



# The Black Belt

## Test Day Rules:

- Silence or turn off your cell phones
- Sit **ONLY** in marked areas
- Please stay behind the blue masking tape while in the seating area
- Since there is very **limited seating** inside, priority seating inside is designated for the candidates immediate family
- Parking: DMA lot, San Pablo Ave., Fifth Ave.; NOT in Nob Hill Plaza
- Encourage and cheer on the candidates
- Applause when tasks have been accomplished
- Be extra **QUIET** when the panel/candidates are speaking
- Please let the panel test the candidates without *any* interruption from the crowd
- Be courteous to others seated around you and do not have side conversations
- Pictures & video can be taken during and after, w/out disturbing the test

Dumlao's Martial Arts, Pinole, Ca

12 September 2009

## Dumlao's Martial Arts 2009 Black Belt Test

Welcome family and friends, to our Prestigious Black Belt Test of 2009. We are extremely honored to have you as our guest. The candidates are truly thankful for your support and presence on this day.

This has been a long and challenging journey for them and today you will witness a momentous achievement for each of these 9 Black Belt Candidates. Only a very *select* few make it this far. Today, their dedication, sacrifice and hard work will be displayed and put to the ultimate test. This is an experience everyone will share and, in the end, an experience the Black Belt Candidates will always cherish.

This is the Candidate's day. We want to make this a memorable occasion and highlight their achievements. We believe that if we abide by the guidelines we have outlined (to the left of the page), the test will run smoothly and the candidates will have the experience they deserve. Please note that the test may be over 5-6 hours long, so it is understandable if you have to get up and get fresh air. Please step outside in an orderly fashion and do not disrupt the test.

## DMA Black Belts

Mr. Roland Dumlao

Mr. Jeremy N.

Mr. Sean Dumlao

Mr. Ariel J.

Mr. Lando Dumlao

Ms. Jasmine N.

Ms. Lenissa D.

Mr. Kyle S.

Mr. JR V.

## DMA Black Belt Candidates

Jamal A.

Marissa R.

Alex A.

Loralie Y.

Samantha P.

Chris Z.

Allen P.

Nicole Z.

Gabriel R.

# The Black Belt

## Black Belt Candidate Bios



Jamal A.

### Jamal A.

Jamal started karate at Ylagan's Martial Arts at the age of 8.

Jamal's hobbies include reading comic books, football, basketball and karate.



Alex A.

### Alex A.

Alex first started karate at Ylagan's Martial Arts at the age of 8 and is currently one of Dumlao's Martial Arts' primary Assistant Instructors.

He is a talented artist and is majoring in Graphic Design.

### Samantha P.

Samantha started karate at the age of 7.

She enjoys watching Disney movies, drawing Disney characters and hanging out with friends.

Samantha says she is "really excited for the Black Belt Test and overjoyed to be testing with the friends and mentors I've grown up with."



Samantha P.

### Allen P.

Allen started karate at the age of 9. He is currently majoring in Pre-Med.

He enjoys dancing and is head of the Dumlao's Demo Team.

### Gabriel "Lil Hulk" R.

Gabriel started karate at the age of 4 on Dumlao's Martial Arts' grand opening day, February 11, 2002.

Outside of martial arts, Gabe enjoys playing soccer, spending time with his family, as well as fishing with his father.



Allen P.

### Marissa R.

Marissa started karate with her younger brother, Gabriel, at the age of 7.

She enjoys dancing, spending time with her family

and friends, running, and martial arts.

Marissa says, "I always try to do my best at whatever I put my mind to. ...and ready for the responsibility of a Black Belt."

### Loralie Y.

Loralie started karate at Ylagan's Martial Arts at the age of 6.

She is also currently one of Dumlao's Martial Arts'

primary Assistant Instructors.

She enjoys listening to music and spending time with her loved ones.



Gabriel R.

### Chris Z.

Chris started karate at Ylagan's Martial Arts at the age of 37.

He enjoys reading, gardening, dancing and loves

listening to all genres of music.

He and his two daughters all currently take martial arts together.

### Nicole "Zelly" Z.

Nicole started karate at the age of 6 at Ylagan's Martial Arts.

She enjoys Lacrosse, swimming and relaxing at home.

She also made captain of her Lacrosse team her 1st year on the team.

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## The Journey, Reflection and What Lies Ahead

These Black Belt Candidates have gone through an intense journey to get to where they are today. They bet on themselves and beat the odds when, unfortunately, most martial artists don't make it past the Brown Belt level. In the martial arts, it is truly an endless journey from White to Black Belt, as they have gained so much more than just a belt around their waist.

Although there is no perfect mold for a Black Belt, each one should have the knowledge and wisdom to accomplish their techniques. A true Black Belt has the drive, determination, will, inner strength, desire, and heart; to carry them through to what lies ahead. There will be those who continue their martial arts journey, those who will one day be head instructors of their own martial arts school and some who will move onto other things.

As we all know, they must feel accomplished, proud and honored to be here with us. The mental, emotional and physical training they have done will be put to the test. They have been preparing themselves since they started their martial arts journey, which for some, have been as long as 10 years.

