

# 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](http://www.WangsMartialArts.com)

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

## June 2014 Newsletter Summary

### Kung Fu Rank Test

Date: 9-14 yrs: 7-24-2014, Thursday, 6-8:30 pm  
5-8 yrs: 7-26-2014, Saturday, 1:30-3:30 pm  
15 yrs +: 7-26-2014, Saturday, 3:30-5:30 pm  
Must register on or before 7-21-2014.  
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."

### Tai Chi Rank Test

Date: 8-9-2014 ( Sat. )  
Time: 12 noon – 2:00 pm

Black Belt club & Accelerated program rank test:

Date: 6-21-2014 (Saturday)  
Time: 2 - 4:30 pm

There is no class on July 4, 2014 (Friday) due to Independence Day.  
No class on July 19, 2014 (Saturday) due to tournament in Dallas, TX.

Nunchaku Class - Date: 6/6/14 (Friday), Time: 7 - 8:30 pm, Cost: \$19.00

Advance Sabre Class - Date: 6/13, 6/20, 6/27 (Friday), Time: 8 - 9 pm,  
Cost: \$ \$59.00 / \$29.50 for Review.

Basic Bo Class - Date: 7/11, 7/18, 7/25 (Friday), Time: 8 - 9 pm,  
Cost: \$39.00 / \$19.50 for Review

### Brown and Black rank test

October 14, 2014 (Tue.) 6 – 8 pm  
October 16, 2014 (Thur.) 6 – 8 pm  
October 18, 2014 (Sat.) 9 am – 3 pm



Brown & Black belt test picture - April 12, 2014.



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

August 10, 2013 - \$105.00

November 2, 2013 - \$85.00

March 29, 2014 - \$90.00

**Total - \$2478.98 - \$300 - \$300 =  
\$1878.98**

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

**\$300 scholarship to Mr. Wilfred Hung  
on 06-24-13**

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

### 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!

1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> 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

### **New Student:**

Ronald Williams, Mitchell Zeff  
Brandon Miller, Donovan Thompson,  
Jordan Godfrey, Steve Davenport,  
Henberto Garza, Pablo Garzon,  
Jonathan Ajucum

**Welcome!**

### **Black Belt Club & Accelerated Program**

#### **Tournament Competition Class:**

Date: 6-27-14 (Friday)

Time: 7:00 – 8:00 pm

#### **Nunchaku Class:**

Date: 6/6/2014 (Friday)

Time: 7:00 – 8:30 pm

#### **Conditioning & Reaction Drill Class:**

Age 5 –14 years old

Date: 6/12/2014 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 6/05/2014 (Thursday)

6/12/2014 (Thursday)

6/19/2014 (Thursday)

6/26/2014 (Thursday)

Time: 8:00 – 9:00 pm

#### **Tournament Point:**

David Ah-Bel Lara 42

Chantel Moody 21

Be sure turn in your tournament point.  
For point 2014, every one must turn in  
before 12-31-2014.

### **May 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
Eda Tong	6-6
Ruby Abbott	6-16
Therese Harris	6-21

### **Happy Birthday**

#### **Report card point:**

Alfred Kai Marayag	4.50
Libeth Nunez	4.50
Jarrett Almond	3.00
Jameson Ezzell	3.00
Luis Nunez	2.25
Kendell People	2.25
Mark Lmones	1.50
Luis Limones	0.75
Julian Rosas	0.75

Be sure turn in a copy of your report card as  
you receive it. For point 2014, every one  
must turn in before 12-31-2014.



\* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking.

All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

# Family Special

## Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b>	<b>\$129.00</b>	<b>\$116.00</b>	<b>\$64.50</b>	<b>\$64.50</b>	<b>Free</b>
<b>Uniform</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>
<b>Registration fee</b>	<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Free</b>

Effective: June 1, 2014

<u>KUNG-FU class schedule</u>			
Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue./Thur. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue./Thur. Mon./Fri. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 5:00 - 6:00 PM (Parents in Tai Chi class) 6:00 - 7:00 PM 10:00 - 11:00 AM
<u>TAI CHI CHUAN</u>			
All ages		Tue. Sat. Mon./Wed./Fri. Wed. Tue./Thur.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM

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# Kung Fu Brown & Black belt Rank Test Results - 4/12/14

Susan Fischman Brown  
Brandon Roll-Bush - Brown  
Melanie Campa - Brown  
Liliana Campa - Brown  
Conner Roll-Bush - Brown  
Theunis Oliphant - Brown/stripe  
kevin Papa - Brown/stripe  
Valerie Campa - Jr. Black

Congratulations!



