



# The Black Belt

Volume 2

## 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

14 August 2010

## Dumlao's Martial Arts 2010 Black Belt Test

Welcome family and friends, to our Prestigious Black Belt Test of 2010. 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 4 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 and back 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. Ariel Jacob	Mr. Allen P.
Mr. Sean Dumlao	Ms. Jasmine Naraja	Mr. Gabriel R.
Mr. Lando Dumlao	Mr. Kyle S.	Ms. Marissa R.
Ms. Lenissa Dumlao	Mr. Jamal Albini	Ms. Loralee Y.
Mr. JR Vista	Mr. Alex Anaya	Mr. Chris Z.
Mr. Jeremy Narag	Ms. Samantha P.	Ms. Nicole Z.

### DMA Black Belt Candidates

Jason A.	Brady C.
Nick C.	Mario S. Jr.

# The Black Belt

## Black Belt Candidate Bios



**Jason A.**

### Jason A.

My name is Jason A. I'm 18 years old and I've been doing karate for 12 years. My favorite things to eat and drink are sprite, milk, oreos, hot cheetos, lasagna, carne asada and adobo. I'm a Yankee and Steeler fan. I graduated from Pinole Valley High School in 2009 and I'm currently attending Contra Costa College; majoring in Liberal Arts: Arts and Humanities. I want to someday fulfill a career in recording engineering, songwriting, creative writing and international relations. I'm blessed to be a part of karate and the Dumlao's Martial Arts family. It has shaped my life into a positive and loving lifestyle. Everyday I've learned something about myself and the

people around me during my time at karate. Over the years and hours spent in the martial arts, many things have been taught to me that will be a part of me forever. I hope to pass my knowledge that I have gained to everybody and people of all ages so they can grow and better themselves with a true honest effort.

Thank you Mom, Dad, Jamal, Shirley French, Joni, JR Vista, Roland Dumlao, Sean Dumlao, Ernest Frohm, Daython Taylor, closest friends and family and all the people of Dumlao's Martial Arts.



**Nick C.**

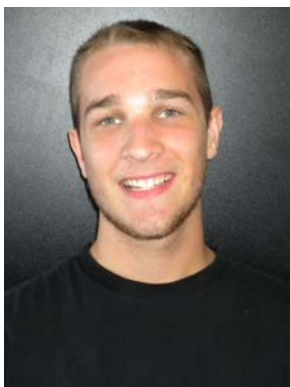
### Nick C.

My name is Nick C. and I'm 15 years old. My hobbies are all types of sports, video games and cooking. I started karate in 2002, a couple of months after the first Dumlao's Martial Arts opened. Of all the people I started with, I am one of the very few people who has continued on with martial arts.

I can honestly say that joining karate was one of the best choices I've ever made because of how much it has helped me and make me grow.

I also started getting into point sparring, right when I

got my yellow belt. I got my first 1st place win in Las Vegas in 2004, and later got my first World Championship at Super Grands in South Carolina in 2007. I fought as little leg on the team along with another Dumlao student, Jamal A., fought as the anchor. Since then I have been active in karate and school. I plan to receive my Black Belt on Aug. 14, 2010.

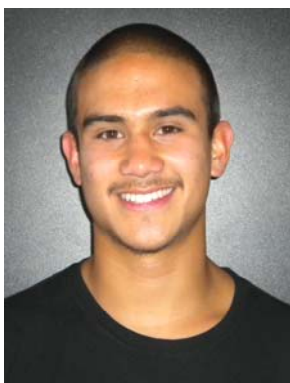


**Brady C.**

### Brady C.

My name is Brady C. and I started karate when I was 4 years old. On July 13, 1996, a few days before I turned 5 years old, it had been one of the most important things in my life ever since. There was a lot of times that I wanted to give up but I had a lot of support from my family. I don't just mean my

blood family, but my karate family too. I love this stuff and I will never stop. I have learned so much and want to keep learning forever.



**Mario S. Jr.**

### Mario S. Jr.

My name is Mario S. Jr. and I'm 18 years old. My hobbies are football, sports, sports, sports and just being at karate. I started karate in 1998 when I was 6 years old. I have done other activities outside of karate such as football, but I always come back to karate.

Karate has taught me many values and life lessons. It is a fun and safe environment to be around and is always there for you. It is like a family outside of your regular family. You will hear people refer to

their friends at karate as their brothers and sisters, and I personally refer to the people as my karate family.

