



Functional Training at its Finest!

Defensive Tactics Training for the Female Officer

Hosted by: Hood River Sheriff's Office

Location: Hood River Valley High School 1220 Indian Creek Rd. Hood River, Or. 97031

Register by going to: www.loukactical.com **Space is limited to 20 participants

For logistical information contact: Caitlin Plese <cplese@hoodriversheriff.com>

When: August 23-25, 2021 **Time:** 0800-1700 **Fee:** \$499.00



Purpose: The purpose of this custom 3-day class is to improve the female officer's control tactics in order to improve her performance in a physical confrontation. Participants will review case studies, explore body platform positioning and movement, whole-body control techniques, weapon management from the ground up, multiple officer engagement and tactics, ground trapping, escapes, functional strength and conditioning tips.

Requirements: Attendees are required to wear functional clothing, gun belts based on assignment, elbow, knee pads and mouthguards are recommended ***A water source and simple carbohydrate is also highly recommended.

About LouKa Tactical: In business since 1999 it is the largest female owned and operated company of its kind with a diverse cadre of instructors with unique talents. Co-owner Lou Ann Hamblin retired from law enforcement having served for 22 years working uniform and training as well as undercover to include a special assignment with the DEA. She holds a master's degree in performance technology from the University of Michigan. She is a certified firearms and defensive tactics instructor and has trained over 4000 women in pistol classes alone. She is a Team One Network adjunct instructor, H&K Master Pistol Instructor and IALEFI Master Firearms Instructor-trainer. She instructs internationally in the areas of instructor development, custom training for specialty units and female officer survival.



Primary Instructor: Lieutenant Toni Weinbeck has been a police officer with the City of Brooklyn Park, Minnesota, since 2004. As a Lieutenant 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 and has also trained in Kali (a Pilipino weapons system), 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 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.