

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
U.S.A.

Phone (281) 548-1638, (281) 682-3387
E-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

School Phone number:
281-548-1638,
281-682-3387 (Cell)

June 2013 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 6-27-2013, Thursday, 6-8:30 pm
5-8 yrs: 6-29-2013, Saturday, 1:30-3:30 pm
15 yrs +: 6-29-2013, Saturday, 3:30-5:30 pm
Must register on or before 6-22-2013.
Test fee : \$35.00 and up

Proverbs 12-11 .

" Those who work their land will have abundant food,
but those who chase fantasies have no sense."



Black Belt club & Accelerated program Test Results -
5/18/13



Valerie Campa - red/stripe

Black Belt club & Accelerated program rank test:

Date: 7-27-2013 (Saturday)
Time: 2 - 4:30 pm

Inner-School Tournament

Date: 8-10-2013 (Saturday)
Ages 5 - 80 2:00 PM – 5:00 PM
Entry Fee: \$40.00 up to three events
\$5.00 goes to scholarship fund

Tai Chi Rank Test

Date: 6-22-2013 (Sat.)
Time: 12 noon – 2:00 pm

Brown and Black rank test

October 15, 2013 (Tue.) 6 – 8 pm
October 17, 2013 (Thur.) 6 – 8 pm
October 19, 2013 (Sat.) 9 am – 3 pm

Black Belt club & Accelerated program Test Results - 5/18/13

Anna Moricca - Orange/stripe
Jerod Rosenbarker - Green
Theunis Oliphant - Blue/stripe
Valerie Campa - red/stripe



Theunis Oliphant

Nunchaku Class:

Date: 6/14/2013 (Friday)
Time: 7:00 – 8:30 pm
Cost: \$19.00
Free for Brown & Black belt
Black Belt Club members.



Anna Moricca

Wang's Martial Arts College Student Scholarship Fund:
 2009 Scholarship Fundraising Banquet - \$628.98
 Inner-School tournament:
 December 5, 2009 - \$105.00
 March 6, 2010 - \$85.00
 July 10, 2010 - \$100.00
 December 6, 2010 - \$105.00
 March 19, 2011 - \$80.00
 June 4, 2011 - \$115.00
 September 10, 2011 - \$150.00
 December 3, 2011 - \$110.00
 March 3, 2012 - \$150.00
 Outdoor Training (3-25-12) - \$100.00
 June 30, 2012 - \$160.00
 September 29, 2012 - \$185.00
 December 15, 2012 - \$125.00
 May 4, 2013 - \$90.00
Total - \$2198.98 - \$300 = \$1988.98

\$300 scholarship to Ms. Megan Payne on 06-04-12

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:
 All A's - \$300.00
 A & B's - \$200.00
 All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:
 All A's - \$500.00
 A & B's - \$300.00
 All B's - \$200.00

Basic Sabre

Dates: 7-12-2013 (Fri.) Time: 8-9:00 pm
 7-19-2013 (Fri.) 8-9:00 pm
 7-26-2013 (Fri.) 8-9:00 pm

Cost: \$39.00 or \$19.50 for review
 Pre-requisite: Adults (15 years old and up) – Yellow belt and up.
 Jr. students (5–14 years old)- green belt and above. (Minimum 6 people register.)

Red, Brown and Black Belt Class

Every Saturday morning from 9:00 – 10:00 am

Tournament Points: Don't forget to turn in your points after each tournament for a chance to win a seven foot trophy at the Chinese New Year Banquet!
 1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

Report Card Points – Turn in your report cards all year long for a chance to win a seven foot trophy at the Chinese New Year Banquet!
 All A's-12pts; A's & B's- 9pts; All B's-6pts; Turn in your report card – 3pts

Report card point:

Libeth Nunez -	7.50
Kayla Warner -	6.00
Deanna Farris -	4.50
Brandon Warner -	4.50
Luis Nunez -	3.75
Conner Roll-Bush -	2.25
Diego Ramirez -	2.25
Loghan Burrell -	2.25
Kevin Papa	2.25
Jason Patrick	2.25
Brandon Roll-Bush -	2.25
Melanie Campa -	2.25
Valerie Campa -	2.25
Nick Limones -	1.50
Luis Limones -	0.75
Mark Limones -	0.75
Liliana Campa -	0.75

Be sure turn in a copy of your report card as you receive it. For point 2013, every one must turn in before 12-31-2013.