# Fight 4 Kids

## Family Fest

SLIDES • MOONWALKS • OBSTACLES • FACE PAINTING • MUSIC • BBQ  
LIVE & SILENT AUCTION • BLOOD DRIVE • BALLOON RELEASE  
& MORE FUN!

**SAT, JUNE 7th**

@ Kingwood Town Center Park

**11am - 5pm**

Free Entry - Food/Drink

**Tickets \$1.00 Each**

**\$10/Child Wristband to Play all Day**

*All proceeds fund "JACKIE'S HOUSE"  
to provide free temporary housing for families  
of cancer kids currently undergoing lifesaving  
treatment at Texas Children's Hospital.*

***TheJaquelynSkyFoundation.com***





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www.LastOrganicOutpost.com



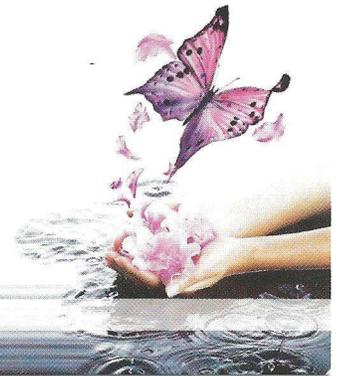
## Avon

Monica Piel  
Sales Associate  
Monicapiel23@gmail.com

P.O. Box 3244  
Humble Tx 77347

832-445-8715

yourAvon.com/monicapiel



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Web site www.WangsMartialArts.com

## Baisc Bo



Date: July 11, 2014 (Friday)  
July 18, 2014 (Friday)  
July 25, 2014 (Friday)

Time : 8:00 - 9:00 PM

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

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.)

Fee : \$39.00  
\$19.50 for review class

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_

e-mail: \_\_\_\_\_

Amount Paid \_\_\_\_\_ .

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E-mail wang3888@embarqmail.com  
Web site [http://www. WangsMartialArts.com](http://www.WangsMartialArts.com)



## **Nunchaku Class**

Date: June 6 2014 (Friday)

Time : 7:00 - 8:30 PM

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

Fee : \$19.00  
Free for Brown, Black, Jr. Black  
& Accelerated program.

Age 15 to 80 year old - any rank.  
Age 9 - 14 years old - Yellow belt above  
Age 5 - 8 years old - Green belt above

Need bring your own nunchaku or purchase a foam  
nunchaku for \$7.95 - \$14.00

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (Cell): \_\_\_\_\_

e-mail: \_\_\_\_\_

Amount paid \_\_\_\_\_ .

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e-mail wang3888@embarqmail.com  
Web site www.WangsMartialArts.com

## Advanced Sabre Class

Date : June 13, 2014 (Fri.)  
June 20, 2014 (Fri.)  
June 27, 2014 (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 : \$59.00 / \$29.50 for Review

(Pre-requisite must learned basic Sabre)  
(9-108 years old, Red, Brown & Black)



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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_

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

**INNER SCHOOL TOURNAMENT**

Date: 8-2-2014 (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: \$45.00 up to two events  
\$5.00 additional event  
\$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 \_\_\_\_\_

# LEGENDS OF KUNGFU

World Martial Arts Championship  
世界武林名劍大會武術錦標賽

July 18 - 20, 2014

Hilton DFW Lakes  
Executive Conference Center  
Dallas - Fort Worth Airport Area, Grapevine, TX



Greetings!

We would like to invite you to the 2014 LEGENDS of Kung Fu World Martial Arts Championship. This will be the 16th annual LEGENDS Main Event and will be in conjunction with the USA Chin Woo Federation's 27th Anniversary!

Come see and be a part of all styles of Kung Fu & Taiji from around the world, experience demonstrations by Masters & Grandmasters and a Lion Dance show. Hosted by the USA Chin Woo Federation and sanctioned by the US Traditional Kung Fu Wushu Federation, we aim to make your visit to Dallas pleasant & memorable, and to present you with another immensely challenging competition that you will enjoy! We hope to see ya'll there!

Jimmy Wong  
Tournament Chairman & Chief Organizer  
President, USA Chin Woo Federation



**Mailing Address for Registration Forms & Inquiries:**

Chin Woo Tournament Inc.  
1778 N. Plano Rd. Ste. 108  
Richardson, TX 75081

Phone: (214) 878-4598  
Email: legendsofkungfu@gmail.com



**[WWW.LEGENDSOFKUNGFU.COM](http://WWW.LEGENDSOFKUNGFU.COM)**



## Wu Martial Arts Association

9777 Harwin Dr., #509 • Houston, TX 77036  
(713) 780-4007 • [www.wumartialarts.org](http://www.wumartialarts.org)

Dear Shifu:

Please post the following information to your students to encourage them to continue their hard working in the martial arts field.

