berk stands against the back wall of the karate studio, staring at the square wooden block a few feet away.

She takes a deep breath and starts running. Her speed increases as the lower half of her body twists into a flying sidekick.

Her foot meets the plank in midair and snaps it into two clean pieces, prompting the quiet audience to erupt with cheers.

Jordyn had broken the first board at the second annual Chop for Charity, and it was time for hundreds of others to do the same.

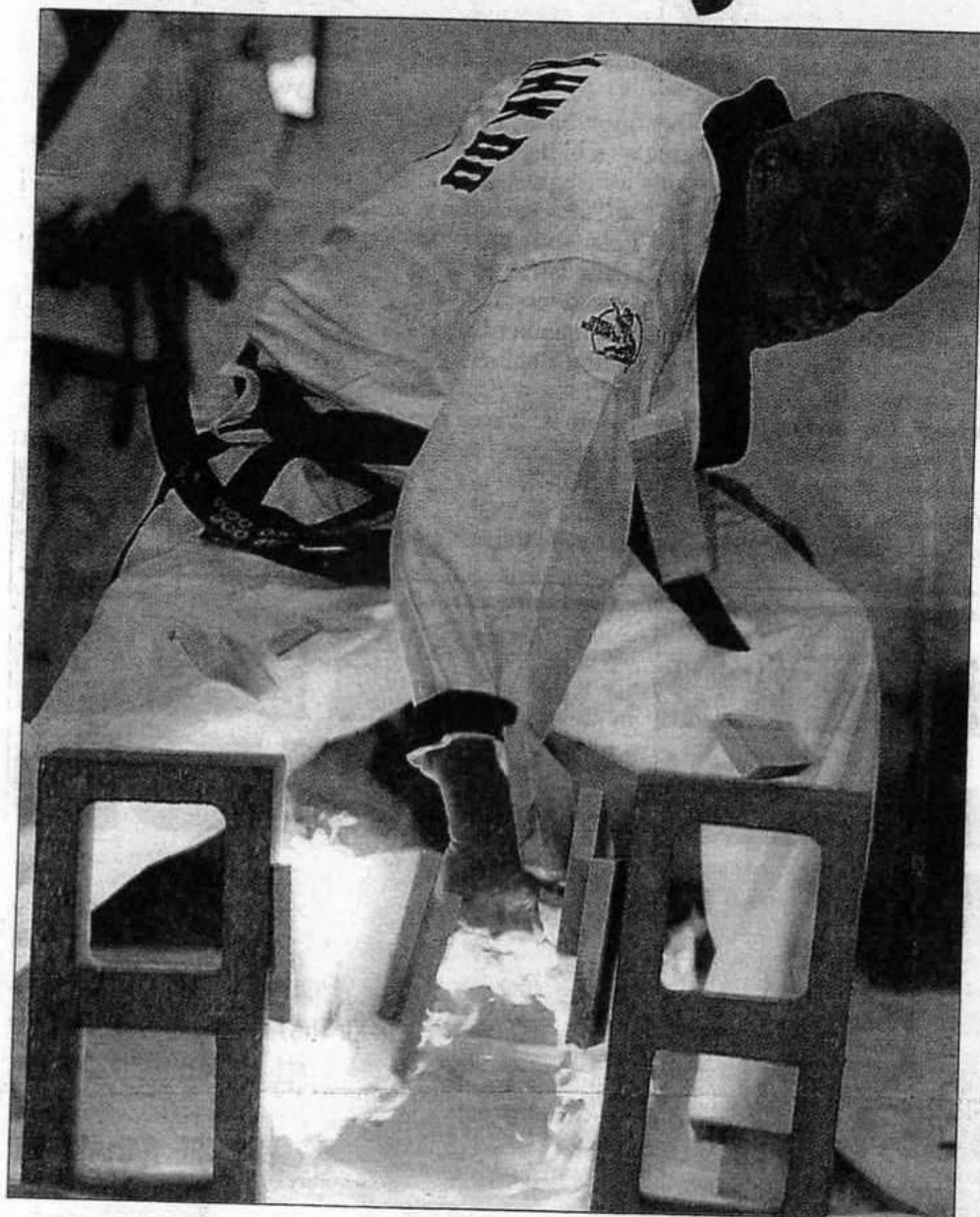
Board-breakers young and old streamed into Lockhart's Karate Academy in Aliso Viejo for Saturday's event, which raised more than \$7,500 for Children's Hospital of Orange County and the Juvenile Diabetes Research Foundation.

"I wanted to do something with karate and charities that are close to me," said Jordyn, 13, of Mission Viejo. Jordyn's grandfather and Zak El Arabi, a 9-year-old student at the academy, both have Type 1 Diabetes.

Instructors broke boards engulfed in flames, while students sold raffle tickets and kept the boards piled high.

Jordyn added a silent auction this year, which included a Nintendo Wii, a ride-along with the Newport Beach Police Department and Anaheim Ducks tickets.

"It's so nice to see a young person organize an event like this for the community," said Dan Lockhart, owner of Lockhart's Karate Academy. "I'm proud to be a part of it."



SAM GANGWER, STAFF PHOTOGRAPHER

FLAMING CHOP: Amon Sakhi breaks a stack of flaming boards at the second annual Chop for Charity on Saturday. For more photos, please see Page 13.