

BRAINS, BEAUTY, & A Killer Left Hook

"Lisa King, AKA The Black Widow"

By Steve Goodman

Her name is Lisa King. She's the mother of two and runs a full service marketing company specializing in healthcare and medicine. But there's another side to this amazing woman. She is a champion Full Contact Muay Thai Fighter, known in the fight community as The Black Widow. She is a pistol-packing executive protection agent providing security for high-end individuals, a martial arts instructor, and one of the fight games most intelligent and attractive commentators. As Lisa puts it "just the typical girl next door."

Like many women fighters, Lisa first got involved in the martial arts as a way to stay in shape, never dreaming of where it would take her. "I started martial arts about 12 years ago mainly because I absolutely despised going to the gym, I saw this as a great opportunity to exercise and learn self defense."

Lisa specializes in Muay Thai, which is part of a broader fight tradition called MMA, or "Mixed Martial Arts". Muay Thai is translated into English as Thai Boxing, but it is quite different than what we think of as kickboxing. It is far more aggressive, and deadly. Muay Thai not only uses kicks, but involves the hands, elbows, knees, even judo-like grappling to defeat an opponent. Lisa says that is what makes it so exciting and why an ever-increasing number of fans are being drawn toward it. "The world of female fighting is extremely popular. Just in the last six months it has become more mainstream. Lisa adds, "People first go to see a female fight for the novelty – it used to be that it was regarded as something other than a true sport. Now what you are finding is that we are on CBS, NBC, ESPN. Twelve years ago females were the undercard; now we're the "Main Event"



Lisa says a lot of what she does is about breaking down walls and boundaries, not only for herself, but for her fans. "On a professional level I probably have the coolest and most educated cheering section you can imagine." Thanks to Lisa's various "alter egos" her regular followers range from the usual fight fans to CEOs and brain surgeons.

Lisa has been featured on ESPN's *I'd do Anything*, the *Today Show*, the reality show *Fight Girls*, and two films, *Ring Girls* and *Fight Girls*. Lisa says she is pretty competitive in everything she does. "I'm up for any challenge that comes my way." One day she had opportunity to prove that, outside of the ring.

“A few years ago a person that I knew and trusted came to my home – I heard something outside, I opened the door and they attacked me. And my children were inside. Now I am trained to go into the ring up against a person also trained in the same technique and weight-class as me, so I can go in with a gameplan and pretty much in my mind know the outcome. This was very much out of everything I had been taught, or knew how to deal with. But as soon as they had body-slammed me, it was instinctual, I knew I had both my children in the house. And as my daughter, who is a fighter herself, said, before she could even raise her hand, I had already hit the person, kicked the person, flipped the person around, slammed him into a wall and tossed him out the door, and told my daughter to call the cops.” Lisa, you can be my bodyguard anytime!

As you might imagine, today Lisa is a major advocate of martial arts training, especially for women. She teaches women’s self-defense classes, and provides training for battered women. She says it is all about giving women the power and the confidence to not be victims. “I go in there and I’m teaching them they don’t have to be a victim, they have options.” Lisa also runs self-defense classes for teen girls 11-18 at no charge, “...to give these kids the self confidence and empowerment that martial arts can bring”. Lisa thinks that all children should do some form of martial arts. They not only learn a skill that will last them a lifetime, but they learn a lot about discipline and respect. “There is just so much good that comes out of it. And if they stick with it, when they go to the gym and train later in life, you know where they are, they’re not out getting into trouble – they have different goals and other objectives.”

Lisa has been “giving back” and involved with non-profits since the early ‘90’s. Long before she entered the ring she took up the fight against cancer. “Cancer ran in my family”, says Lisa, “so the first job I took in the medical field was in oncology. I took a job with the [American Cancer Society \(www.cancer.org\)](http://www.cancer.org), and I’m just the type of person that if I’m going to do something I throw myself completely into it or I don’t do it at all. I wound up chairing their “Relay for Life” and many other events here in Las Vegas. Eventually I served on their Board and became their southwest regional spokesperson.

Soon after, she used her martial arts background to head up the public relations for the Breast Cancer Foundation’s “Board Breaks for Kids” program. Lining up Tae Kwon Do students and their schools for public exhibitions and fundraising events.

So what kind of a role model is a Mom who makes her living as a fighter and a professional security agent? A darn good one apparently. Lisa says “My kids think it’s cool when their friends recognize me by name and my 8 year old son loves telling his friends that I’m a real life super hero.” But it’s much more than that. Lisa says her kids are her inspiration and her motivation; they push her harder than anyone. “As a parent you always want to do your best; and there’s nothing like the type of work that I do that lets me and the thousands of people in attendance see exactly what my best really was that night. I want my children to know that to achieve a dream it does take a lot of hard work and determination; but if they put their best foot forward, they can accomplish anything they set out to do.”



Lisa continues to do everything she can to promote and educate the public about full-contact female fighting, MMA and Muay Thai. Her latest endeavor is wfighter.com, a website dedicated to professional women fighters and their fans.

What does the future hold for The Black Widow? Lisa says you can look for her coming soon to a local store near you, as she has just become the spokesmodel for an energy drink called Csurge. “It’s a shot of energy and a dose of vitamins all at the same time. What could be better? I’m training some fighters right now. I’m not done with fighting, maybe a movie, some action roles, we’ll see...”

Whatever is next on the path for Ms. King, I wouldn’t want to be the one standing in her way! - DUO