

# Wang's Martial Arts

5311 FM 1960 E. #J  
Humble, TX 77346  
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 )**

## October 2016 Newsletter Summary

### Report card point

Alfred Kai Marayag	6.75
Michael Limones	6.75
Hunter Figueroa	6.75
Brandon Figueroa	6.75
Jameson Ezzell	6.75
Conner Roll-Bush	6.00
Emma Ferguson	4.50
Santiago Aquino	3.75
Joseph Alonso	3.75
Nick Limones	3.75
Brandon Roll-Bush	2.25
Justyn Davis	2.25
Jonathon Mosley	2.25
Nickelus Moreno	1.50
Jordan Godfrey	1.50
Luis Limones	1.50

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 event! All report cards must turn in on or before 12/31/2016  
All A's-12pts; A's & B's-9pts; All B's-6pts; Turn in your report card – 3pts

10/01/16 - Demonstation at Octavia Fields Branch Library 2:30 pm.  
10/05/16 - Tai Chi demonstration at NE Memorial Hermann at 11:30 am.  
10/07/16 - Basic Bo class starting.  
10/08/16 - Inner-school tournament.  
10/11, 10/14, 10/15/16 - Brown & Black belt test.  
10/15/16 - October Birthday party.  
10/24/16 - Tournament practice.

### Tournament point:

Darren Bush	51
Conner Roll-Bush	36
Brandon Roll-Bush	30
Madeline Briels	24

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 event!  
All tournament points must turn in on or before 12/31/2016.  
1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts

### Inner-school tournament;

Date: October 8, 2016 (Sat.)  
Time: 2 - 5 pm  
Place: Wang's Martial Arts  
Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



Chinese New Year celebration - January 21, 2017.

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  
August 2, 2014 - \$90.00  
November 8, 2014 - \$45.00  
January 24, 2015 - \$60.00  
May 16, 2015 - \$65.00  
Susan Fischman (7/18/15) - \$5.00  
October 3, 2015 - \$55.00  
December 19, 2015 - \$75.00  
March 5, 2016 - \$45.00  
March 2016 Birthday - \$25.00  
April 2016 Birthday - \$40.00  
May 2016 Birthday - \$20.00  
June 2016 Birthday - \$10.00  
Darren Bush (6/14/16) - \$500.00  
June 25, 2016 - \$20.00  
July, 2016 Birthday - \$30.00  
August 13, 2016 Birthday - \$40.00  
Marilyn Kidd (9/1/16) - \$200.00

**Total - \$3723.98 - \$300 - \$300 - \$1000 = \$2123.98**

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

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

**\$1000 scholarship to HISD student on 01-30-2016.**

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

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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

### Proverbs 4 .

- <sup>18</sup> The path of the righteous is like the morning sun, shining ever brighter till the full light of day.  
<sup>19</sup> But the way of the wicked is like deep darkness; they do not know what makes them stumble.

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

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

Date: 10-24-16 (Monday)  
Time: 8:00 – 9:00 pm

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

Age 5 –14 years old  
Date: 10/13/2016 (Thursday)  
Time: 8:00 – 9:00 pm  
Age 15 – 98 years old  
Date: 10/06/2016 (Thursday)  
10/13/2016 (Thursday)  
10/20/2016 (Thursday)  
10/27/2016 (Thursday)

Time: 8:00 – 9:00 pm

### **New Student:**

Bill Campbell, Jacob Solache, Chris Duff,  
Brandon Campbell, Paul Tang,  
Richard Sibley, Richard Marquis,  
Delvin Davis, Laura Henderson,  
Kelly Sibley.

