



Hsin Lu Tao Academy of Martial Arts

News!

September 2008

Black Belt Testing & Promotions

In a grueling six hour examination, four of Hsin Lu Tao's instructors, who were eligible for promotion, stood before a panel of six – four Masters & two Grand Masters – and demonstrated their knowledge and skills in the martial arts, conclusively earning themselves their promotions.



Si Hing A.J. Boyer, Sijeí Nicole Boyer, Yudansha Raymond Gerardo, and Sijeí Annabel Miramontes were required to show proficiency in Kata (beginning, intermediate and advanced), Martial Arts History & Knowledge, Weapons, Fighting, Grappling, and Breaking.



In the Kata portion of their testing, each instructor was required to individually



demonstrate a number of katas representing beginning, intermediate and advanced levels of training. None was given advance notice of the katas they would be asked to perform, and each member of the panel immediately

following their performance. Members of the panel judged execution, knowledge of the history of the kata, breathing methods employed, the use of power in meaning or ki of the kata.

The Knowledge segment tested their depth of understanding of the history, concepts, principles and philosophies of the Arts. This

included their understanding of the origins of the Arts, their grasp of universal principles, their familiarity with the works of Funakoshi and Musashi, their awareness of the five elements and their application in kata and fighting, their know-how of the philosophy of Hsin Lu Tao (as published on this web site), and



their mastery of striking targets for minimum, moderate and maximum injury to a body.

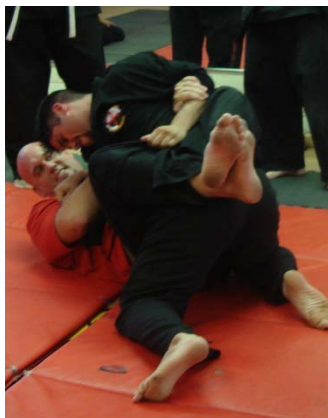
practice of Iaido.

They were required to show skill in the use of the Bo, and ability in the

The fighting portion of their test required them to fend off one attacker for one minute, two simultaneous attackers for one-and-a-half minutes, and three attackers for two minutes in an exhausting feat of endurance and aptitude.



Their grappling skills were tested by Grand Master Bill "Tigas" Garness, 10th Degree Black Belt and founder of the Filipino Mixed Martial Arts, Laban Sa Lahat system in Las Vegas, Nevada, who not only put their mettle under the microscope but challenged their ability defend on the ground against an armed assailant.



At the conclusion of the test, A.J. & Nicole Boyer were promoted to 3rd Degree Black Belt, Raymond Gerardo to 2nd Degree Black Belt, and

Annabel Miramontes to 1st Degree by unanimous decision of the panel.