



Functional Training at its Finest!

LouKa Tactical Training
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Defensive Tactics and Control Options for the Female Officer

Location: Allegheny County Police Training Academy
700 West Ridge Drive Allison Park, PA 15101

To register go to: www.loukactical.com ****Space is limited to 20 participants**

When: August 4-6, 2021

Time: 0800-1700

Fee: \$499.00



Purpose: The purpose of this custom 3-day class is to improve the female officer's control tactics in order to improve her performance in a physical confrontation. Participants will review case studies, explore body platform positioning and movement, whole-body explosive techniques, close quarter counter measures, weapon management from the ground up, multiple officer engagement and tactics, functional strength and conditioning tips.

Requirements: Attendees are required to wear functional clothing, gun belts based on assignment, elbow, knee pads and mouthguards are recommended. ***A water source and simple carbohydrate is also highly recommended.

About LouKa Tactical: In business since 1999 it is the largest female owned and operated company of its kind with a diverse cadre of instructors with unique talents. Co-owner Lou Ann Hamblin retired from law enforcement having served for 22 years working uniform and training as well as undercover to include a special assignment with the DEA. She holds a master's degree in performance technology from the University of Michigan. She is a certified firearms and defensive tactics instructor and has trained over 4100 women in pistol classes alone. She is a Team One Network adjunct instructor, H&K Master Pistol Instructor and IALEFI Master Firearms Instructor-trainer. She instructs internationally in the areas of instructor development, custom training for specialty units and female officer survival.



Lt. Toni Weinbeck has been with the City of Brooklyn Park, MN since 2004. Toni has held positions of patrol officer, SRO, and community liaison. She holds a 3rd degree black belt in Tang Soo Do, has trained in Kali, Kenpo, Krav Maga, and competes in Muay Thai as well as holding a master instructor certification with LockUp teaching at a national level. Toni holds a master's degree in Public Safety Administration.

