



*Functional Training at its Finest!*

**LouKa Tactical Training**  
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## **Female Pistol Skills Workshop**

**Location:** Tactical Training Centre, 2010 Glen Dr. Vancouver, BC Canada

**For registration and logistical information contact:** Sgt. Rom Ranallo, Range Master,  
Tactical Training Centre at [romolo.ranallo@vpd.ca](mailto:romolo.ranallo@vpd.ca) or 604-717-4087

**When:** June 5, 2020

**Time:** 0800-1700

**Fee:** \$200.00

**Purpose:** This 1-day class is designed to improve the female officer shooting performance through minimum classroom exercises and partner skill-building drills in addition to intensive range work. Focus areas include: Trigger management focus sessions, individual shooting assessments, performance tracking and self-diagnostic tools and developmental marksmanship drills. A designated timeframe will also be used to assess shooter's overall skills and abilities in the following areas: Exploring the fine balance between speed vs. accuracy and weapon manipulation in compressed timeframes.



**Requirements:** Attendees are required to bring 250 rounds of standard pistol ammunition, brimmed hat, wrap-around eye protection, ear protection, pistol with three magazines. \*\*\*A water source and simple carbohydrate is 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 very 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 specializes in training female officers and is a certified firearms and defensive tactics instructor in a variety of disciplines. To date she has trained just over 4000 women in pistol classes alone. She is a Team One Network adjunct instructor, H&K Master Pistol Instructor, adjunct instructor for H/K for 7 yrs. and IALEFI Master Firearms Instructor-trainer. She instructs internationally in the areas of instructor development, training for specialty units and female officer survival to include presentations at the following conferences: Florida Department of Law Enforcement (FDLE), The International Law Enforcement Educators and Trainers Association (ILEETA), The International Police Mountain Bike Association (IPMBA), and The International Association of Law Enforcement Firearms Instructors (IALEFI). Lou Ann also serves on the Board of Directors for IALEFI and was named ILEETA's "Iron Cop" for 2009 conference. She currently serves on advisory boards for PoliceOne.com, and is a former presenter with Calibre Press Women's Street Survival Seminars, of which she co-wrote.

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