

~ Lisa Varner ~

In 1997 Lisa and her husband Giles started their martial arts training at a Tae Kwon Do school in Renton. Lisa quit when she was pregnant with her first son Zephren. When her youngest son, Caelan, was 4 ½ months old she decided it was time to get back in shape. During her time off she and her husband moved to Issaquah and although Lisa wanted to continue training in Tae Kwon Do, she was disappointed she could not find a school she liked. Then a friend told her about Karate West and Lisa decided to consider changing styles. After three years and a lot of hard work, Lisa earned her black belt at Karate West in June 2003.

Lisa teaches in the hugely popular Tiny Tiger and Little Dragon Program. As with everything Lisa cares about, she puts her heart and soul into it. Her goal is for her students to be happy, self-confident, kind, and safe – the same thing she wants for her own children.

Kids are a huge part of Lisa's life – at Karate West, her home, and Discovery Elementary. If Lisa isn't at the dojo, she's most likely at Discovery. She volunteers in the classroom and the library, as well as co-leading her son's Cub Scout den. This year she is party coordinator for both her son's classrooms and science docent for her older son's class. In the past she has held positions of room coordinator, auction representative, yearbook sales/distribution coordinator, etc.

If you ask Lisa what she enjoys most about Karate – the answer usually has to do with the work out! She loves sparring because she gets a great work out. In addition, every once in a while she'll score a great point, but it's usually when she's not thinking, so she has to ask someone else to recount the moment.

Lisa especially enjoys the camaraderie at Karate West. She finds that people are willing to go out of their way for each other – and they don't expect anything in return. This is something you usually don't find among the general public she says. She believes that Karate West attracts good people and creates good people.

Here's what others say...

“As a dedicated teacher, Lisa is always very prepared and creative in coming up with new ways to teach her students. Her classes are filled with excitement and the children love learning from her.”

- Tina Montemayor, Program Director, Tiny Tiger/Little Dragon

“Sempai Lisa has always been ready to help wherever she can. She is always doing her best and is a great asset to all of us at the dojo. Sempai Lisa teaches great classes. She has taught and encouraged me to be a better teacher from the moment I started assisting and for that I am very grateful.”

- Jon Small, Assistant Instructor

“Lisa is a wonderful advocate of Karate West. Many of our students came to us through her positive referrals and through the parents of the students she teaches – due to her excellent teaching skills.”

- Randy Holeman, Head Instructor