

# ~ Laurie Watson ~

Laurie has succeeded at many things in her life, but what brings her the most joy is the success of having achieved a balance in her personal and professional life. Although her accomplishments are many, Laurie spends quality time such as hiking, waterskiing and camping with Scott, her husband of 24 years, and her son Ryley, 14 who is also a black belt.

Laurie has worked in management at Federal Express for over two decades. When not working at Federal Express, Laurie can often be found at Karate West. Joining in 1998, Laurie has been a positive force in the dojo ever since. She earned her 2<sup>nd</sup> degree black belt in 2004 and became the first woman to test with a weapon's package!

Laurie earned her CDT (Compliance Directional Takedown) certification in 2002 at Karate West. This national program teaches hand manipulation and gun disarms. Laurie went on to earn her Master Tactical Instructor license which enables her to teach the CDT program. With her skill and knowledge, Sensei Holeman chose Laurie to join him and his team to teach anti-terrorism and anti-air rage techniques to in-flight crews for Alaska Airlines.

Laurie also earned her own private pilot's license. Maintaining the balance in life so important to Laurie, she chose not to renew it, trading in that hobby to spend more time with her family and volunteer work. Laurie works with the Boy Scouts of America of which her son, Ryley, is a member. He is also a top student at Bear Creek Christian School and an assistant instructor at Karate West.

There is no getting around it, Laurie's passion is to teach karate and it shows. Her students certainly know it. And Laurie loves to teach bun kai. Ask her why and she'll answer with in a huge smile. "It's real! Bun kai teaches us why we do kata. Bun kai could save our lives."

## **Here's what others say...**

*"As my bun kai, weapon's partner for 2nd degree black belt, it soon became obvious that my aluminum sai was not strong enough to take the intense impact and heavy pounding that Laurie serves up with a bo. I had to switch to an iron sai! Fortunately for me, in addition to Laurie's strength and speed, her control and targeting are just about perfect."*

**- Tom Abbott, 2<sup>nd</sup> degree partner**

*"Laurie is an excellent instructor. It is her ultimate goal to reach every student. She will try many different teaching approaches until she finds the one that works best for each individual."*

**- Sensei Ken Watrous, Senior Operations Manager**

*"As my instructor, Sempai Laurie knows how to make my class fun even when we are working hard on our material. I have never seen her have a "bad day!" She always give 110% to me and the other students every class."*

**- Callie Holeman, Student**