

# Sisters man offers defense training

By Jim Cornelius  
News Editor

Folks in Sisters Country will “never be a victim” — not if Hunter Allen can help it.

Recently moved to Sisters Country, Allen is the proprietor of T.I.G. Tactical, where he offers private or group instruction in the Israeli self-defense method Krav Maga. Krav Maga translates from Hebrew as “contact combat”; it is a highly efficient, direct and realistic form of self-defense designed to be taught and absorbed quickly.

“Even basic practitioners can win a confrontation,” Allen explains.

Allen says he spent three-and-a-half years developing his training syllabus, which is focused around defending against armed attackers. Most deadly encounters involve multiple and/or armed attackers, so “I teach people to defend against those specific threats,” Allen says.

“You can definitely do it,” is his message to prospective practitioners. “Anybody can. It’s based on body science. You don’t have to be big or strong or tough. You just have to react. And you have to know how to react. A little person can put a whole lot of hurt on a big guy.”

Allen has been practicing martial arts since he was 11 years old. Adopted into a family situation he describes as abusive, martial arts and music were his saviors. A self-described “band geek,” Allen was subject to bullying both at home and at school. Martial arts training helped him overcome that situation — and instilled in him a desire to help others protect themselves from bullies.

Through T.I.G. Tactical, Allen has taught in Florida, South Carolina, and Rhode Island.

“I offer private or group instruction, and I also offer instruction for companies,” he said.

He is particularly interested in training school

personnel and offers his services “free to any high school principal and vice principal; church minister; and any recent victim of crime.”

Allen acknowledges that Central Oregon in general, and Sisters Country in particular, are perceived as safe environments — but he notes that bad things can happen anywhere, catching victims unawares and unprepared. He’s seen it happen.

“They never thought it would happen to them; they damn sure didn’t go looking for the trouble,” he says. “And every one of them I’ve talked to wished they knew what to do to get out of it and they didn’t.”

In addition to his Krav Maga instruction practice, Allen is a contractor specializing in painting and decorative concrete among other skills, and he’s currently getting his Oregon license. He’s also a dedicated musician, a singer-songwriter in a genre he loosely refers to as “country-rock.”

Music is as important to him as his self-defense practice.

“I was allowed very few pleasures (growing up),” he recalls. “I was allowed to do martial arts and I was allowed to play music ... so the many, many hours I spent alone in my room, I played. Music kept me alive.”

Allen is a man of strong faith, though he says he is not religious in a conventional



PHOTO BY JIM CORNELIUS  
Hunter Allen of T.I.G. Tactical.

sense. T.I.G. stands for “trust in God.”

“I have a great faith,” he says.

Part of that faith is that anyone can learn to protect themselves from potentially deadly threats — and that he can help ensure that folks in Sisters Country will “never be a victim.”

For more information on T.I.G. Tactical, visit [www.tigtactical.com](http://www.tigtactical.com), email [Tigtactical@yahoo.com](mailto:Tigtactical@yahoo.com) or contact Allen by phone at 541-699-8378.

# Agendas

**Parks Advisory Board**  
Wednesday, February 4, 4 p.m.

City Hall, 520 E. Cascade Ave., 4 p.m.

- Restroom facility at Cliff Clemens Park.

**Sisters School Board**  
Wednesday February 4, 6 p.m.

Sisters School District Administration Building

- Appointment of interim board member.

- Swearing-in of board member.

- Deschutes County Commissioners.

- HDESD – Local Service Option/Facilities John Rexford presentation.

- Revenue/expenditure.

- School safety update.

- Transportation supplement plan.

- Superintendent report.

- Enrollment report.

- Adopt NIMS (National Incident Management System) program.

- Resignation of Craig Ray, 1.0 FTE Sisters Middle School math teacher.

- Set date for volunteer appreciation.

**Sisters City Council**  
City Hall, Thursday February 5, 8 a.m.

Workshop:

- Insurance update.
- Updated employee handbook review.

- Review of Creekside Park plan.

- Preview February 12 agendas.

**Community Assets Committee**  
Thursday, February 5, 5 p.m., City Hall

- Review of previously assigned tasks.

- Review of comparative analyses of projects.

- Consideration of combination projects.

- Review of work to be accomplished prior to next meeting.

**bliss**  
HAIR AND NAIL DESIGN

**HAIR Nails**  
Natural & Artificial

484 W. Washington Ave., Ste. B  
**541-549-6566**

**Quality Truck-mounted CARPET CLEANING**  
Quality Cleaning 13 years in Sisters!  
Reasonable Prices

**ENVIROTECH**  
541-771-5048  
Licensed • Bonded • Insured • CCB#181062

**RESIDENTIAL • COMMERCIAL**

**Touch of Class Tours**  
[www.touchofclasstours.com](http://www.touchofclasstours.com)  
[connie@touchofclasstours.com](mailto:connie@touchofclasstours.com)

**WINNEMUCCA, NV**  
MARCH 13-15 | \$89 ppdo.  
\$20 free slot play. \$12 food coupons!  
Single occupancy add'l \$20. Deluxe motorcoach transportation. 2 nights in beautiful renovated hotel rooms.

**LAUGHLIN, NV**  
MARCH 22-APRIL 1 | \$699 ppdo.  
2 nights, Reno. 7 nights, Laughlin, 1 nt. Beatty. Visit Death Valley, Scotties Castle and more.

**I LOVE LUCY**  
APRIL 11 | \$175 ppdo.  
Keller Auditorium in Portland.  
Dinner included. Min of 20 passengers or surcharge may apply! One-of-a-kind theatrical performance.

**JAZZ, BLUES & ROCK & ROLL**  
APRIL 15-23  
Starting at \$2,599 ppdo.  
Includes air, transfers, taxes.  
Chicago, Memphis to New Orleans!  
Celebrate American rhythm on a 9-day rail journey through 2 cities pulsing with legendary music!

**PENDLETON "COME TO LIFE"**  
MAY 15-16 | \$289 ppdo.  
Once a year 75 actors bring the underground past back to life. Includes breakfast, dinner, Pendleton woolen Mills and more! Min. of 20 passengers or surcharge may apply.

Give a Gift Certificate for travel to someone you love!

**Connie Boyle**  
541-508-1500  
P.O. Box 615  
Sisters, OR • 97759

Ironwork that transforms your home

**Ponderosa Forge**  
Sisters, Oregon

Handforged, timeless craftsmanship

Come visit our showroom in the Sisters Industrial Park today!  
**541-549-9280 | PonderosaForge.com | CCB# 87640**

**BESTVUE**  
BLINDS  
A division of Lakeview Millworks

Wants to show our appreciation and thank you with a

**\$50 Dining Voucher**

for one of these Sisters Restaurants:  
Takoda's, The Gallery, Depot Café,  
Season's Café, Rancho Viejo,  
Los Agaves, Ali's Townsquare Deli or  
Bronco Billy's Ranch Grill & Saloon

with a **FREE** complete home estimate on your window blinds. (8-blind minimum. One dining voucher per family).  
For appt. call 541-588-6201 or 541-241-7582

Visit our showroom in Sisters at 141 E. Cascade Ave., #202.  
**BestVueBlinds.com – 541-588-6201**