

Phone (281) 548-1638, (281) 682-3387
E-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

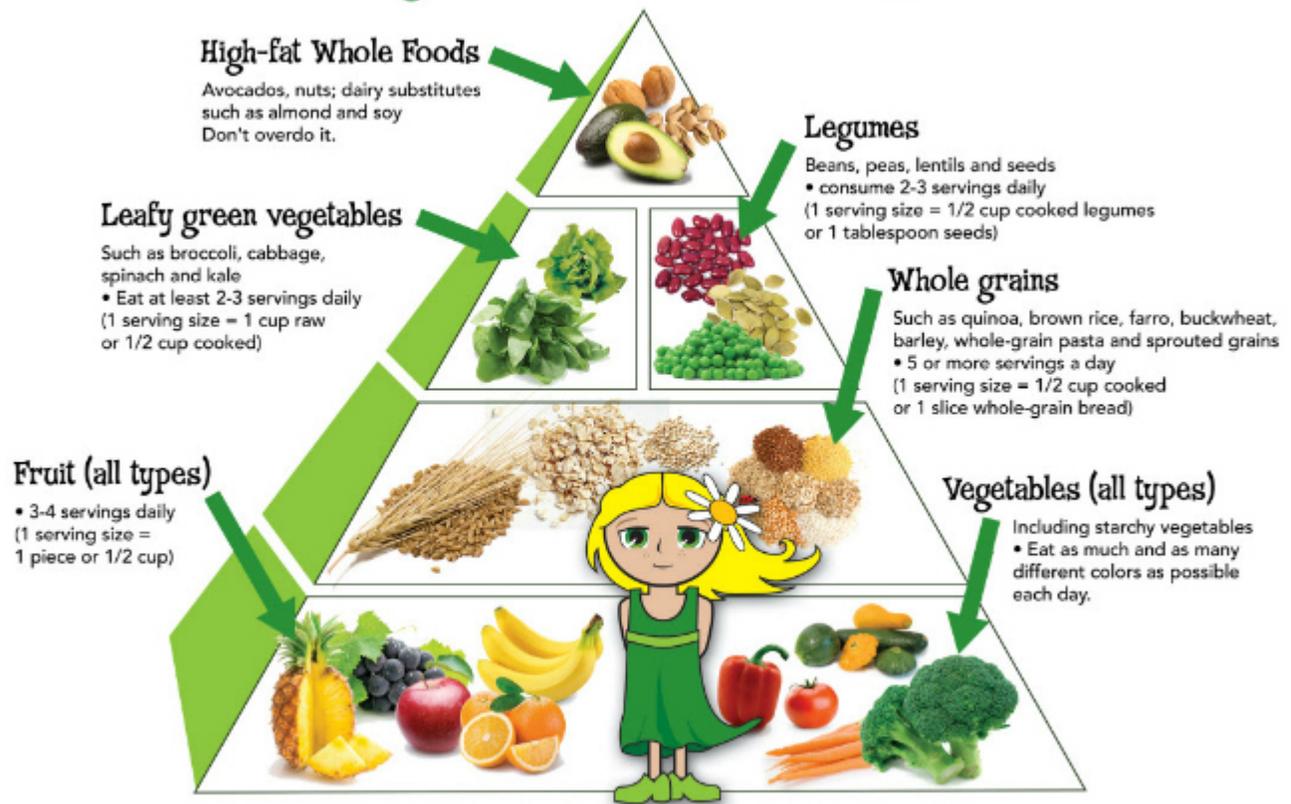
School Phone number:
281-548-1638,
281-682-3387 (Cell)

April 2017 Newsletter Summary



- 04/01/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 04/07/17 - Advanced Bo class starting.
- 04/08/17 - Good Oil day festival demo at 4 pm.
- 04/11/17, 04/14/17, 04/15/17 - Brown & Black belt test.
- 04/15/17 - April Birthday Party.
- 04/22/17 - Kung Fu rank test.
- 04/24/17 - Kung Fu rank test.
- 04/29/17 - Humble Rotary Club Festival 10 am - 6 pm..
- 04/29/17 - Lucky Land demonstration.

