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## LouKa Tactical Training

*Functional Training at it's Finest!*

### LouKa Tactical Quarterly: 3rd Edition 2010

#### **Bullet in Board:**

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

**Instructor News**

**The Black Widow's Web**

**The Black Widow's Web**



2010 Dances with Dirt 100K relay race in Hell, MI. These chicks were real "Troopers"

#### **Upcoming Events and Conference Presentations:**

[The NTOA SWAT Conference, Pittsburgh, PA](#)

[The International Association of Women Police](#)

**Welcome Back!**

We've been busy, and so have you...

### **Survival Training for the School Resource Officer:**

Both the Basic and "Advanced Firearms and Tactics for the School Resource Officer" classes were held in Cleveland, TN and in Woodbury, MN.



Commander Kris Meinert from the Woodbury P.D. in Minnesota hosted the 3-day course drawing officers from five different neighboring agencies.

Warrior Women Breast Cancer Awareness Fundraiser

The commemorative breast cancer awareness fund raising shirts: Black with hot pink Warrior Women and LouKa Tactical will be available at our booth at the IAWP conference...see a sample in the above photo.

**Instructor News:**

Welcome Aboard Heather Williams!



Heather Williams has been with the Chattanooga Police Department since 2002. She has worked in patrol division, special investigations, and is currently assigned to the Crime Scene Unit as a Crime Scene Investigator. Heather is a member of her department's tactical team and has received extensive tactical training including the FBI's highly acclaimed HRT unit. She has also received tactical leadership training and is an instructor for Team One Network.

Heather has written for the National Tactical Officer's Association newsletter and is a member of the NTOA testing and evaluation program for female tactical gear. Heather has also presented at IALEFI in the area of training issues related to the female officer (2009) and has trained school resource officers in the area of tactics specific to their environment.

Heather is a certified personal trainer and a highly competitive endurance athlete. She is a



We enjoyed the luxury of guest instructors such as Warren Ackerson (seated) and Chris from Woodbury P.D. along with my nephew Codey ("bulls-eye") Hamblin standing middle row, far right.



The key to designing training for specialty units has everything to do with the people, places and things that exist in that officer's world. The relevancy standard starts here!

Brian Quinn from the Cleveland-Bradley, TN did an outstanding job hosting the 5-day Firearms and Tactics Course for the SRO which was funded by a special grant. This grant allowed for 30 officers to receive training that met their tactical needs as well as develop their critical thinking skills. Thanks Brian and Lt. Tom Wasson for the southern hospitality!

graduate from The University of the South (Sewanee) with a degree in biology and chemistry. As a student athlete Heather earned All American honors in cross country, track and field and is a two-time National Champion in the 1500 meter run. Heather obtained her master's degree in Criminal Justice from the University of Tennessee-Chattanooga.



## Warrior Women News:



Find us on Facebook 

Now accepting stories and photos on [The Warrior Women Web](#)



## Strategic Partner Product Highlight



Courtesy of Art Aplan

Law Enforcement Target rolls out the LouKa Tactical multi-

## The NOFAT Zone: With Kathy Vonk- The 2010 Police Unity Tour-Washington, D.C.

functional, anatomical, combat and skill builder target. The firearms instructor can get a lot accomplished in a short period of time with this training tool. Suggesting that the shooter understand the most desirable aiming points. These include an improved T box and a 4" face box as well as 8.5"x11" torso box. Get yours!



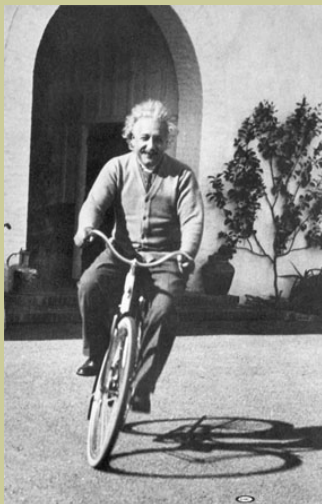
*I am not afraid...I was born to do this."*

*St. Joan of Arc*

**I want to thank everyone who contributed to the 2010 Police Unity Tour fundraising event which allowed me to honor those officers who gave their lives protecting others.**

### **Editorial Note:**

It's dumb to ride a bike without a helmet...



I don't care who you are...



**The Grand Rapids P.D. Unity Tour Team is a class act!!!!  
You guys Rock!!!**



**The journey: Riding 300 miles with friends and colleagues was an incredible experience.**

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Being present during Police Week and the Law Enforcement Memorial candle light vigil and ceremony was a life changing event!



Police Week: Washington, D.C. 2011. Find *your* way there!

***"There are plenty of other people who do coffee and donut schools...so, we don't have to."***

See you out there....

Lou Ann Hamblin, MA  
Louka Tactical

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