The purpose of the scholarship:

Over the years, we have seen the positive benefits and effects of Chinese martial arts on adolescents and adults alike. We find that it enhances physical strength and mental well-being. We also find that the art brings people together. Relationships are formed, and friendships are forged. The practice of the art also promotes the preservation of an ancient art, a culture, and the countless virtues that come with it.

So Wu martial Arts Association decided to offer scholarship to college or college bound students, in order to award their **persistence** and **dedication** in Chinese Martial Arts. We take application for 2014 from Feb.1 - May 30. Please check detail and get application form from our website: [www.wumartialarts.org](http://www.wumartialarts.org).

Sincerely,  
Ernie Wu

### 宏武協會基金會鼓勵青年學子申請獎學金

宏武協會秉持中華武術真正價值是宏揚武德，文化薪火相傳，而武術修行法則在於「動靜並修、內外兼養」，增進國民身心健康，培育文武兼備優秀人才，尊師重道，謙恭待人，熱誠服務，慈悲為懷，提升身心靈整體的健康，培養出圓融無礙的健全人格，和衷共濟，促進社會祥和。

為鼓勵海外學生們更好的學習中華文化和中華武術功夫，特別成立基金會，提供獎學金子高中應屆畢業生及大一至大三學生，以臻達構建多民族文化元素的和諧社會。

獎學金申請自 2014 年 2 月 1 日 至 5 月 30 日，申請資格須要練習武術四年以上，在武術上有優良表現及貢獻，學業平均在 B 以上，尊師重道嚴守武德，表格寄至宏武協會(Wu Martial Arts Association) 9777 Harwin Dr. #509, Houston, TX 77036。凡申請獎學金事項，請至網站 [www.wumartialarts.org](http://www.wumartialarts.org) 查閱下載或電話聯絡(713)780-4007。

宏武協會會長吳而立

**Eligibility:**

Applicants to the Scholarship Program must, at the time of the application:

- ▲ Be a U.S. citizen;
- ▲ Plan to enroll full-time as an undergraduate at an accredited U.S. four-year college or university for the entire upcoming academic year;
- ▲ Have studied one or more styles of Chinese Martial Arts – Kung Fu, Wu Shu, Tai Chi, or Shuai Jiao – for a minimum of four (4) years; and
- ▲ Have a minimum average GPA of 3.0 on a 4.0 scale (average B); and
- ▲ Be able to provide necessary proof for the above.

**Selection Process:**

Scholarship recipients are selected based on the following factors:

- ▲ Achievements in martial arts (e.g., tournament participation and medals, contribution to the advancement of martial arts);
- ▲ Academic achievement;
- ▲ A one to two page essay explaining what the study of martial arts has meant to the applicant (double-spaced, 12 pt, Times New Roman font) ; and
  - \*The applicant consents to the publication and use of the essay by WMAA.
- ▲ Two recommendation letters.

**Award Amount**

Awards are for undergraduate study and pertain to a single academic year. For the year 2014, the Wu Martial Arts Scholarship will make awards of \$1000 to one male and one female students.

**Application Procedure:**

All applications must be submitted in writing on or before May 31, 2014 to:

Wu Martial Arts Association Scholarship  
9777 Harwin Drive, #509  
Houston, TX 77036

Applicants are responsible for submitting all materials on time and in ONE ENVELOPE.

Incomplete applications will not be evaluated. Applications are complete and valid only when all of the following materials have been received:

**Applicants should submit the following:**

- ▲ Completed application form,
- ▲ Copy of your college acceptance letter (for entering Freshmen only),  
or other documentations reflecting an intent to enroll for college/university admission in the upcoming academic year.
- ▲ Proof of enrollment and/or participation in Chinese martial arts for the past four (4) years.
- ▲ School transcript for the past academic year.
- ▲ Two recommendation letters.
- ▲ A one to two page essay explaining what the study of martial arts has meant to the applicant

Selection of recipients is made at the discretion of the Wu Martial Arts Association upon consideration of the above factors. Family members of the Association are ineligible to participate.



# Wu Martial Arts Association

9777 Harwin Dr., #509 • Houston, TX 77036

(713) 780-4007 • www.wumartialarts.org

## Application Form 2014

### 1. Application Data

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_  
 Permanent Home Mailing Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
 City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
 Email address \_\_\_\_\_

Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Are you a U.S. Citizen?  Yes  No (You must be a U.S. citizen to apply)

Gender:  Male  Female

Race/Ethnicity:  American Indian/Alaska Native  African American  Multi-Racial

(optional)  Caucasian  Asian  Hispanic/Latino  Native Hawaiian/Pacific Islander

Where did you hear about the Wu Martial Arts Scholarship Program

### 2. Family / Household Information

With whom do you live?

