



Leo Loucks has been a Police Officer for 32 years. He began his career with the Toronto Police Service and was a member of their Emergency Task Force. He then returned to his hometown of London Ontario and joined the London Police Service. He was also a member of their Emergency Response Unit.

He is currently is a member of the Ontario Provincial Police where he is an instructor for the In-Service Training Unit and is responsible for the yearly training of 400 Officers in firearms, taser, defensive tactics and new legislation.

Leo Loucks is also a lifetime martial artist with 51 years of experience. He won numerous Karate Championships from 1972 to 1980, which evolved, into his kickboxing career from 1975 to 1988. He was the PKA World Lightweight Champion from 1986 to 1988. Throughout his career he was managed by the late Sifu Ron Day and trained by Jimmy Fields.

Leo Loucks is now a striking coach for both amateur athletes and professional fighters. He has trained UFC fighters Chad Laprise, Mark Hominick, Jesse Ronson and Chris Clements and was the kickboxing trainer of World Champion Kickboxers Brad Fowler and Steve Shively.

Leo Loucks also teaches seminars for numerous martial arts clubs and organizations and is delighted to be presenting for the 17<sup>th</sup> Annual John Lemieux Memorial Tournament hosted by World Seikido and Forest City Taekwondo.

Leo Loucks' presentation will be on striking accuracy, optimum levels of motivation, and efficiency of movement.