Hsin Lu Tao Academy of Martial Arts

Koryukan Style

Incorporating fighting & defense tactics from:

- Japanese: Ground tactics, weapons, forms
- Chinese: Energy work, animal styles
- Korean: Re-directs, turning, striking
- Filipino: Edged-weapon defense, stick fighting

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HIGHLY TRAINED MARTIAL ARTS' SPECIALISTS

Tao is a whirling emptiness,
yet when it is used
it cannot be exhausted.
Out of this mysterious well flows everything
in existence.

- Lao Tzu, *Tao Te Ching*

Two Locations to Serve You:

Hsin Lu Tao Main Academy
11444 Rojas Dr., Suite C6
1El Paso, Texas 79936

Hsin Lu Tao Northeast
4922 "C" Hondo Pass
El Paso, Texas 79924

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Fees & Training Schedules

Schedule of Fees

Tuition for attending classes at Hsin Lu Tao Academy of Martial Arts is $125.00 per month per student. This entitles the student to attend ANY of the classes offered, any day of the week.
Hsin Lu Tao offers a well-rounded curriculum with evening classes three days per week.

We offer a 20% discount off the tuition cost if paid one year in advance, a yearly savings of $300.00 over the monthly rate.

Private Lesson Fees

Are $40.00 per hour, or you may receive substantial discounts by purchasing a Private Lesson Package. Please call for details.

First Week of Martial Arts training FREE with this brochure.

Training Schedule

Children's Classes
MONDAYS, TUESDAYS & THURSDAYS
6:00 p.m. TO 7:00 p.m.
(Ages 6 to 13 years old)

Teen Classes (Afternoons)
MONDAYS, WEDNESDAYS & FRIDAYS
2:30 p.m. to 4 p.m.
(Ages 13 to 17 years)

Adults & Teens (Evenings)
MONDAYS, TUESDAYS, & THURSDAYS
7:00 p.m. to 8:30 p.m.
(Ages 14 years to Adult)

Personal Defense (Women & teens)
TUESDAYS & THURSDAYS
7:00 p.m. to 8:00 p.m.

Make sure to visit the Women's Personal Defense Center web site at www.womenspersonaldefense.com

The Traditional Martial Arts

The Martial Arts are a sacred science.. Their ancient practice and wisdom are deeply rooted in the healing and philosophical arts of the Orient, and this same knowledge, when properly taught and earnestly applied today, continues to convey a physical power, mental awareness and spiritual presence which is incomparable. An integral study of the martial arts would include such indispensables as: the practice of meditation or quieting of the mind; correct breathing techniques and methods; an understanding of the vital energy call Chi; and movement of the body with no loss of concentration and with authority and power.

Taught well, the martial arts awaken an innate spirit of dynamic physical performance. The body doesn't just look good—it feels good and operates at maximum performance levels. This is the key that unlocks the door to mental acuity, spirituality, and an expression of physical power.

Koryukan Style

Literally translated from Japanese, *ko* 古 means old or ancient, *ryu* 竜 means school, and *kan* 館 means house or hall. Koryukan, then, is the home of the school of ancient ways. Koryukan is a style of martial arts developed by Soke Sal Moralez of the Hsin Lu Chuan Shu Tong. The Koryukan style brings together the essential practices and characteristics of karate-do, kobudo, jujutsu, Korean, Filipino & Chinese martial arts into an integral fighting system.

Fundamentally speaking, the Koryukan style draws upon the meanings, philosophies and disciplines of ancient knowledge in the development of its theories and science as practiced in the martial arts.

Knowledge stands at the core of Koryukan teachings, and the method of application, unique to the Koryukan style, brings combat techniques to life.

Kali/Eskrima

Filipino Martial Arts make use of a great deal of concept training and enhanced critical thinking skills to effect a fast-paced training environment. Fundamentally, theirs is a highly evolved system of counter assault tactics that meet the needs of society's present day conflicts. Our training system nonetheless retains the values and traditions of the warrior arts of the Philippines.

空手道

Personal Safety & Self Defense For Women

Our personal defense training program is a dynamic system of comprehensive defense. It is taught as a three-fold process that uniformly addresses the most common threats to a woman's safety:

- Casual/Dating Violence
- Stalking
- Rapes/Assaults
- Domestic Violence
- Armed assaults

This program is delivered by a dedicated team of highly skilled practitioners.

Weapons

Hsin Lu Tao offers training in knife, bo, and sword as a part of its regular martial arts curriculum.

Visit us at:

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