**Welcome!**

### **Kung Fu Rank Test**

Date: 5-14 yrs: 12-10-2016, Saturday, 1:30-3:30 pm  
15 yrs +: 12-10-2016, Saturday, 3:30-5:30 pm  
5 - 108 yrs: 12-12-2016, Monday, 6:00-8:30 pm

Must register on or before 12-8-2016.  
Test fee : \$40.00 and up

### **Brown and Black rank test**

Oct. 11, 2016 (Tue.) 6 – 8 pm  
Oct. 14, 2016 (Fri.) 6 – 8 pm  
Oct. 15, 2016 (Sat.) 9 am – 3 pm

### **October Birthday**

Marvin Henderson	10/20
Victor Donatto	10/23
Elmer Whitehead	10/02
Bill Cadwallader	10/03
Alan Whitehead	10/30
Margret Swarely	10/17
Keenan Robinson	10/30
Roberto Alvarado	10/2
Mellissa Barr	10/11
Bonnie Westcott	10/14
Gregory Strickland	10/16
Jamie Fuller	10/25
Francisco Zelaya	10/3
Johnathan Rodriguez	10/5
Lindley Keating	10/5
Donald Nelson	10/11
Bette Nelson	10/14
Mathilde Le Bon	10/18
Magdalen Arce	10/15
Mara Contreras	10/23
Alejandro Vargasa	10/27
Zoe Sadler	10/3
Journey Antoine	10/16
Damien Dumo	10/25
Harry Eugene	10/26
Aengus Cox	10/29
Lee Stevenson	10/11
Andrea Barela	10/04
Joseph Offord	10/9
Christian Butlerez	10/11
Jonathan Jaramillo	10/12
Thomas Parker	10/10
Christine Garrison	10/17
Nehemiah Grier	10/22
Elyse Fu	10/
Sealy Moore	10/3

***Happy Birthday***

### **Red, Brown and Black Belt Class**

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

### **Tai Chi Rank Test**

Date: 12-17-2016 ( Sat. )  
Time: 12 noon – 2:00 pm

\* 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.

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U.S.A.

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

## Birth Day Party for Wang's martial Arts students

Date: October 15, 2016 (Saturday)  
Place: Wang's Martial Arts  
5311 FM 1960 E. #J  
Humble, TX 77346  
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of February. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

Time: 2:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),  
3:00 pm - Veggie lunch (Veggie Chicken, Veggie Egg Roll, Veggie Dumpling, Veggie Sausege Cheese Quesadilla. No soft drink/replace with Bottled water).

3:45 pm - Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.  
4:00 pm – Party end.

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REGISTRATION FORM - Reservation before October 12, 2016. No late registration.

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

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

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

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

Phone (cell): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

Number of guest: \_\_\_\_\_, Amount Paid: \$ \_\_\_\_\_.

# Family Special Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b> <small>(12 to 13 lessons in a month)</small>	<b>\$149.00</b>	<b>\$134.00</b>	<b>\$74.50</b>	<b>\$74.50</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>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

### KUNG-FU class schedule

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. 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. Mon./Tue./Wed./Thur./Fri.  Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM  10:00 - 11:00 AM

### TAI CHI CHUAN

All ages	Tue. Sat. Mon./Wed./Fri. Wed. Tue.	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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### **Wang's Martial Arts**

5311 FM 1960 E. #J  
at Timber Forest Dr.  
Humble, TX 77346

(281) 682-3387, (281) 548-1638

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

**Free Uniform by bringing in this flyer before October 30, 2016.**



Guest Name: \_\_\_\_\_, by student \_\_\_\_\_

Date: \_\_\_\_\_ (Current student will receive One Hour Private Lesson).

# Kung Fu Rank Test Results - 9/26/16

Age 15 year old and +

Brandon Campbell - Yellow  
 Miguel Cacanoin - Yellow  
 Dana Rose - Yellow/stripe  
 Joshua Stockton - Yellow/stripe  
 Harry Eugene - Orange/stripe  
 Joanna Mayo - Green  
 Mathilde Le Bon - Green  
 Jeffrey Villarde - Green/stripe  
 James Mayo - Purple/stripe  
 Magdelan Arce - Blue  
 Cleotis Washington - Blue  
 Charles Moore - Blue/stripe



