

HERMAN LAU

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WWW.SPECTRALCALM.COM

*My work integrates people and mindsets – exploring narratives, encouraging expression, arranging projects.
Hybrid thinker drawing across multiple disciplines to engage with ambiguous problems.*

SKILLS

COMBAT SPORTS AND PERFORMANCE ARTS

Kickboxing, Boxing, and *Muay Thai* - Trained under former Canadian kickboxing champion Gasper Bonomo and other high-level fighters (2005–present). Explored kickboxing training opportunities at a number of gyms in Hong Kong, China (2010). Instructed at various gyms, recreation centres, and post-secondary institutions around Edmonton, AB.

Chinese Martial Arts - Began training at Ji Hong Wushu and Tai Chi College at a young age with Masters Gu and Luo (1991–present). Developed focus in *wushu*, specializing in *changquan* (long fist) and *nanquan* (southern fist) forms. Became familiar with basic *wushu* weapon skills (sword, staff, sabre, spear). Competed at a national level at the 1997 Canadian Wushu Competition (Edmonton, AB). Acquired internal martial arts skill in Chen-style *taijiquan* (tai chi), *chin na* (locking) and basic *qigong* (breathing).

Other Physical Training - Continued to experiment in other styles to diversify knowledge (*judo*, *capoeira*, wrestling, mixed martial arts). Cross-trained in circus skills (aerial silks) at Pique Dance Centre and CircoFit (2014–present). Performed with dance studio group. Intermittent practice with ballet at MacEwan University and Pique Dance Centre. Gained basic proficiency in yoga.

Skilled in sparring and self-defense applications as well as form and movement emphasis.

Accumulated broad knowledge of martial arts - styles, forms, applications, training, history, culture and philosophy. Integrated styles and provided over 25 years of martial arts experience during instruction.

EXPERTISE

Martial Arts and Movement
Instruction/Coaching
Consulting

EXPERIENCE

FREELANCE WORK
Sept 2008–present
Martial Arts and Movement
Instructor / Performer
Edmonton, AB

CITY OF EDMONTON –
CITIZEN SERVICES
Aug 2013–present
Kickboxing Instructor /
Program Specialist
Edmonton, AB

CITY OF EDMONTON –
SUSTAINABLE DEVELOPMENT
May 2016–April 2017
Project Engineer
Edmonton, AB

URBAN SYSTEMS LTD.
Sept 2003–Apr 2016
Consultant
Edmonton, AB

FREELANCE WORK
Sept 2003–present
Illustrator / Art Instructor
Edmonton, AB

EDUCATION

BSc in Civil Engineering (Co-op), P.Eng.
University of Alberta, Edmonton, AB, 2003

INSTRUCTION

Taught a variety of classes for different sized groups, age ranges and skill levels, including a specialization in child and youth programs (ages 6-12). (Valid driver's license, First Aid Certification, and police services background checks were occupational requirements.) Interpersonal skills tested on the spot in an assortment of situations.

Able to quickly develop varied training programs with a focus on encouraging a student's potential and growth. Problem solved with clients to determine needs, tailored programs to suit desired outcomes within limitations. Able to communicate and demonstrate a wide range of techniques and movements.

FACILITATION AND IDEATION

Guided creative process of generating, developing, and communicating new ideas. Facilitated visualization of themes and mission for clients. Conducted coaching exercises and guidance for teammates (familiar with tools such as Myers-Briggs Type Indicator assessment). Completed a year-long course of leadership coaching sessions with Thinking Partners.

FREELANCER

Problem solved with clients to determine needs and restrictions, worked with detailed descriptions and requirements, managed deadlines and multitasking concurrent projects, and adapted to continuous learning and research. Developed needed business comprehension (accounting, marketing, and networking). Skills applied in both illustration work and various instructor roles.

ADDITIONAL PROFICIENCIES

VISUAL ARTS

Skilled in various freehand drawing and painting mediums and styles. Used illustration for instruction/coaching and choreography (portfolio available online at spectralcalm.com).

COMPUTER SKILLS

Proficient computer literacy required for various roles, including word processing, spreadsheet tabulations, slideshow presentation, email and internet applications, and social media coordination.

In computer graphics, most experienced with Corel Graphics Suite and AutoCAD, and readily able to take up other graphics software and applications.

ENGINEERING DESIGN

Educated on thought processes using logical, methodical, and iterative methods from concept to deliverable. Well-versed in professional and technical written communications, correspondence, and file keeping. Familiarized with contract processes and administration.

VOLUNTEER ACTIVITIES

URBAN SYSTEMS FOUNDATION

Served on the board of directors of the Urban Systems Foundation charitable organization. Focused on opportunities to enhance community well-being through building human capacity.

Through the Urban Systems Foundation, connected and participated with non-profit organizations such as iHuman, Engage North, and the Mustard Seed on different initiatives.

E4C

Volunteered as an ArtStart instructor for several years, running after school art classes for kids from low income families. Also coordinated camp workshops. Arts and crafts project syllabuses were conceived, planned, and taught to children ages 6-15 at different school locations.