Name	Relation to you	Age

Total Household Income  \$0-\$24,999  \$25,000-\$49,999  \$50,000-\$74,999  \$75,000-\$99,999  \$100,000+

Where were you born? (Country) \_\_\_\_\_ How long have you lived in the U.S.? \_\_\_\_\_

Is English your first language?  Yes  No If not, what is your first language? \_\_\_\_\_

Are you among the first generation in your immediate family to attend college?  Yes  No

### 3. High School and College Data

School Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Graduation Date: Month \_\_\_\_\_ Year \_\_\_\_\_

If you are in the high school, please list the college you plan to attend in 2014.

School Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Expected Year in School:  Fresh  Soph.  Jr.  Sr.

List all special awards and honor you have received in the past four years (in high school or college).

Special Awards/Honors	Received From	Date Received

### 4. School Activities

List all school activities in which you have participated in the past four years (e.g. student government, music, sports, etc.) Note all offices held.

Activity	Number of Years	Offices held

### 5. Community Service / Volunteer Activities

List all community activities in which you have participated without pay during the past four years.

Organization	From (mo/yr)	To (mo/yr)	Activities

### 5. Martial Arts Experience (attach additional sheets as needed)

List all martial arts activities in which you have participated,

Organization/Sifu	From (mo/yr)	To (mo/yr)	Style/Description

### 6. Martial Arts Competition (attach additional sheets as needed)

List all martial arts tournaments attended and any medals and awards received if applicable.

Organization	Tournament Name/Location	National, Regional or Local	Date	Award / Medal

### 7. Rank, GPA and Test Score Information from School Official for Entering Freshmen

Please have this section completed by the appropriate school official. In addition, an official transcript of grades **MUST** be sent with this application. **A clear explanation of the school's grading scale must also be submitted.** Grade reports are not acceptable.

Class Rank	Cumulative GPA	SAT			ACT				
		Critical Reading	Math	Writing	English	Math	Reading	Science	Comp
Applicant Ranks _____	Weighted _____ /4.0								
On a class of _____	Unweighted _____ /4.0								

School Official's Signature \_\_\_\_\_ Date \_\_\_\_\_ Title \_\_\_\_\_

### 8. Required Attachments

- Copy of your college acceptance letter (for entering Freshmen only) or other documentations reflecting an intent to enroll for college/university admission in the upcoming academic year.
- Proof of enrollment and/or participation in Chinese martial arts for the past four (4) years.
- School transcript for the past academic year.
- Two recommendations letters.
- A one to two page essay explaining what the study of martial arts has meant to the applicant (double-spaced, 12 pt, Times New Roman font). \*The applicant consents to the publication and use of the essay by WMAA.

### 9. Statements and Signatures

*I acknowledge all decisions are made by the Wu Martial Arts Association. I certify that I meet the eligibility requirements of the program as described in the guidelines and the information provided is true, complete and correct to the best of my knowledge. If requested, I will provide proof of information such as the first two pages of my parent(s)/guardian(s)' most recent IRS Form 1040. Falsification of information may result in termination of any award granted.*

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

**(Required if applicant is under age 18)**

# Quit Smoking

Natural alternatives to the patch

By: Rich Wallace

Most smokers are fully aware that they should stop, but they also know that it's easier said than done. It usually takes more than one attempt to succeed, and many smokers relapse—even years after kicking the habit.

“The limited success of current smoking cessation therapies encourages research into new treatment strategies,” write the authors of a 2013 study of alternative approaches. “Mind-body practices such as yoga and meditation have the potential to aid smoking cessation and become an alternative drug-free treatment option.”

Smokers have also found success through such practices as acupuncture, homeopathy, and the use of herbal remedies.

## Antismoking Thinking

A promising treatment known as positive psychotherapy has provided some smokers with the psychological tools to increase their likelihood of quitting. According to the *Journal of Positive Psychology*, “Participants reported very high levels of satisfaction with the treatment, especially with its positive focus.”

The smokers—who were identified as having a low “positive affect” (the manner in which we experience or express positive moods)—participated in six sessions “designed to boost positive mood” as part of their more traditional cessation therapy. Their success rate was significantly higher than the general success rate for smoking cessation programs. Nearly a third of the participants were not smoking after six months.