Age 9 - 14 years old

Jeremy Rangel - Yellow  
 Jayden Goudeau - Yellow  
 Christine Garrison - Yellow/stripe  
 Tori Archinal - Orange  
 Emma Ferguson - Blue

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 Age 5 - 8 years old

Paul Tang - Yellow  
 Danna Caceres - Yellow  
 Monet Carballo - Orange  
 Nickelus Moreno - Orange/stripe  
 Ian Ferguson - Green  
 Jordyn Mayo - Purple/stripe



Brown & Black Belt Test - 4/16/2016

Ruby Abbott - Brown,                      Joel Le Bon - Brown,  
 Deztanie Hellsten - Brown,            Joseph Hellsten - Brown,  
 Chantel Barnes - Brown/stripe,      Ayden Sowers - Brown/stripe,  
 Britt McNaspy - Brown/stripe,  
 Madeline Briles - Jr. Black  
 Koseph Alonso - Jr. Black  
 Ethan Fu - Jr. Black  
 Conner Roll-Bush - Jr. Black (1st),  
 Brandon Roll-Bush - Jr. Black (1st),  
 Roberto Alvarado - Black (1st)



**Wang's Martial Arts**

**Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)**

**Date:**  
 11/10/2016 (Thur.) Day 1 Ready for boarding at Noon time, Galveston depart - 4:00 pm  
 11/11/2016 (Fri.) Day 2 Fun day at sea & training  
 11/12/2016 (Sat.) Day 3 Cozumel -arrive 9:00 am, depart 4:00 pm  
 11/13/2016 (Sun.) Day 4 Fun day at sea & training  
 11/14/2016 (Mon.) Day 5 Galveston arrive - 8:00 am

Kung Fu Northern Shaolin & Northern Praying Mantis.  
 Tai Chi Yang Style.  
 Chin Na Grasp Hand Techniques in self defense.  
 Ball room dance  
 Discussion in Health, Herb, Diet & many more.



**The rate is based on per person with double occupancy in a cabin (tax is included, not tip).**

	<u>Interior</u>	<u>Ocean View</u>	<u>Balcony</u>
4A	\$505.90	6A \$555.90	8A \$665.90
4B	\$505.90	6B \$555.90	8B \$665.90
4C	\$510.90	6C \$560.90	8C \$670.90
4D	\$510.90	N/A	8D \$680.90
Insurance/person	\$49	\$49	\$79

3rd & 4th person in the same cabin is \$175.90 per person.

For information: Wang's Martial Arts  
 5311 FM 1960 Rd. E. #J  
 Humble, TX 77346  
 (281) 682-3387, (281) 548-1638 e-mail: yyw3888wma@gmail.com

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: Male, Female  
 Home phone: \_\_\_\_\_, Work phone: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_, e-mail: \_\_\_\_\_  
 Citizen: Yes or No.  
 Cruise rate (include tax): \_\_\_\_\_  
 Insurance: \_\_\_\_\_  
 Kung Fu, Tai Chi, Chi Kung, Chin Na, Ball room dance, Discussion in Health: \$100.00  
 Total amount: \_\_\_\_\_  
 Payment Date: \_\_\_\_\_

**For group rate, must register before September 30, 2016.**

Note: \_\_\_\_\_

## Wang's Martial Arts

### Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)

You must be at Port of Galveston about noon time for embarking on 11/10/2016 (Thursday).

