

Arnis Balite Seminar
Huli Lusob
28 October 2005
Kenpo Center for Martial Arts
718 Washington Street
Dedham, Ma 02026.
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Punong Guro Steven K. Dowd, Inheritor of Arnis Balite presented a section of the Arnis Balite style known as Huli Lusob [Capture, Trap and Attack] at the Kenpo Center for Martial Arts 718 Washington St. Dedham, Massachusetts, owned by Master Darryl Hinthorne.

Commencing with a short history and introduction of Arnis Balite, Punong Guro Dowd continued with the fundamentals, philosophies and theory of Huli Lusob. Breaking the seminar into sections beginners and the participants that had participated in the July seminar, he demonstrated and had the participant's pair off with partners to practice the techniques. Punong Guro Dowd moved through the participants working with them so they fully understood the fundamentals. The participants that had been at the July 2005 seminar were taught a more advanced section of Huli Lusob, with baston against baston and then empty hand against the baston.



Arnis Balite Seminar - Dedham, Massachusetts

Arriving the day before the scheduled seminar Punong Guro Dowd was asked to instruct a class by Professor James E. Jones of the **All Traditional JuJitsu Society**. Demonstrating some of the basics of Arnis Balite and proceeding to Huli Lusob, by the end of the class Huli Lusob was demonstrated with incorporating JuJitsu techniques.

Remaining for an extra day, Punong Guro held another semi private seminar.