



LouKa Tactical Quarterly

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The Black Widow's Web:

"Deliberate Practice"

What is meant by deliberate practice? I joke when I say "it's the art of practicing something to the point where your brain hurts, your eyes bleed or both."

When we're teaching *deliberate practice* we introduce concentration skill-set development. Simply put; each motor skill repetition has meaning and value. Just going through the motions in any exercise is therefore a waste of time. If you want

First Quarter Highlights

Spring is Here!

2011 is shaping up to be a record year for pistol classes! We appreciate your interest and continued support!

Additionally, we will also be vending at three separate events to include the *Great Lakes Emergency Products 2nd Annual Demo Day and Law Enforcement Training Expo* at the Fenton Sportsman's Club in Michigan and the International Association of Women Police conference in August in Lexington, KY.

Details of each to follow....

PUBLIC SAFETY BICYCLE INSTRUCTOR TRAINING COURSE
JUNE 21-24, 2011
[FOR MORE INFORMATION](#)

BASIC POLICE CYCLIST TRAINING COURSE
APRIL 27 -29, 2011
[FOR MORE INFORMATION](#)

ADVANCED COMBAT SKILLS FOR THE

to learn more about using training to improve human performance Google *deliberate practice.*



www.thewarriorwomen.us

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson

2011 SHOT Show



FEMALE OFFICER

JORDAN, MN

APRIL 24-29, 2011

[FOR MORE INFORMATION](#)

The NOFAT Zone: With Kathy Vonk



POLICE UNITY TOUR 2011

This year I am dedicating my riding season and my Police Unity Tour ride not only to all Grand Rapids officers killed in the line of duty, including my uncle Officer Wayne Vonk, but also to all of the Ann Arbor police officers killed in the line of duty; Clifford Stang, Kenneth Payne, Leonard Alber, and Headley Downey. I will also be riding to honor a friend and former Ann Arbor Police Officer, Jason Zogaib, who passed in March of 2008 from leukemia at the young age of 33. He is dearly missed by us all.

[Donate to the Police Unity Tour](#)

Instructor News:

LouKa instructor and Chattanooga SWAT Operator Heather Williams recently competed in a local SWAT competition...and held her own... ..per usual!

A women's work is never done...



Teaching in Vegas: Calibre Press with Dave and Betsy Smith



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Photo courtesy of Bill Shipley <http://www.shipleyphoto.com/>



Artwork courtesy of artist: *Steve Breen*
<http://www.gocomics.com/stevebreen>

See you out there!

Lou Ann Hamblin
Louka Tactical

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