



Lara Willard: Sensei Lara Willard's wide exposure in the martial arts started in 1986 under the famous Sifu Liu Siong, learning the very dynamic Tibetan Tai Chi Chuan Fah at the Garuda Studio in Albuquerque. Subsequently, she studied Shotokan under Mr. Rich Willard, Mr. Joe Moya, and Mr. Dick Rienstra between 1988 and 1991. Studying under USKA Hall of Fame Shorin Ryu Sensei Tim Davies until 1993, she received her Shodan awarded by a Hawkes Shorin Kai yudansha exam board chaired by Master James Hawkes. At that time, she became a direct student of Sensei James Hawkes, later receiving her 2nd and 3rd Dans from him. She was a Karate School owner in Oklahoma with her husband between 1995 and 2000 where they specialized in teaching Special Olympics students along with other students. She assisted Mr. Willard with their Las Cruces, New Mexico church karate club between 2005 and 2010. Sensei James Hawkes awarded her the Shorin Kai instructor's patch and Seki Ryu Kai Society membership in 1998. After an absence from karate practice, she returned to practice in 2014 with an interest in adapting kihon and kata to some of her physical limitations, and to reacquaint herself with kobudo practice. She received her Shorin Ryu karate 4th Dan in 2016, having won kata championships that year with national ranking in the USAMA point year. She is an integral part of the executive group at the hombu dojo, and a retired elementary school teacher.