



Functional Training at its Finest!



## LouKa Tactical Quarterly

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**Master Instructor Kathleen Vonk  
in Michigan to certify 15 new  
Public Safety Bicycle Instructors  
for the City of Detroit**



**Interested in hosting a police  
cycling school in 2015?**

**Contact:**

**[louann@loukactical.com](mailto:louann@loukactical.com)**

## Awesome 4th Quarter Highlights!

**The NOFAT Zone:  
Kathleen Vonk**



# SAFETY IN TACTICAL TEAM FITNESS TESTING

By Kathy Vonk and Jay Smith

[Read more in NTOA's Tactical Edge magazine](#)

**Instructor News:**

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### The Black Widow's Web:

Thank you for your support  
and the opportunity to train  
America's finest!



**Michigan State Police**



**Polk County Sheriff's Office**



**Pierre, South Dakota**



## Welcome new instructors:

### Trooper Chansey Ford:



Trooper Ford has been with the South Dakota Highway Patrol since 2009. She is currently a firearms instructor, EVOC (emergency vehicle operator course) instructor and Field Training Officer (FTO). Chansey is currently assigned to the Motorcycle Unit.

She instructs at the State Police Academy as well as in-service and is the lead firearms instructor.

During her military career Chansey was deployed to Bagram, Afghanistan working perimeter security to the correctional facility and in the BDOC (Base Defense Operation Center). There she overlooked the security to Camp Sabalu-Harrison and was the dispatcher for our QRF response teams. She is currently with the 235<sup>th</sup> Military Police Company out of Rapid City, SD. She also served as a firearms instructor in a variety of weapon systems and currently trains in Brazilian jiu-jitsu.

### Liam Duggan:



Liam Duggan has been a Police Officer since 1997, serving first with the City of Burnsville and since 2011 with the City of St Paul in Minnesota. Working in assignments such as patrol, vice/narcotics, training and special operations, he is an accomplished instructor that is recognized as such by National Level Law Enforcement trainers. Liam's

teaching and speaking credentials range from local students entering Law Enforcement to national and international Special Operations and instructor audiences. He is a past president of SOTA (Special Operations Training Association) and now serves as the Director of Training and Development. He has numerous instructor certifications and an extensive training history that includes multiple combatives disciplines, pistol/sub-gun/M4 and long range rifle and spec ops related tactics. In addition to his special operations background Liam has also presented nationally for organizations such as IALEFI and ILEETA in areas from firearms tactics to leadership development. He serves as an expert witness consultant in Force Response Incidents and is a certified Force Science Analyst.

**Building Warrior Women Fall Sessions:**  
**Metro Nashville and Dayton, OH**





Another successful IAEFI Master Firearms Instructor program.

Thank you Las Vegas Metro P.D. What an awesome group of guys!

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Contact Lou Ann for purchasing opportunities at: [www.loukactical.com](http://www.loukactical.com)

Word of the Day:

## Leadership

is about making others better as a result of your presence and making sure that impact lasts in your absence.

— Sheryl Sandberg  
COO of Facebook



POPSUGAR

Sheryl Sandberg

2014

Ladies, we appreciate you leaving this course better than you found it!



Sig Academy Instructor  
Hana Stickles

COO facebook  
and author of *Lean In*




Warrior Women® T-Shirt  
**Order yours**  
While they last...



Sig Sauer Academy was well represented at the Nashville Building Warrior Women event in September. Sig was gracious enough to send a nice sampling of their AR platform rifles and academy instructor; Hana Stickles. Thank you Adam Painchaud.

To learn more about what Sig has to offer  
go here:

[Sig Sauer Academy](#)

 Forward to a Friend

See you at this year's SHOT Show-  
Magtech booth #16127

ILEETA in April

IALEFI West Palm Beach, FL in May

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Building Warrior Women

LouKa Tactical Trainers:

We are Women To Follow



Join Our Mailing List!

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

*St. Joan of Arc*

Lou Ann Hamblin  
LouKa Tactical Training

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