Over the course of the past 6 months, they have had to complete a rigorous regiment of Black Belt requirements, such as 100 running miles, 100 sparring rounds and many teaching hours; just to be qualified to test today.

The traits they have been taught will be revealed and we will truly witness greatness and accomplishment. They have staged themselves onto the platform and have begun their voyage into an Endless Journey...



**Marissa R.**



**Loralie Y.**



**Chris Z.**



**Nicole Z.**

## 終わりになき旅

Endless Journey

### DMA School History

Dumlao's Martial Arts Opening Date:  
February 11, 2002

Dojo Head Instructor: Mr. Roland Dumlao

Dojo Instructors: Mr. Lando Dumlao, Mr. Sean Dumlao, Mr. JR V., Mr. Ariel J., Ms. Jasmine N. and Mr. Kyle S.

Martial Art Styles Taught in Armas De Mano:  
Arnis, Hapkido, Karate

Mr. Roland Dumlao's Master Instructor in Armas De Mano: Master Nestor Ylagan, who studied Hapkido under Grandmaster Villeneuve and Arnis under Grandmaster Presas

Mr. Roland Dumlao's Head Instructor & Master Instructor in American Karate: Mr. Ernest Frohm III & Master Daythan Taylor

Country Arnis Derived from: Philippines

Country Hapkido Derived from: Korea

Country Karate Derived from: Okinawa

Sister Schools: Frohm's Martial Arts of Oakland, Taylor's House of Karate of San Rafael and Ylagan Martial Arts of Pinole

Master Nestor Ylagan's Instructor in Shotokan:  
Grandmaster Villeneuve

Master Nestor Ylagan's Instructor in Arnis:  
Grandmaster Presas

Grandmaster of Hapkido: Grandmaster Ji Han Jae

Grandmaster of Okinawan Karate:  
Grandmaster Villeneuve

What does Pinon mean? Peaceful Mind

Mr. Roland Dumlao's Head Instructor in Armas De Mano: Instructor Robert Desimoni



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## After the Test

The Black Belt Candidate's parents/family will be providing some food and refreshments at the end of the Black Belt Test.

We welcome you to stay, congratulate the new Black Belts and spend time with our DMA family and friends.

If you will be staying after the test, please do not eat your food and drink on the mat.

If you are unable to stay after the test, there are two, close-by food places...BT Sandwich Deli (Nob Hill Plaza) and Foster Freeze (two blocks from the dojo, going towards Richmond).

## Test Day Rules, cont.:

- Please refrain from any negative comments or negative encouragement
- No smoking near any of the doorways
- Please do not eat inside the dojo/on the mat
- Please **remove** your shoes before stepping onto the dojo mats
- For those who have young ones, please have them sit on the mat/floor if you are inside the dojo, to reserve the chairs for the adults
- Though this is a family event, please control and be responsible for your young children from being loud and running around
- Don't let your children run around in the parking
- If you need to take bathroom breaks, there are two available...the main one is near the office area and another in the back room.
- Do not enter the back room area (unless to use the restroom), this is designated for the candidates only
- If you have any questions during the test, please see Renee D.



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### Roland Dumlaos - Head Instructor

At the age of 7, Head Instructor/Owner, Roland Dumlaos began studying Tae Kwon Do under Sa Bah Nim Ron Rinker and Armas De Mano under Master Nestor Ylagan. Mr. Dumlaos would go on to receive his black belt at the age of 19. He is a qualified Early Childhood Teacher, has taught karate for more than fifteen years and has worked as a mentor at several after school programs. He has trained and molded dozens of #1 rated sport karate sparring divisional champions and grand champions since 1999. In 2003, under the rigorous training of Instructor Ernest Frohm III, Mr. Dumlaos received his 2nd Degree Black Belt in American Karate from Master Daythan Taylor and in 2006 he received his 3rd Degree Black Belt in American Karate from Master Daythan Taylor.



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### Sean Dumlaos - Instructor

Mr. Sean Dumlaos has more than 15 years teaching experience in the Martial Arts. He studied Tae Kwon Do under Sa Bah Nim Ron Rinker and Armas De Mano under Master Nestor Ylagan and specializes in youth sparring. At Dumlaos's Martial Arts, he started the Dumlaos's Demonstration Team and continues to teach the Youth and Adult Sparring Class. He has also trained and molded dozens of #1 rated sport karate sparring divisional champions and grand champions since 1999. In 2006, he received his 3rd Degree Black Belt in American Karate from Master Daythan Taylor. Mr. Sean Dumlaos is the Program Director for our summer karate camp and after school program.



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### Lando Dumlaos - Instructor

Mr. Lando Dumlaos is the adult karate and kata competition coach at Dumlaos's Martial Arts. He has trained many sport karate kata champions in the local and national tournament circuit since 1999. He received his martial arts and kata training from Master Nestor Ylagan. His teaching experience includes instruction in adult karate, Arnis, and Kuboton self-defense seminars.