<u>Date</u>	<u>Day of the week</u>	<u>Time</u>	<u>Class</u>
11/10/2016	Thursday	5:30 - 6:00 pm	Orientation
11/11/2016	Friday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am  11:00 - 12:00 noon  1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi (42 movements) by Master Wuzhong Jia Chi Kung by Master Wuzhong Jia Ballroom Dance by Sonia World of Dance Self defense by Sifu Gonzales or Iridology by Dr. Heil-Mealey Essential Oil and movement by Dr. Heil-Mealey  Chin-Na by Sifu Gonzales Martial Arts by Wang's Martial Arts and Master Jia Ballroom Dance by Sonia World of Dance Tai Chi (42 movements) by Master Wuzhong Jia
11/12/2016	Saturday	9:00 am - 4:00 pm	Port visit - Cozumel
11/13/2016	Sunday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am 11:00 - 12:00 noon  1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi (42 movements) by Master Wuzhong Jia Chi Kung by Master Wuzhong Jia Ballroom Dance by Sonia World of Dance Self defense by Sifu Gonzales Herb & Diet for Health by Master Wuzhong Jia  Chin-Na by Sifu Gonzales or Iridology by Dr. Heil-Mealey Martial Arts by Wang's Martial Arts and by Master Jia or Essential Oil and movement by Dr. Heil-Mealey Ballroom Dance by Sonia World of Dance Tai Chi (42 movements) by Master Wuzhong Jia
11/14/2016	Monday	8:00 AM	Arrive at Galveston

Tentative schedule subject to change. Final schedule will be handout on 11/10/2016 at 5:30 pm Orientation.

For information : Contact Master Wang at (281) 682-3387.



# Wang's Martial Arts

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e-mail wang3888@embarqmail.com

Web site www.WangsMartialArts.com

## Baisc Bo



Date: October 07, 2016 (Friday)  
October 14, 2016 (Friday)  
October 21, 2016 (Friday)  
October 28, 2016 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts  
5311 FM 1960 Road E. #J  
Humble TX, 77346  
(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.

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

## Sabre Class



Date : December 02, 2016 (Fri.)  
December 09, 2016 (Fri.)  
December 16, 2016 (Fri.)  
December 23, 2016 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts  
5311 FM 1960 Rd. E. #J  
Humble TX, 77338  
(281) 548-1638  
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

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

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### REGISTRATION FORM

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

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

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

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

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

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

# Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

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**Buy American Made.**





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Wang's Martial Arts

**For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.**



**Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.**

**Wang's Martial Arts is caring for & feeding these animals.**





Published: April 1, 2014 Updated: 07:58 April 1, 2014

## Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

Creating an appreciation for nature in our children is one way to promote future generations of environmentally friendly adults. It also helps our kids learn to enjoy the simple beauty and pleasure found in the natural world. While younger children may not be so keen on reflection, they do love to collect things. For an engaging activity that promotes a love of the outdoors for two- to eight-year-olds, consider a Nature Table. It works like this:

You will need a small, low table to place in a common area of the house, such as the living or dining room. This is your Nature Table. When you are out and about with the children, allow them to collect one or several items to bring back and place on the Nature Table. The only rule is that the objects must be natural. Kids will love finding these treasures, like rocks, leaves, sticks and so on. Allow them to play with the items on the table and rearrange them as they wish.

Here are some tips to have fun with your Nature Table:

- Create different themes for the table, such as the seasons or rocks, leaves or sticks.
- Go on a weekly Nature Table walk to find treasures.
- Cover the table with different colors of fabric for a change or to mark a change of season.
- Change the Nature Table on specific days, such as winter and summer solstice or the first day of a season, to connect your child to seasonal changes in nature.
- Place a magnifying glass on the table to inspect items close up.

## REGIO BUS CHARTERS

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[regiobus@aol.com](mailto:regiobus@aol.com)

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General Manager  
cell: 713.283.4473

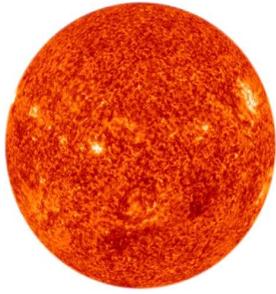
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# TRUE SOUTH ENERGY

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## **YOU CAN**

- **Generate Your Own Electricity**
- **Offset up to 100% of your kWh Charges on your Electrical Bill**
- **Start Saving Money right away**
- **Achieve a Return on your Investment**
- **Receive Credit for Excess Energy you produce**
- **Increase the Value of your Property**
- **Qualify for Property Tax & Franchise Tax Exemptions**
- **Take Advantage of Federal Income Tax Credits (30% of System Cost in 2016)**
- **Contribute to National Security through Energy Independence**
- **Reduce your Carbon Footprint**

