

**July 7th 2005: Immediate Release:**

## Eubank a future Olympic Champion!

Harlem Eubank, nephew of former world champion Chris Eubank, could be a future Olympic champion. 11 year old Harlem has already won two British titles and an International title in karate. Currently karate is not included in the Olympics but the IOC will decide in September whether to make it a future Olympic sport.

Harlem has been invited by Brighton based company World of Workshops Ltd to inspire others to take up sport and he will demonstrate his skills at Whitehawk Primary School in Brighton on Friday 8<sup>th</sup> July and then lead a workshop with his coach Paul Simmons a former British Champion and European Bronze medalist.

"Harlem is one of the most talented and gifted athletes in England. He has exceptional physical skills and the right mental attitude. I believe he has the ability to be a future world champion," says Simmons.

Melanie Rees, co-founder of World of Workshops (WOW) and a former Welsh Hockey International says, "It is really exciting that the Olympics are coming to London. I hope it will encourage young people to take up sport. Sport has had an amazing affect on my life. Despite having ADHD, I have passed two degrees and had a successful 20 year teaching career, including 5 years as a head teacher. Participating in sport from an early age allowed me to channel my energies and learn self discipline. I made lots of friends and traveled extensively."

World of Workshops (WOW) is an on-line database which registers teachers, tutors, coaches, workshop leaders of all subjects allowing greater access to schools, businesses and the general public. The website is free to those looking for workshops / classes and only £5 for teachers / workshop leaders to register their profile and skills.

In November 2004, Chris Eubank ran a workshop for WOW, in boxing skills as part of an anti-bullying program. It was very successful and had a very positive affect on the

students attending. "Chris is a brilliant teacher. He has the personality and charisma to present an exciting lesson. He is one of the best teachers I have seen!" says Rees.

Harlem Eubank, Paul Simmons and Melanie Rees will be at Whitehawk Primary School on Friday 8<sup>th</sup> July between 9am and 10.15am.

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