## Antismoking Lifestyle and Supplement Strategies

- **Yoga.** Several studies have shown that yoga and other forms of exercise help deter the urge to smoke. One trial found that women in an eight-week, twice-weekly yoga class combined with a smoking cessation program had better results than those who participated in the program but did not include yoga. Abstinence was higher for the yoga practitioners after six months.
- **Meditation.** A recent study compared meditation to a relaxation-training program for their effects in reducing smoking. After two weeks, those in the meditation group had lowered their cigarette consumption by 60 percent. The other group did not see any reduction. Brain scans of the meditators showed increased activity in areas related to self-control.
- **Acupuncture.** A recent review of a dozen trials found that acupuncture provided short-term benefits for quitting. For sustained abstinence from smoking, acupuncture was no more effective than traditional methods, but it does appear to help jump-start the process. A 2013 study concluded that acupuncture “should be considered as an alternative to help smokers in quitting, especially for those whose past attempts using conventional methods were in vain.”
- **Herbal remedies.** Many herbs and plants have been used to reduce cravings for tobacco. The daily ingestion of an oat extract was effective in dropping cigarette consumption from 20 per day to fewer than nine in a Japanese study. A tea made with eleven herbs reduced withdrawal symptoms in 100 male smokers over four weeks; those participants were three times more likely to succeed in quitting than a group that did not drink the tea. St. John’s wort, lobelia, and black pepper have also been studied for their use in smoking cessation, with mixed results.
- **Homeopathy.** To reduce cravings for tobacco, homeopathic practitioners recommend *Lobelia inflata*. Irritability caused by withdrawal can be treated with *Nux vomica*, while emotional upset linked to quitting may be soothed with *Ignatia amara*.

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## Simply Cinnamon

By Steven Rosenblatt, MD, PhD, LAc

This spice might be all you need to lower your blood sugar

Cinnamon has been prized as both a spice and a medicine for thousands of years, especially in traditional Chinese medicine, where it's often used in combination with other herbs and spices. In recent years, it's become known as a healthy source of flavor in foods thanks to its antioxidant properties. It can also reduce the need for sugar, as, for example, many people enjoy a bowl of oatmeal with less sugar if they sprinkle a little cinnamon on top instead. Just don't be fooled into thinking that sugary breakfast cereals or other processed foods flavored with cinnamon are somehow good for you.

### Types of Spice

There are two main species of cinnamon available today: Chinese (*Cinnamomum aromaticum* or *Cinnamomum cassia*) and Ceylon (*Cinnamomum zeylanicum* or *Cinnamomum verum*). Ceylon cinnamon is so called because it is native to Sri Lanka (formerly Ceylon). It has a sweeter taste than the Chinese species, with a tan color and more layers of fine bark that is easy to break or grind.

Chinese cinnamon has a darker, reddish-brown color and the sticks are made of thicker, tougher bark with fewer layers. When you're shopping for cinnamon powder, however, there's no way to determine the species unless it's specifically listed on the label.

### Sweet Relief for High Blood Sugar

While Ceylon cinnamon is considered to be superior from a culinary perspective, Chinese cinnamon makes the best medicine—research shows that it can lower blood glucose levels, helping to prevent or treat type 2 diabetes.

In a review of six clinical trials that was published in *Clinical Nutrition*, researchers from the University of West London found that 1–6 grams of cinnamon daily significantly reduced levels of blood sugar. The studies they reviewed followed a total of 435 people with type 2 diabetes for periods ranging between 40 days and 4 months.

Clinical trials have also tested two different proprietary Chinese cinnamon extracts—Cinnulin PF and CinSulin—that are available in many supplements. Each was found to lower blood sugar levels among people with prediabetes (blood sugar levels elevated but not high enough to be diagnosed as “true” diabetes) at doses of 500 mg per day.

The beneficial parts of the Chinese cinnamon plant are the bark and the flowers. They contain a volatile oil known as cinnamaldehyde, which is the active ingredient. This oil also has been shown to have antioxidant and anti-bacterial properties, and may prevent or help reduce tumors.

### How to Use Cinnamon Supplements

For type 2 diabetes:

**To lower blood sugar levels:** Take 1–6 grams (1 teaspoon = 4.75 grams) of Chinese cassia cinnamon daily (on labels, also called *Cinnamomum aromaticum*).

**To lower risk for diabetes:** Take 500 mg, twice daily, of Chinese cassia cinnamon, or 500 mg daily of Cinnulin PF or CinSulin.

**Formulas containing cinnamon:** To lower blood sugar, effective formulas may also include synergistic herbs such as bitter melon, fenugreek, and devil's claw, as well as other nutrients such as chromium and alpha-lipoic acid.