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*Mention this ad for special pricing available only to  
**Wang's Martial Arts**  
students and families*

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

**INNER SCHOOL TOURNAMENT**

Date: 10-8-2016 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
5311 FM 1960 Road E. #J  
Humble, TX 77346  
(281) 548-1638, (281) 682-3387  
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 \_\_\_\_\_

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



## 2016 - Traffic violations fines.

2016年新规定

罚单各种涨价

Not carrying driver's license: \$214

忘记带驾照，罚款:\$214 (原来\$35 )

After 10 days without a change of address to notify DMV: \$214

变更地址超过10天通知DMV罚款:\$214 (原来没有罚款 )

Driving without insurance cause an accident: \$ 796 and license suspended for 4 years

出车祸没有保险，罚款:\$796,并吊销驾照4年

Beyond the red lights: \$ 533

红灯不停，右转弯红灯不停罚金一样,:\$533 ( 原来是这个价格的一半不到 )

Crossing two gold stripes (double solid lane): \$ 425

穿越双黄线:\$425

Turn and U-Turn in place or middle of road: \$ 284

违规转弯或掉头:\$284 ( 不知道这个数字是怎麼来的。 )

The speed (from 1-15 miles): \$224

超速1-15英里，罚金:\$224，通常来说超10迈才会给罚单

The speed (from 16 to 25 miles):\$338

超速16-25英里，罚金:\$338

Driving too slow: \$328

开太慢:\$328

Do not full stop at Stop Sign: \$ 284

Stop Sign没有完全停住:\$284

Passing through the bus when the lights are flashing: \$ 675

穿越闪灯的校车:\$675 ( 这个好像应该 )

Holding and using the phone handset while driving (1st time): \$160

开车打电话第一次要:\$160，电话在手裡也要罚！

Parking place for buses: \$ 976

停在大巴位置罚金:\$976

Do not turn on the head light when it is coming up (30 minutes):\$382

开汽车大探照灯超30分钟:\$382

Cover car door: \$178

遮盖车门:\$178

Failing to wear seat belt: \$160

未系安全带:\$160

Children not wearing seat belts or in accordance with: \$ 436

小孩没有繫安全带或者没有儿童座椅:\$436

Wear your hearing in both ears covered: \$ 178

开车两耳戴耳机:\$178

Car pool violation

汽车共乘违规\$401

# Wang's Martial Arts

5311 FM 1960 E. #J  
Humble, TX. 77346  
U.S.A.

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Phone (281) 548-1638, (281) 682-3387

e-mail: wang3888@embarqmail.com

Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Schedule:

- 10/01/16 - Demonstation at Octavia Fields Branch Library 2:30 pm.
- 10/05/16 - Tai Chi demonstration at NE Memorial Hermann at 11:30 am.
- 10/07/16 - Basic Bo class starting.
- 10/08/16 - Inner-school tournament.
- 10/11, 10/14, 10/15/16 - Brown & Black belt test.
- 10/15/16 - October Birthday party.
- 10/24/16 - Tournament practice.
  
- 11/05/16 - Demonstation at Octavia Fields Branch Library 2:30 pm.
- 11/10/16 to 11/12/16 - No class due to Health & Harmony cruise.
- 11/24/16 - No class due to Thanksgiving Day.



T-Shirt days  
Wednesday & Saturday class  
(Unless if we have special event, rank test, demonstration  
need to be in full uniform).



