



LouKa Tactical Training

Functional Training at it's Finest!

Bullet in Board

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CYTOMAX
Performance 

<http://www.cytosport.com>

The Black Widow's Web



Running for Vada:

This year we raised funds and levels

LouKa Tactical Quarterly

Welcome to the first edition of the LouKa Tactical Quarterly! Take a moment to view where we have been and where we are going in 2010!

Fourth Quarter Highlights from 2009

This year featured many police and security cyclist courses as well as female related courses. Our [Police Wellness Instructor course \(PWI\)](#) was again hosted in Michigan at the Wayne County Regional Police Academy with an awesome turnout to include members representing the Schoolcraft College Fire Academy, Detroit Police Department and the Michigan State Police among others. Congratulations to all of those who successfully passed the course! Police Fitness, Take Aim!

A highlight was traveling to Fort Worth, Texas to deliver both basic and advanced

[Firearms and Tactics for the School Resource Officer](#)

classes. Fort Worth continues to be the front runner for hosting courses specific to the needs of their SROs. *"This is the most realistic and relevant training our School Initiative Officers have ever seen."* Sgt. Tim Holzschuh, Fort Worth PD. Fort Worth PD also hosted a

5-day [Advanced Female Officer Survival Course](#) which was a custom piece designed primarily for their officers. However, officers from neighboring jurisdictions also attended to include Granbury, DFW Airport, Fort Worth Marshals Office, North Richland Hills, and the United States Border Patrol.

In the Advanced Female Officer Survival Class [Tactical Obstacle Course \(TOC\)](#) designed and implemented by Rangemaster Dorcia Meador at the Fort Worth Police



of awareness for environmental related cancers. Ofc. Vada Murray from Ann Arbor Police Department was represented at every race including: The Disney 1/2 marathon, Dances with Dirt, the Napa Valley Trail Marathon and 1/2 marathon in October.

If you are running out of things to do for yourself, try doing something for someone else...

For more information go to:
[The Vada Murray Task Force](#)

"You can have everything in life you want, if you will just help other people get what they want."
Zig Ziglar

LouKa Products

You asked, (over and over and over) we delivered.



LouKa Tactical and Police Wellness product line is now in. The featured items include: The tri-flex breathable range hat and fitness visors. Indicate color preference: White or black

Hat Price: \$
Visor Price:
S & H:\$3.00

"Some of the very best ideas come from people who work in smaller agencies."

**John T. Meyer
Columbia, MO. IALEFI > ATC,
1997**

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Training Facility. The winning team was represented by the U.S. Border Patrol Agents Ramirez and Reyes literally ran away with the grand prize of two complimentary passes to the Calibre Press' Street Survival Seminar of their choice. *"This was extremely practical for what we do and the hardest thing I've ever done in training."*

Well ladies, they didn't name a street after Dorcia Meador for nothing ;)



ILEETA was well attended (again) this year in the Chicago area. Dinasio's team (Police Kinesiology Company) did a stand up job in designing and delivering a physical skills competition involving just about every aspect of speed, quickness and agility that encompasses the job tasks required of law enforcement...8/10 of a second separated first place from second place in the "Iron Cop Competition." At the end of the day it was yours truly who took home bragging rights. LouKa Tactical donated the winnings with the proceeds going to Ofc. Vada Murray from the the Ann Arbor Police Department here in Michigan. Vada is currently under going cancer treatment for an environmentally related cancer...As for those who participated in the event...see you next year boys! ;)

IALEFI hosted it's first annual Women's Round Table Discussion Group at the 2009 Annual Training Conference. The discussion group was very well attended by both male and female firearms instructors. I was fortunate enough to co-chair the group with Ret. FBI Agent and firearms instructor Cathy Schroeder. LouKa Tactical members included Beverly Price and Kathy Vonk. Betsy Smith (Calibre Press and Female Forces) also contributed to the discussion group. The group discussed matters relevant to training and ergonomic issues as well as historical issues relative to women in law enforcement. George and Jennifer Harris from SigArms were also in attendance as well as IALEFI board members. Next year's ATC will take place in San Antonio, TX...The focus: Recruiting and mentoring quality females as instructors, the next generations...hope to see you there!

The N.O.F.A.T. Zone:

Nutrition, Optimal Fitness and Training





With: Kathy Vonk, CSCS



Kathy hit the police fitness and wellness industry by storm in 2009! She appeared in Law and Order and Tactical Response Magazines over a dozen times and was featured on PoliceOne TV with Dave Smith with topics such as using competition to elicit 100% effort and performance of police recruits. She noted that one of the natural outcomes to smartly designed competition is that competition can be fun..which coincides with one of our mottos "We put the fun in functional training."

Current Record Holder



New records were set in our survival pistol classes: **Jill Yarick** from the St. Louis County Sheriff's Department in Minnesota. Jill shot a .74 seconds from the 7 yard line on a 14"x18" steel silhouette target. Jill is a new officer who displayed an intensity unlike the norm. As a result of her competitiveness and will to win she won a trip to any Calibre Press Street Survival Seminar of her choice. Congrats Jill!

Some other topics included the value of interval training, higher speed hard core training for tactical athlete, proper nutrition and weight management for emergency service personnel, flexibility and dynamic exercises, circuits and super circuits for time restrictive professionals and plyometrics for task specific performance.

This started a barrage of e-mails and phone calls from academies and public safety agencies from across the United States wanting more information on customized police wellness programs and training seminars. With the recent paradigm shift police fitness and wellness is the hot, hot topic for public safety personnel!

Kathy is the fitness and wellness subject matter expert for law enforcement for the State of Michigan and has advanced degrees and training in exercise science.

[Kathy's fitness and wellness articles](#)

Attention:

If you received this newsletter you were somehow involved in a LouKa training event. If you mistakenly received it or are not interested in receiving newsletters in the future you can click on the "SafeUnsubscribe" link below. Thank you..

"Take control of your own performance or someone else will"

See you out there,

Lou Ann Hamblin, MA
Louka Tactical Training

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