**Cautions:** When taking cinnamon or other supplements for type 2 diabetes, monitor your blood glucose levels to make sure that you don't have a hypoglycemic reaction, where blood glucose drops too low.

**Adverse reactions:** When cinnamon is used in topical products, such as toothpaste, allergic skin reactions have occasionally occurred in very sensitive people.

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## Go Non-GMO

By Melissa Diane Smith

Growing numbers of people are deciding to shun genetically modified foods. Here's why.

Consumer concern about laboratory created, genetically modified organisms (GMOs) has led to a staggering increase in sales of Non-GMO Project Verified products—from \$0 in 2010 when the label first launched, to more than \$3.5 billion just three years later. Market researchers estimate that by 2017, non- GMO products will make up 30 percent of total food and beverage sales, with a value of about \$264 billion.

Concern over GMOs has also led, in part, to an increased interest in organics, because USDA certified organic products cannot intentionally include any genetically modified ingredients. Organic Trade Association surveys show that 22 percent of respondents now cite avoiding GMOs as a primary reason to eat organic food.

So, what's fueling this growing trend? Here are five often-cited reasons:

**1 The desire for pure food.** Many people simply don't want to eat so-called “Frankenfoods,” in which genes are artificially inserted into the DNA of a crop or animal to create modifications.

**2 The desire to protect the environment.** GM seeds can easily spread through the air and contaminate organic and non-GMO crops. Neonicotinoid insecticides used in higher amounts on GM corn seeds have been implicated in colony collapse disorder in bees.

**3 The desire to avoid pesticides.** More than 80 percent of all GM crops are engineered for herbicide tolerance, which has led to an epidemic of herbicide-resistant “super weeds” and an astounding 527 million more pounds of herbicides being

used since GM crops were first introduced in the US 16 years ago. That, of course, means more toxic herbicide residues end up in GM foods.

**4 The desire to protect health.** Animal research indicates serious health risks from eating GM foods, including infertility, accelerated aging, organ damage, and cancer. Veterinarians and farmers have reported dramatic improvements in pet and livestock health, especially in reproductive and gastrointestinal issues, when animals are switched to non-GMO feed. People, too, report better health when they go non-GMO.

**5 The desire to fight back against GM seed companies.** Large agrochemical corporations, such as Monsanto, are buying up seeds, genetically modifying them, patenting them so farmers can't save and exchange the seeds as they have done throughout history, and then suing farmers who have patented GM crops accidentally growing in their fields because of wind drift. Many shoppers refuse to spend money on products made by companies that use such business practices. As consumers, we can protect the future of our food. If enough people simply stop buying products made with GMOs, manufacturers will feel the financial pressure to abandon GM ingredients. According to Jeffrey M. Smith, executive director of the Institute for Responsible Technology and producer of the documentary *Genetic Roulette*, this is already starting to happen. "We are seeing a food revolution like never before," he says, "I think it is just a matter of time before GMOs get kicked out."

**Melissa Diane Smith** is a nationally known writer and holistic nutritionist who counsels clients across the country and specializes in using food as medicine for a wide variety of conditions. She is the author of *Going Against the Grain* and *Gluten Free Throughout the Year*, coauthor of *Syndrome X*, and a non-GMO educator and speaker. To learn about her books, long-distance consultations, nutrition coaching programs, or speaking, visit her websites [melissadianesmith.com](http://melissadianesmith.com) and [againstthegrainnutrition.com](http://againstthegrainnutrition.com).

## Beware These GM Foods

If they're not labeled organic or verified non-GMO, avoid products made with ingredients that might be derived from GMOs. The nine GM food crops are:

- **Corn** (as in corn oil, cornmeal, cornstarch, corn syrup, fructose, and other corn-based ingredients)
- **Soybeans** (as in soybean oil, soy protein, soy lecithin, tofu, and other soy-based ingredients)
- **Canola** (as in canola oil)
- **Cottonseed** (as in cottonseed oil)
- **Sugar Beets** ("sugar" In processed foods is almost always a combination of sugar from both sugar cane and GM sugar beets)
- **Alfalfa** (which is fed to livestock)
- **Papaya** from Hawaii and China
- Some **Zucchini** and **yellow squash**

—Adapted from the Non-GMO Shopping Guide ([nongmoshoppingguide.com](http://nongmoshoppingguide.com))



# Putting An End To Pain

By Jonny Bowden, PhD, CNS

Natural ways to ease pain and stop inflammation

**Q:** I have arthritis and am wondering what foods and supplements are the very best for relieving pain?

The first thing I think of when I think of arthritis is pain. And the first thing I think of when I think of pain—whether it's due to arthritis or not—is inflammation. In fact, arthritis is simply inflammation of a joint, usually accompanied by swelling, stiffness, and pain. It can be caused by a variety of things, including infection, degenerative changes, trauma, injury, or metabolic disturbances. While there are more than 100 different types of arthritis, osteoarthritis—wear and tear on the joints—is the most common.

