

HELPING SICK KIDS FIGHT BACK

RABBI ELIMELECH GOLDBERG, 56
Southfield, Mich.

“Power-breathing helps you push out the pain and anger,” says Desirée Smith, 11 (far right, with Goldberg and fellow martial arts students), “and let in the good.”

TRAGIC LOSS

Goldberg’s toddler Sara was diagnosed with leukemia in 1980. At the hospital she’d tell other young patients, “Don’t cry,” and would reassure her anxious father, “It’s okay, Daddy.” She died at age 2. “Thirty-one years later, I still cry,” he says.

BIG IDEA

Goldberg—a black belt in Choi Kwon Do—realized he could help seriously ill kids with his skills. His nonprofit Kids Kicking Cancer has provided free lessons in martial arts, breathing techniques and meditation to 6,000 children.

KARATE KIDS

Sara Budzynski, 15, who battled leukemia, has mastered more than kicks: “The biggest thing I’ve learned: not to give up.”

By Sydney Berger
and Lorenzo Benet



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