For as long as I can remember, I enjoyed the atmosphere of being at karate and would want to show up early, even hours before my own class. Karate has helped me in many aspects of life. It can be used in other sports in different ways. It also helps you transition into other things you do in life.

14 August 2010

*“Throughout my journey as a Black Belt, Student, Instructor, and overall person I have come across many people and experiences. They include mentors, masters, instructors, teachers, students, peers, friends, and everyday situations. My encounters with these important people have molded me into the person I am today. This is a collaboration of the lessons learned from my experiences.*

*The Responsibilities of a Black Belt:*

*To give back unconditionally  
To keep learning  
To be patient with students  
To be compassionate  
Inspire/lead/motivate  
Remember the beginning and  
help others reach their goals  
See the big picture  
Remember all the ones who  
helped you through your journey*

*Be selfless  
Be humble  
Be innovative  
Show up  
Give respect  
Remember the endless journey  
Lead by example  
Know the outcome of your actions  
Care*

*...and this list still grows as we walk on this endless journey.”*

- Instr. Roland



終  
わ  
り  
な  
き  
旅



## DMA School History

Dumlaos Martial Arts Opening Date: February 11, 2002

Dojo Head Instructor: Mr. Roland Dumlao

Dojo Instructors: Mr. Lando Dumlao, Mr. Sean Dumlao, Mr. JR Vista, Mr. Ariel Jacob, Ms. Jasmine Naraja, Mr. Kyle S., Mr. Alex Anaya, Mr. Allen Paulo, Ms. Loralie Y., Mr. Chris Z.

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



14 August 2010

## The Black Belt Candidates

When we think of a Black Belt Test, many attributes and thoughts come to mind: strength, dedication, sacrifice, readiness, achievement, patience and hard work. As an instructor guiding and working with these candidates since day one, these attributes and many others begin to manifest. It is an amazing progression and transformation.

What I have learned from these tests, is that not every test will be the same, that the preparation will not be the same and the struggles and obstacles of the candidates differ greatly. "There is not one set mold." (Instructor C. Zelnik)

This group of candidates definitely has their share of obstacles: a short notice of belt test date, family issues, mental obstacles, adjusting to a demanding college schedule and leaving for the military. But they gelled together and demonstrated their resiliency and understood that there is no room for excuses.

Today, these 4 gentlemen will display and reveal their unbreakable will. They will show you what over 14 years of training will produce. I am honored and privileged to present to you: Jason A., Nick C. , Brady C. and Mario S. Jr. Today, they will excel, overcome and achieve. Today, we will all witness the promotion of 4 students to the rank of Black Belt. Oss

- Instructor Roland Dumlao





## The Instructors

---

Aside from the Black Belt Candidates' parents and family, these three main instructors have one of the biggest impacts in the candidates martial arts journey. From practically their white belt to now being a Black Belt Candidate today, Instructors Roland, Sean and Lando's constant dedication, loyalty, passion and commitment have helped shape and mold these candidates with their techniques, forms and sparring. These instructors are excellent examples of what it means to give back whole-heartedly and unselfishly, to their students.

### 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 in 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 Dumlao



### **Roland Dumlao - Head Instructor**

---

At the age of 7, Head Instructor/Owner Roland Dumlao began studying Tae Kwon Do under Sa Bah Nim Ron Rinker and Armas De Mano under Master Nestor Ylagan. Mr. Dumlao would go on to receive his black belt at the age of 19. Mr. Dumlao a qualified Early Childhood Teacher, has taught karate for more than 15 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, Mr. Dumlao 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.



### **Sean Dumlao - Instructor**

---

Mr. Sean Dumlao 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. He specializes in youth sparring. At Dumlao's Martial, he used to instruct Dumlao's young Demonstration Team and still teaches 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 Dumlao leads our youth sparring program, summer karate camp and after school program.



### **Lando Dumlao - Instructor**

---

Mr. Lando Dumlao is the adult karate and kata competition coach at Dumlao'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. He specializes in katas. His teaching experience includes instruction in adult karate, Arnis, and Kuboton self defense seminars.

## 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.

There are two, close by food places, if you will not be able to stay after the test or would like to get food during...BT Sandwich Deli (Nob Hill Plaza) and Foster Freeze (two blocks from the dojo, going towards Richmond).