\$12.00

# 2017 Wang's Martial Arts Fourteenth Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion

**Date:** January 21, 2017 ( Sat. )

**Cost:**

**Time:** 10:00 am (Reception)  
11: am (Lunch)  
12 noon - 2 pm (Demo & program)

Ages 8 years & under  
\$15.00

**Place:** China Ko  
5421 FM 1960 Rd. E.  
(at Timber Forest Dr.)  
Humble, TX 77346  
(281) 361-8006

Age 9 and up  
\$25.00  
A table of 8 people  
\$200.00  
A table of 12 people  
\$275.00



**For more information:**

Wang's Martial Arts  
5311 FM 1969 Road E. at Timber Forest Dr.  
Humble, TX 77346  
(281) 548-1638, (281) 682-3387

## Registration Form for Chinese New Year Lunch

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_, **Other phone:** \_\_\_\_\_, **Age:** \_\_\_\_\_

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

A table of 8 people: \$200.00 \_\_\_\_\_ = \_\_\_\_\_  
 \$25.00 x Number of 9 years old and up \_\_\_\_\_ = \_\_\_\_\_  
 \$15.00 x Number of 8 years old & under \_\_\_\_\_ = \_\_\_\_\_

**Total:** = \_\_\_\_\_

## Common Herbs

### A Summary of Chapter Two of Herbally Yours by Penny C. Royal

The herbs are used in capsules or teas unless otherwise indicated. Listed are the ones which have had the most experience and success. To see more, read Herbally Yours.

<b>ALFALFA</b> (herb & leaves)	Allergies Morning Sickness	Arthritis	Blood Purifier Athletes use this herb for endurance and energy.	Pituitary Gland	
<b>ALOE VERA</b> (leaves)	Burns	Constipation	Wounds		
<b>BARBERRY</b> (root bark)	Blood Purifier	Constipation	Gall Bladder	Kidneys	
<b>BAYBERRY</b> (root bark) Mucous Membranes	Canker Sinus Congestion	Gargle Wounds	Hay Fever	Hemorrhage	
<b>BEE POLLEN</b> (pollen)	Allergies Good source of quick energy.	Asthma	Energy	Hay Fever	
<b>BISTORT</b> (root)	Bleeding	Hemorrhage	Mouth Sores		
<b>BLACK COHOSH</b> (root) Hot Flashes	Circulation Menopause	Convulsions Menstruation (inc)	Hormones (female)		
<b>BLACK WALNUT</b> (hulls, leaves)	Parasites	Ringworm	Worms		
<b>BLESSED THISTLE</b> (herb)	Female Problems Menstrual Cramps		Hormones (female)	Lactation	
<b>BLUE COHOSH</b> (root)	Childbirth	Cramps	Menstruation (inc)		
<b>BRIGHAM TEA</b> (herb)	Blood Purifier	Sinus Congestion			
<b>BUCHU</b> (leaves)	Bladder Weakness				
<b>BUCKTHORN</b> (bark)	Constipation Skin Problems	Gall Stones Warts	Hemorrhoids Worms	Perspiration	
<b>BURDOCK</b> (root)	Arthritis Skin Problems	Blood Purifier	Cleansing	Rheumatism	
<b>CAMOMILE</b> (flowers)	Appetite (improve) Worms		Nervous Disorders	Parasites	
<b>CAPSICUM</b>	(See CAYENNE)				
<b>CASCARA SAGRADA</b> (bark)	Colon	Constipation	Gall Bladder	Laxative	Liver
<b>CATNIP</b> (herb)	Childhood Diseases Morning Sickness		Colic Flu Nervous Disorders	Insomnia	
<b>CAYENNE</b> (fruit)	Bleeding Heart Stimulant	Childhood Diseases Hemorrhage	Cuts Sore Throat	Energy Ulcers	
<b>CHAPARRAL</b> (herb)	Acne	Arthritis	Blood Purifier	Cancer	Tumors
<b>CHICKWEED</b> (herb)	Acne	Boils	Obesity	Skin Problems	
<b>CHLOROPHYL</b> Energy	Bad Breath Hemorrhage	Blood Purifier Liver	Body Odor	Cleansing	
<b>COMFREY</b> (root) Fractures	Anemia Lungs	Arthritis Mucous Membranes	Digestive Disorders Wounds		
<b>CORN SILK</b> (silk)	Childbirth	Uterine Problems			
<b>COUCH GRASS</b> (herb)	Bladder	Kidneys	Water Retention		
<b>CRAMP BARK</b> (bark)	Cramps	Menstruation (inc)			

