



Functional Training at its Finest!

LouKa Tactical Quarterly

The Black Widow's Web:

Featured with the NRA's finest LEO rifle instructors Dave O'connor and Mike Johnson...thanks for a great week!



L to R: Cynthia Williams, Kathy Vonk, Heather Williams and the Black Widow.

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Got Ammo?



Contact Lou Ann for

Awesome Highlights!

The NOFAT Zone: With Kathy Vonk



Tactical Team Fitness is on the rise

READ ON: [FITNESS FOR THE TACTICAL ATHLETE](#)

A BRIEF LOOK AHEAD:

[POLICE WELLNESS INSTRUCTOR COURSE](#)

purchasing opportunities at:

www.loukatactical.com

LouKa Crew Rocking the SHOT Show for Blackhawk!



Photo by Mike Williams

Survival Skills for School Resource Officers Training



Monroe County Sheriff's Office Florida: Voted best host agency for 2012

Hard work and great training!

Terror at Beslan (Giduck, J.) Book and incident reviewed in order to better prepare SROs for school violence potential and understanding terrorism.

Blackhawk! gear is in!

WOODBURY, MN > MAY 13-17, 2013

TAC TEAM FITNESS INSTRUCTOR COURSE

HONOLULU, HI > JUNE 3-7, 2013

PISTOLWORKS FOR THE FEMALE OFFICER

UPPER ARLINGTON, OH > JUNE 10-13, 2013

TACTICAL PISTOL FOR THE SCHOOL RESOURCE OFFICER

MANATEE TECH LAW ENFORCEMENT ACADEMY

BRANDENTON, FL > JUNE 19-20, 2013

CONTACT US TO HOST A SPECIALIZED COURSE

Instructor News:

Toni Weinbeck

Toni Weinbeck has been a police officer with the City of Brooklyn Park, Minnesota, since 2004. As a sergeant she is currently assigned to the patrol division. Toni has held the position of patrol officer, school resource officer, and community liaison officer working with at-risk youth in the community.

Toni has a third degree black belt in Tang Soo Do Toni has also trained in Kali (a Pilipino weapons system) for 3 years, Kenpo (a Chinese striking art), Muay Thai (a Thai kickboxing system) and currently trains in Krav Maga. She is also a defensive tactics instructor with certifications in LOCKUP, LVNR, OC, and PPCT. She has also co-owned and operated two martial arts studios. One of the two schools



BLACKHAWK!

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louannblackwidow@aol.com

Tennessee Highway Patrol-
Women LEO Leaders from 30
States and parts of Canada
"Breaking the Glass Badge"



Featuring Captain Penny Phelps: "Power; how to get it and how to keep it."

she co-owned included a school for people with disabilities. Toni has also volunteered teaching people with disabilities ranging from autism to cerebral palsy for ten years. Toni holds a bachelor's degree in Police Science from St. Mary's University, and a master's degree in Public Safety Administration from St. Mary's University. In her personal time she loves to run, bike, and spend time with her Boxer Sully.

"Building Warrior Women"

Palm Bay, FL



Thank you John Meyer and Team One Network



Fantastic Host Palm Bay Police Department and City Manager Sue Hann

Phoenix, AZ



Warrior Women® T-Shirt
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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**, **Lindy Stark** from **ESS**,

[Read about it in Law and Order magazine](#)

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

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

St. Joan of Arc

Lou Ann Hamblin

LouKa Tactical Training

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