New Student:

Kailynn Carroll, Brianna Hickerson, Jenise Moore, Oscar Rodriguez, Leticia Moore, Adrian Zaldivar, Crystal Vasquez, Nathan Johnson, Charles Moore, Jr. Nicholas Hung, Judy Bragg

Welcome!

There is no class on 7/4/13 (Thursday) due to Independence Day.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 6-20-13 (Friday)
 Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 6/14/2013 (Friday)
 Time: 7:00 – 8:30 pm

Conditioning & Reaction Drill Class:

Age 5 –12 years old
 Date: 6/13/2013 (Thursday)
 Time: 8:00 – 9:00 pm
 Age 13 – 80 years old
 Date: 6/06/2013 (Thursday)
 6/13/2013 (Thursday)
 6/20/2013 (Thursday)
 6/27/2013 (Thursday)
 Time: 8:00 – 9:00 pm

Tournament Point:

Jose Guzman -	36
Sean Paul -	24
Joseph Alonso -	18
Brandon Sarton -	15

Be sure turn in your tournament point. For point 2013, every one must turn in before 12-31-2013.



June Birthday

Angela Morales	6/14
Rafael Gonzalez	6/08
Tye Botting	6/06
Sharon Strickland	6/25
John Barron	6/3
Megan Payne	6-2
Travina Jones	6-3
Miguel Valladares	6-4
Zoe Whitehead	6-10
James Moricca	6-2
Kaeden Sims	6-15
Adela Limones	6-7
Nicole Werling	6-2
Libeth Nunez	6-12
Daniel Rosendo	6-24
Maria Rodriguez	6-30

Happy Birthday



2014

12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet

Date: March 8, 2014 (Saturday)

Cost: Ages 3 and under
\$8.00

Time: 4:00 pm (Reception)

Ages 4 - 12

5:00 pm (Dinner)

\$20.00

6:00 pm (New Year program)

Age 13 and up

Place: Humble Civic Center

\$25.00

8233 Will Clayton Pkwy

A table of 12 people

Humble, TX 77338

\$250.00



For more information: Wang's Martial Arts
92-B Wilson Road
Humble, TX 77338 (281) 548-1638

Registration Form for Chinese New Year Banquet

Name: _____ **Date:** _____

Address: _____ **City:** _____ **Zip:** _____

Home Phone: _____ **Other phone:** _____ **Age:** _____

e-mail: _____

(Every family please bring a pot luck dessert to share.)

Banquet Fees:

A table of 12 people: \$250.00

_____ = _____

\$25.00 x Number of 13 years old and up

_____ = _____

\$20.00 x Number of 4 – 12 years old

_____ = _____

\$8.00 x Number of 3 years old and under

_____ = _____

Total: = _____

\$50 deposit will reserve a table of 12 seats. Balance due on or before 11/30/13.

Your name will be entered for i-pad drawing.

Act fast to get best spot.

Wang's Martial Arts 12th Chinese New Year 2014 Banquet Schedule

March 8, 2014 (Saturday)

Humble Civic Center

8233 Will Clayton Parkway

Humble, TX 77338

MC by Mr. Victor Makris (Makris Law Firm, P.C.)

10:00 am - 12 noon, Kung Fu and Tai Chi rehearse

12 noon - 1:00 pm, Chinese fashion show rehearse

1:00 pm - Special lunch for all volunteers and assignment meeting.

4:00 pm

1. Reception

Wang's Martial Arts slide & video presentation.

5:00 pm

2. Dinner

6:00 pm

3. Welcome to the 12th annual Chinese New Year and Award Banquet

A Tribute and Celebration of the Life and Achievements of Grandmaster Victor Cheng.

6:15 pm

4. Lion Dance by Lee's Golden Dragon.

5. Fashion Show (by Wang's Martial Arts students & Family)

Pass out red envelopes

6. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.

(Introduce by Allen DeWoody, James Moricca)

7:00 pm

7. Introduce Black Belts

7:15 pm

8. Tournament Points

9. Report Card Points

7:30 pm

10. Entertainment Program - Guitar by Victor Makris and Russell Martino

- Dance program by X-Treme Dance school

8:00 pm

Kicking contest.

8:30 pm

11. Door Prize Drawing (must present to win).

9:00 pm

Conclude Banquet.