<b>DAMIANA</b> (leaves)	Female Problems Menopause	Hormones (female) Sex Stimulant	Hot Flashes	
<b>DANDELION</b> (root) Gall Bladder	Anemia Hypoglycemia Kidneys Water Retention	Blood Pressure (low) Skin Problems	Blood Purifier	
<b>DON QUAI</b> (root)	Hormones (female)	Hot Flashes		
<b>ECHINACEA</b> (root)	Fever	Infection	Lymph Glands	
<b>EUCALYPTUS</b> (oil)	Bronchitis	Lungs		
<b>EYEBRIGHT</b> (herb)	Allergies	Eye Ailments		
<b>FALSE UNICORN</b> (root)	Miscarriage	Uterus (prolapsed)		
<b>FENNEL</b> (seeds)	Appetite (normalizes)	Colic	Gas	Morning Sickness
<b>FENUGREEK</b> (seeds)	Headache	Migraine Headaches	Mucous Membranes	
<b>GARLIC</b> (bulb)	Blood Pressure (high) Gas	Heart Infection	Childhood Diseases Parasites	Fever Yeast Infection
<b>GINGER</b> (root)	Childhood Diseases Flu	Gas Morning Sickness	Colds	Colitis Digestive Disorders
<b>GINSENG</b> (root)	Asthma Longevity	Endurance Sex Stimulant	Hormones (balance) Vitality	
<b>GOLDEN SEAL</b> (root)	Circulation Nosebleed Sore Throat	Diabetes Pancreas	Hemorrhage Sinus Congestion	Infection
<b>GOTU KOLA</b> (herb)	Brain Food	Memory	Vitality	
<b>HAWTHORN</b> (berries)	Arteriosclerosis	Energy	Heart	Hypoglycemia
<b>HOPS</b> (flower)	Insomnia	Nervous Disorders	Sex Depressant	
<b>HORSERADISH</b> (root)	Appetite (improve) Hypoglycemia	Asthma Sinus Congestion	Digestive Disorders	
<b>HORSETAIL</b> (herb)	Fingernails	Nervous Disorders		
<b>HYSSOP</b> (herb)	Expels all mucous from the body.			
<b>IRISH MOSS</b> (plant)	Goiter	Obesity	Thyroid	
<b>JUNIPER</b> (berries)	Adrenal Glands	Diabetes	Hypoglycemia	
<b>KELP</b> (plant)	Goiter	Obesity	Pituitary Gland	Thyroid
<b>LICORICE</b> (root) Hoarseness	Cough Hypoglycemia	Sore Throat	Drug Withdrawal Vitality	Endurance
<b>LOBELIA</b> (herb)	Asthma Nervous Disorders	Childhood Disease Pain	Ear Infection Relaxant	
<b>MANDRAKE</b> (root)	Constipation	Gall Bladder	Laxative	
<b>MARSHMALLOW</b> (root)	Bladder Urinary Disorders	Kidneys	Lactation	Lungs
<b>MISTLETOE</b> (herb)	Convulsions	Hemorrhage	Menstruation (dec)	
<b>MULLEIN</b> (leaves)	Asthma	Bronchitis	Diaper Rash	Diarrhea