When cartilage in the joints wears down, eventually you're left with little or no shock absorbers—just bone rubbing on bone. That hurts. And over time, this rubbing will damage the joint. Any joint can be affected; though it's common in the knees, arthritis can also affect the hips, neck, lower spine, hands, and feet. About two-thirds of all folks over age 65 have physical signs that you can actually see on an X-ray, even if they have no symptoms.

Fortunately, there are many natural ways to combat arthritis and its symptoms. Foods that are rich in natural anti-inflammatories, such as apples and onions, are the go-to menu items for pain. In addition, there are supplements that are highly anti-inflammatory, such as omega-3s; some that are incredibly effective for pain, such as Curamin; and some that may help specifically with arthritis, such as glucosamine and chondroitin.

## Alpha Omegas

Omega-3s are some of the most anti-inflammatory molecules on the planet. They're the parent molecules for anti-inflammatory hormone-like compounds in the body. But omega-6s—the fats found in those vegetable oils they keep telling us to consume—have the opposite effect. They're the parent molecules for inflammatory compounds. Your body actually needs both inflammatory and anti-inflammatory messengers, but they have to be in balance for optimum health.

The problem with the modern diet is that the ratio of omega-6 (inflammatory) to omega-3 (anti-inflammatory) is about 20:1. So in order to reduce inflammation, it's important to cut back on your intake of omega-6s, which are in just about every processed food on the planet and are the major fatty acid in corn, sunflower, safflower, canola, and other common commercially processed vegetable oils.

Of course, you also need to boost your intake of anti-inflammatory omega-3s. Cold-water fish such as wild salmon are loaded with them. So it's a good idea to incorporate more fish into your diet. You can also supplement with fish oil or flax oil—I like Barlean's Omega Swirls, which give you a higher dose than pills.

## Foods That Tame Inflammation

One of nature's great anti-inflammatories is the flavonoid quercetin, found in apples and red onions. And tart cherry extract—as well as cherry juice and dark cherries—is high in anti-inflammatory compounds called anthocyanins. Studies at Michigan State University show that tart cherry extract stops the formation of some inflammatory agents about 10 times as effectively as aspirin.

Blueberries have also been shown to fight inflammation and protect against oxidation. You can get fresh blueberries all year round, even in January—they're grown in Chile, available everywhere, and they taste amazing!

Finally, cruciferous vegetables, such as broccoli, cabbage, and Brussels sprouts, should be a part of every anti-inflammatory diet. They contain plant chemicals known as indoles, which are powerful anti-inflammatories.

## Soothing Supplements

One supplement that really works for arthritis pain is Curamin by Terry Naturally. This blend of agents found in the yellow spice turmeric is made with four clinically studied ingredients known to be super-effective for pain: a special kind of super-absorbable curcumin called BCM-95, a standardized boswellia extract (one of the most powerful anti-inflammatory herbs) known as Bos-Pure, dl-phenylalanine, and nattokinase. And best of all, it works to relieve pain within one hour.

There are two other supplements I'd recommend specifically for arthritis: glucosamine sulfate and chondroitin.

Glucosamine is naturally synthesized in the body and is a basic building block of connective tissue. Although we have an ample amount of the stuff when we're young, we lose some of it as we age, leading to the thinning of cartilage, which frequently progresses to osteoarthritis. Though glucosamine can't bring cartilage back, it can help prevent further loss, as well as reduce symptoms such as pain, swelling, and joint stiffness.

Chondroitin sulfate is another building block of connective tissue that actually stimulates the cartilage cells. It works beautifully when paired with glucosamine to speed the regeneration and recovery of bone tissues.

Many studies have shown that glucosamine and/or chondroitin are beneficial in helping repair damage caused by osteoarthritis. For example, the Annual Scientific Meeting of the American College of Rheumatology in 2005 reported that the combination of glucosamine and chondroitin sulfate is at least as effective as the drug Celebrex in treating pain caused by moderate to severe osteoarthritis.

The best studies used 1,500 mg of glucosamine a day, though many like the idea of "loading up" on 3,000 mg a day for the first month and then dropping down to 1,500. Pair it with chondroitin at around half the dose.

Remember, natural solutions—foods and supplements—work synergistically and may take some time to take effect. So follow the recommendations above consistently; give them some time to work; and you'll almost sure to get some relief!