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Sabre Class

Date : July 12, 2013 (Fri.)
July 19, 2012 (Fri.)
July 26, 2013 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Rd.
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$39.00 / \$19.50 for Review

(15-80 years old, Yellow belt & above.)
(9-14 years old, Green belt & above)



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

PHONE (HOME): _____ PHONE (WORK): _____

Cell phone: _____ Amount Paid _____

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Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 08-10-2013 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
92 – B Wilson Road at First St.
Humble, TX 77338
(281) 548 - 1638
Entry Fee: \$40.00 up to three events
\$ 5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.
Encouragement awards are given for everyone who does not place.

***** **FORMS*******

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

***** **WEAPONS*******

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

***** **SPARRING*******

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____, e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____



Kung Fu or Tai Chi

One Month Special- \$119.00

Free uniform (\$49.95) & registration (\$30.00)

Saving of \$79.95

(Good till 8-31-2013.)

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<u>KUNG-FU</u>			
Adults	(Age 15-80)	Tue. Sat.	11:00 - 12:00 Noon
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
		Tues./Thur.	4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Tue./Thur.	7:00 - 8:00 PM
		Saturday	10:00 - 11:00 AM
Family class	(Age 5-80)	Tue./Thur.	5:00 - 6:00 PM
		Tue./Thur.	7:00 - 8:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Saturday	10:00 - 11:00 AM
<u>T'AI CHI CHUAN</u>			
All ages		Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue./Thur.	8:00 - 9:00 PM

Name: _____ is guest of _____ .
(Name of current student)

Each guest signed up, you will receive one FREE Chinese New Year Award Banquet ticket (value \$25) for March 8, 2014 (Saturday).



Healing Herbs (From Better Nutrition Magazine)

By Neil Zevnik

Ginger and lemongrass add zest to your meals and a boost to your health

Feeling a little short on cash these days? Plant some ginger in your yard and it will guarantee prosperity. Or maybe you're apprehensive about dragons and serpents? A few stands of lemongrass around your home should effectively repel them. Looking to attract and hold onto a lover? A bath perfumed with lemongrass should do the trick. Or so certain bits of folklore from around the world would have us believe.

Whether or not these tales are true (and I must confess to a slight skepticism), there are other benefits to be derived from these aromatic plants. And rather than nutritional, the benefits to be found here are largely medicinal, with ginger proving itself to be a serious aid in combating an array of ailments, and lemongrass (also known as "fever grass") being helpful with several common maladies.

Ginger's most prominent effect is gastrointestinal. Got an upset stomach? Get ginger. Suffering nausea from chemotherapy? Get ginger. Prone to motion sickness? Get ginger. Studies have proven that the ingestion of small amounts of ginger can eliminate intestinal gas and alleviate multiple symptoms of motion sickness; and because it has no known side effects, ginger is especially useful for morning sickness in pregnant women, as it poses none of the risks that nausea medicines might create.

And its usefulness doesn't stop there. Ginger contains powerful anti-inflammatory compounds called gingerols; in numerous studies, consumption of ginger has been linked to relief from arthritis symptoms. Some in-vitro studies have also suggested that gingerols may inhibit the growth of colorectal cancer cells and cause the death of ovarian cancer cells.

Lemongrass is a bit more mundane in its benefits, but no less desirable. In Ayurvedic medicine, it is used to treat coughs and nasal congestion. The essential oil derived from lemongrass is used to repel insects, employed in soaps as an antiseptic, and applied to the skin to combat fungal infections. And a friend of mine who grew up in the South informed me that whenever she had a fever as a child, her grandmother invariably brewed a posset of "fever grass" to fight it.

Also, a recent study suggests that lemongrass may share one of the properties of ginger: research at Ben-Gurion University in Israel indicated that in vitro, the active ingredient in lemongrass, citral, caused the death of cancer cells while leaving normal cells untouched.

So whether you use them to treat an existing condition, or ward off a potential one, ginger and lemongrass are excellent additions to your culinary health arsenal. Maybe you won't get rich, or find a paramour, or even escape from dragons; but your body will thank you anyway.

The "Other" Ginger

If you're a fan of Asian cooking, you may have run across recipes calling for galangal, which usually suggest ginger as a substitute. That's because ginger and galangal come from the same family; and that being so, galangal has many of the same beneficial effects as ginger.

They look similar, too, though galangal is paler and harder to cut. But the flavor of the galangal is more nuanced and intriguing. Rather than the aggressive bite of ginger, you'll find a milder heat with hints of citrus and notes of pine and earth.

So when a recipe calls for galangal, make an effort to find some—it's a unique culinary treat. Most Asian markets will have some on hand, and it makes an awesomely subtle tea that offers the same health benefits as ginger.