



Functional Training at its Finest!

LouKa Tactical Quarterly

Bullet-in Board

[LouKa Wear Available](#)

[Instructor News](#)

A Quick Look Ahead:

We're looking forward to the Public Safety Bicycle Instructor Course to be hosted by the Monroe County Sheriff's Office in Marathon, FL

The Black Widow's Web:



Lou Ann is again honored to present at IALEFI's Master Firearms Instructor Courses for 2012

London, OH (OPOTA) -

Awesome Highlights!

The NOFAT Zone: With Kathy Vonk Police Unity Tour 2012



Again Kathy had the privilege of representing by riding for those who died. She was among 1500 cyclist who rode from New Jersey to Washington, D.C. to honor fallen officers. Thank you for those who supported Kathy and all of the riders this year!

"Building Warrior Women"

We are looking forward to delivering three events this year starting with Woodbury, MN. Thank you to our sponsors, especially Eoin Stafford from **Savage Range Systems**, Roxanne Folsom from **Survival Armor**, John Meyer from **Team One Network**, Bob Brothers from **Redman** Bruce Ruddock from **BLACKHAWK!** and Tricia Sterland from **Polar**.

July 17-19, 2012

Cortland, NY-July 30-August 1, 2012

Blackhawk's Women's Apparel is in! Check it out on their Facebook.



BLACKHAWK!

Combatives and Pistol Survival Skills
Littleton, CO



Area departments Way to represent!

LouKa Tactical will be well represented bringing at least five instructors to each event. An outstanding learning environment will be experienced by all!



For more information on how you can host a "Building Warrior Women" conference contact Lou Ann at: louannblackwidow@aol.com

Also: Like Building Warrior Women on Facebook!

A LOOK AHEAD:
PUBLIC SAFETY BICYCLE INSTRUCTOR TRAINING COURSE

MARATHON, FL
JUNE 18-21, 2012
8:30 AM UNTIL 6:30 PM



PUBLIC SAFETY WELLNESS INSTRUCTOR COURSE

KENT POLICE & FIRE TRAINING CENTER-



Order yours
While they last...

Join Our Mailing List!

Gold Sponsor



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Members of the Rocky Mountain Women in Law Enforcement:

WARRIOR WOMEN!

Thanks again ladies looking forward to this year's conference

Warrior Women Thin Pink Line Bracelet

Named by the Building Warrior Women event attendees 2011. "Thin Pink Line" represents a common bond that exists among women

KENT, WA-SEPTEMBER 17-21, 2012

INGHAM COUNTY SHERIFF'S OFFICE- LANSING, MI- JULY 16-20



Building Warrior Women:



**Woodbury, MN-June 4-7, 2012
Dayton, OH-August 27-30, 2012
Springfield, MO-October 1-4, 2012**

**"On Building Warrior Women"
a Police One exclusive**

**Instructor News:
Welcome new instructor:**

in law enforcement.

Words used to describe the bracelet include: The essence of being a Lioness, elite, camaraderie, quality and sisterhood.

Thank you ladies...

\$12.00 each plus

S & H: \$2.00

[Order Here](#)



Cynthia Williams

Cynthia has been a law enforcement officer since 2000 and is currently the Training Sergeant for the Palm Bay Police Department in Florida. In her career Cynthia has served in the following capacities: Field Training Officer, Narcotics Agent, Patrol Supervisor and SWAT team member. Cynthia began her SWAT career in 2003 at the Key West Police Department in Florida.

Cynthia is a highly decorated officer and has been the recipient of many recognitions and commendation awards for her performance. In 2004, Cynthia became a high liability instructor. She is currently an adjunct instructor with Brevard Community College Institute of Criminal Justice. Cynthia is a certified DT Instructor; Firearms Instructor; Taser Instructor; CPR/First Aid Instructor; Simunition Safety Instructor; and Distraction Device Instructor. Cynthia oversees the Training Unit for the Palm Bay Police Department and is responsible for all departmental training for sworn and non-sworn personnel, which consists of approximately 166 sworn and 80 non-sworn co-workers.

Cynthia attended St. Thomas University in Miami, Florida on an athletic scholarship for soccer. She played goalkeeper for the University. At the end of 3 years she obtained a BA in Criminal Justice from St. Thomas University. She currently attends American Military University where she is working to complete her Master's Degree in Homeland Security.

As a teenager, Cynthia trained in Tae Kwon Do and currently trains in Brazilian Jujitsu under Instructor Edgard Dutra and is a member of Brazilian Top Team. Cynthia has competed in the North American Grappling Association, as well as the Florida Law Games. She has earned first place honors in both gi and no-gi submission grappling. (When

she is not competing she enjoys working with her favorite student, her son Isaac) Cynthia is also an amateur body builder, and has competed in 3 National Physique Committee competitions. She has won first place in her categories. Additionally, she holds a certification in Sports Nutrition and Physical Fitness. She is the health and fitness advocate for her agency, where she has implemented several volunteer health programs.

*I am not afraid. I was born to do this.
St. Joan of Arc*

Lou Ann Hamblin
Louka Tactical