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## Miso Magic

By Jonny Bowden, PhD, CNS, and Jeannette Bessinger, CHHC

Perfected in Japan in the 7th century, this fermented soy food continues to be prized for its anti-aging benefits. And it makes a versatile base for soups and marinades

There's been a lot of controversy lately about soy foods, but no matter which side of the fence you're on, everyone agrees that traditionally fermented soy foods are great for you, and miso is a perfect example. Made of soybeans and koji (a culture starter from beneficial bacteria), miso is loaded with enzymes and healthy bacteria that aid with digestion and the assimilation of nutrients. Add your leftovers to this basic one-pot soup, and presto!—you have a tasty, healing, anti-aging meal.

But miso isn't the only nutritious ingredient in this quick, delicious soup. The veggies add phytonutrients, cancer-repelling indoles (from the broccoli), and a load of vitamins and minerals for very few calories. And the beans contribute about 12 grams of fiber per cup. All in all, a perfectly rounded and tasty dish that anyone can whip up before the first station break airs on the evening news.

# 5 plant-based proteins for your diet

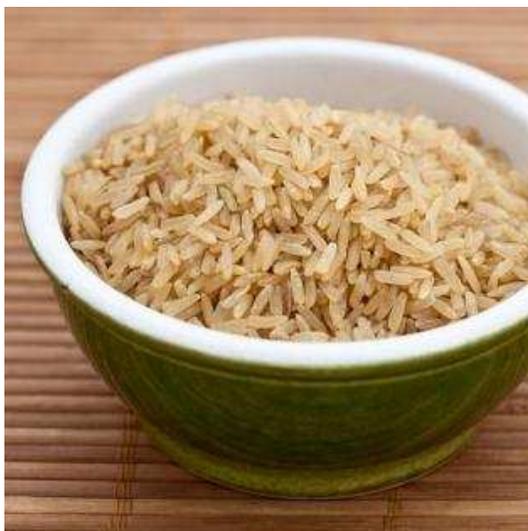
[Jenna Blumenfeld](#) | Delicious Living



## Hemp

A centuries-old crop, hemp boasts an ideal balance of omega-3 and omega-6 essential fatty acids. □A whopping 33 percent of the hemp nut is protein; some hemp powders provide a solid 15 grams of protein in about 3 tablespoons. Hemp is sustainable, too—a plant reaches maturity in just 90–100 days.

**Get more:** Look for hemp powder, oil, seeds, milk, and butter. Sprinkle hempseeds over cereal or yogurt—no need to grind. Drizzle hemp oil over roasted vegetables or mixed salads.



## Brown rice

While 1 cup of plain, cooked brown rice contains just 5 grams protein, brown rice protein powders (often made from sprouted brown rice for increased bioavailability, digestibility, and antioxidants) offer up to 12 grams in 2 tablespoons.

**Get more:** Mix the powder into smoothies. Simmer cooked brown rice with maple syrup, ground cardamom, and coconut milk for a better-for-you rice pudding.



## Pea

Nonallergenic pea protein also contains a wealth of amino acids, including branched-chain amino acids (BCAAs), which aid in muscle recovery. Recent research suggests that pea protein lowers cholesterol and triglycerides. A 2-tablespoon scoop of pea powder offers an impressive 28 grams of protein.

**Get more:** It's available mostly as a powder, so add a scoop to soy milk, juice, or water; stir into oatmeal.



## Quinoa

One cup of cooked quinoa delivers 8 grams of complete protein, 5 grams fiber, and significant folate, magnesium, B vitamins, and bone-strengthening manganese. Other perks: It tastes pleasantly nutty and cooks in 20 minutes. Rinse well before cooking to wash off each seed's bitter coating.

**Get more:** Look for pasta, breads, and granola enhanced with this naturally gluten-free food. Combine cooked quinoa with beans, corn, tomatoes, and cilantro for a Tex-Mex salad; mix cooked quinoa with milk, raisins, and cinnamon for breakfast.



## Soy

Some people shun this complete protein because of persistent rumors about soy's estrogenic effects. However, "you won't find a published human study showing that soy foods can aggravate breast cancer or interfere with cancer therapy. This is a myth that seems to be taking a long time to die," says Bob Rountree, MD, Delicious Living's medical editor. Recent research also suggests that soy protein powder builds muscle and fights inflammation, especially when and live enzymes ensure you'll absorb the 17 protein grams per serving.

**Get more:** Toss shelled, cooked edamame into soup; add marinated tofu or tempeh cubes to curries.

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**For the benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals.**

