



## **What do the Cowboy and the Karate Kid have in common?**

They are both resourceful, determined, courageous and have a code of honor that they live by. Cowboys for Kids is proud to introduce a new program designed to draw from a meeting of these two worlds, the rugged Cowboy life and the self discipline of Japanese Karate-do.

# **COWBOY KARATE**

Beginning in June 2010.

*Alena Leeds, Director of Operations for Cowboys for Kids, is a long time practitioner and teacher of the martial arts. She practiced Shotokan Karate for twenty five years, Kendo (Japanese Fencing) and Iai-do (the Japanese art of quick draw of the sword) for ten years. She attended Instructors training for ten years and has taught for almost twenty years. Alena is bringing her love of martial arts and appreciation for the wonderful lessons it teaches to Cowboys for Kids.*