

## Fifth-annual 'Kick-a-Thon' raises \$8,000 for DCAFS

**Written By JASEN OBERMEYER**

Kushindokai Karate and Fitness held their fifth annual Kick-a-Thon charity fundraiser, successfully raising over \$8,000 for Dufferin Child and Family Services' (DCAFS) Dufferin Children's fund.

The event took place on Saturday, June 9, and saw 54 students and instructors perform nearly 98,915 kicks over a two-hour period.

'We are so very pleased and honoured to have received this significant donation from Kushindokai Karate and Fitness,' said Jennifer Moore, Executive Director of DCAFS. 'Money donated to the Dufferin Children's Fund is used to support local children, youth and families receiving service from DCAFS in the areas of youth futures, social growth and development and health & wellness.'

'It was really small back then, and every year it gets a little bigger and bigger,' explained the school's owner and head instructor Sensei Michael Fisher. 'It's a really fun time.'

He told the Free Press that this year's total was the highest the students have raised. 'It's got a life of its own.' Since its inception in 2014, the event in the region has raised nearly \$35,000.

Ms. Moore says the funds raised through this initiative will make a significant difference in the community. 'Whether it be through supporting post-secondary education, paying for therapeutic interventions such as art therapy, purchasing special needs assistive devices or sending someone to camp, for example ' the generosity of those who supported this initiative will hold significant meaning for people in our community.'

Mr. Fisher says some of the students have been through DCAFS, and the basic martial arts teachings are helping both oneself and their community. 'Let's keep the money right here in the community.'

He described his enjoyment of the event for giving the students ownership and responsibility. 'It's all them really?it makes them aware that everyone isn't as lucky as they are.'