	Hemorrhage	Lungs	Sinus Congestion	
<b>MYRRH</b> (gum)	Bad Breath	Colitis	Mouth Sores	Ulcers
<b>NETTLE</b> (leaves)	Bleeding			
<b>OAT STRAW</b> (stems)	Arthritis	Fingernails	Hair	Rheumatism
<b>PARSLEY</b> (leaves)	Bad Breath	Water Retention		
<b>PASSION FLOWER</b> (herb)	Hot Flashes	Menopause	Nervous Disorders	
<b>PEACH</b> (bark)	Laxative Water Retention	Morning Sickness	Vomiting	
<b>PENNYROYAL</b> (herb)	Childbirth	Cramps		
<b>PEPPERMINT</b> (leaves)	Appetite (promotes) Heartburn	Liver	Digestive Disorders Morning Sickness	Headache Nervous Disorders
<b>PLAINTAIN</b> (leaves)	Bleeding	Burns	Hemorrhage	Wounds
<b>PLEURISY ROOT</b> (root)	Bronchitis	Lungs	Pleurisy	Pneumonia
<b>POKE WEED</b> (root)	Breasts Goiter	Inflammation	Lymph Glands	Thyroid
<b>PRIMROSE</b> (seed, oil)	Arthritis	Convulsions	Nervous Disorders	Toothache
<b>PSYLLIUM</b> (seeds)	Colitis	Colon	Constipation	
<b>QUEEN OF THE MEADOW</b> (leaves)	Kidneys	Urinary Disorders	Water Retention	
<b>RED CLOVER</b> (flowers)	Blood Purifier Skin Problems	Cancer Tumors	Nervous Disorders	
<b>RED RASPBERRY</b> (leaves)	Childbirth	Diarrhea	Flu	Morning Sickness
<b>REDMOND CLAY</b> (clay)	Bee Stings	Skin Problems		
<b>ROSE HIPS</b> (fruit)	Colds	Infection		
<b>SAFFLOWER</b> (flower)	Appetite (improve) Gas Gout	Liver	Arthritis Uric Acid	Digestive Disorders Water Retention
<b>SAGE</b> (leaves)	Baldness Lactation	Digestive Disorders Nervous Disorders	Hair Night Sweats	Worms
<b>SARSAPARILLA</b> (root)	Blood Purifier	Hormones	Hot Flashes	
<b>SAW PALMETTO</b> (fruit)	Breasts	Frigidity	Hormones	Obesity
<b>SKULLCAP</b> (herb)	Convulsions	Insomnia	Nervous Disorders	Sex Depressant
<b>SPEARMINT</b> (leaves)	Used the same as peppermint, milder, often preferred for children.			
<b>SLIPPERY ELM</b> (bark)	Bronchitis Hemorrhoids	Burns Wounds	Colitis Diarrhea	Fractures
<b>SQUAW VINE</b> (herb)	Childbirth	Menstruation (inc)		
<b>ST. JOHNSWORT</b> (herb)	Afterpain			
<b>STRAWBERRY</b> (leaves)	Cleanse tartar from teeth, and will whiten stained ones.			
<b>TAHEEBO</b> (inner bark)	Blood Purifier Reheumatism	Cancer	Herpes Simplex Venereal Disease	Pain
<b>THYME</b> (herb)	Digestive Disorders	Heartburn	Migraine	Headache

<b>TURKEY RHUBARB</b> (root)	Constipation	Laxative			
<b>UVA URSI</b> (leaves)	Bed Wetting Urinary Disorders	Bladder	Kidneys Water Retention		Kidney Stones
<b>VALERIAN</b> (root)	Insomnia	Nervous Disorders		Pain	
<b>WHITE OAK BARK</b> (bark)	Canker Mouth Sores Urinary Disorders	Hemorrhoids Teeth	Thrush Varicose Veins		Leucorrhea Ulcers
<b>WILD YAM</b> (root)	Menstrual Cramps	Morning Sickness	Stomach		Uterine Pains
<b>WILLOW</b> (bark)	Headache				
<b>WINTERGREEN</b> (leaves-oil)	Digestive Disorders	Headache		Pain	
<b>WITCH HAZEL</b> (bark)	Eyes	Gums	Hemorrhoids	Varicose Veins	
<b>WOOD BETONY</b> (herb) Pain	Headache	Migraine Headache		Nervous Disorders	
<b>YARROW</b> (flower)	Bladder Skin Problems	Colds	Flu Sore Throat	Hemorrhage (lungs)	
<b>YELLOW DOCK</b> (root)	Anemia Liver	Blood Purifier Skin Problems	Cancer		Energy
<b>YUCCA</b> (root)	Arthritis	Rheumatism			