An Ordinary Vegan, Whole-Food, Vegan, Plant-Based Diet



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements

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
Padraic Gilbert (1/21/17) - \$100

**Total - \$3823.98 - \$300 - \$300 - \$1000
-\$2000 = \$223.98**

**\$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.**

**\$1000 scholarship to HISD student on
01-21-2017.**

**\$1000 scholarship to HISD student on
01-21-2017.**

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

Proverbs 4 .

- ¹⁸ The path of the righteous is like the morning sun,
shining ever brighter till the full light of day.
¹⁹ 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: 4-17-17 (Monday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
Date: 4/13/2017 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 4/06/2017 (Thursday)
4/13/2017 (Thursday)
4/20/2017 (Thursday)
4/27/2017 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Antony Zorilla, Dusty Thain, Chad Lyons,
Christopher Muniz, Angus Lyons,
Devin Chambless, Myriah Jones,
John Prewett, Damian Tinajero,
Karla Tinajero.

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 4-22-2017, Saturday, 1:30-3:30 pm
15 yrs +: 4-22-2017, Saturday, 3:30-5:30 pm
5 - 108 yrs: 4-24-2017, Monday, 6:00-8:30 pm

Must register on or before 4-20-2017.
Test fee : \$40.00 and up

Brown and Black rank test

April 11, 2017 (Tue.) 6 – 8 pm
April 14, 2017 (Fri.) 6 – 8 pm
April 15, 2017 (Sat.) 9 am – 3 pm

Red, Brown and Black Belt Class

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

April Birthday

Dennis Cruz	4/06
Ian Fu	4/10
Aiden Trayal	4/2
Kwaku Charles	4/9
Victor Tigreros	4/6
Minh Le	4/6
Johnny Garcia	4/22
Alexander Macedo	4/30
Harmony Williams	4/5
Sammie Pate	4/6
Matthew Hunt	4/12
Johnnt Seals	4/22
Gabriel Duda	4/23
Billy Musgrave	4/29
Joseph Barela	4/20
Chris Avela	4/15
Diego Ramirez	4/10
Lisa Whitehead	4/16
Russell Hawes	4/8
Jonathan Mireles	4/1
Aiden Trayal	4/2
Andrew Medrano	4/4
Lauren White	4/5
Sammie Pate	4/6
Sarah Szczepanic	4/18

Happy Birthday



Tai Chi Rank Test

Date: 6-17-2017 (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.



Wang's Martial Arts

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

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e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

Birth Day Party for Wang's martial Arts students

Date: April 15, 2017 (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: 3:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Veggie Beef, Veggie Egg Roll, Veggie Dumpling, Veggie Sausage.
No soft drink/replace with Bottled water).
Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.
4:30 pm – Party end.

REGISTRATION FORM - Reservation before April 12, 2017. 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
Tuition/month <small>(12 to 13 lessons in a month)</small>	\$159.00	\$143.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

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

Call for a Free Lesson



Guest Name: _____, by student _____

Date: _____

Phone (281) 548-1638, (281) 682-3387
e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 6-10-2017 (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 _____

Kung Fu Rank Test Results - 02/11/17

Age 15 year old and +
 Mathew Trimm - Yellow
 Mohamed Elalfy - Yellow
 Ricky Shepherd - Yellow
 Miguel Cacanoin - Orange
 Joshua Stockton - Orange
 Dana Rose - Orange
 Harry Eugene - Green/stripe
 Mathilde Le Bon - Purple
 Jeffrey Villarde - Purple/stripe
 James Mayo - Blue/stripe
 Clement Le Bon - Blue/stripe
 Magdelan Arce - Red
 Cleotis Washington - Red
 Charles Moore - Red



Age 9 - 14 years old
 Sergio Gonzalez - Yellow
 Elyse Fu - Yellow/stripe
 Jeremy Rangel - Orange
 Jalen latin - Orange
 Tori Archinal - Green
 Brandon Figueroa - Purple
 Hunter Figueroa - Purple
 Jameson Ezzell - Red
 Dominic Venegas - Red

Brown & Black Belt Test - 4/15/2017

Susan Fischman - Black (2nd),
 Ruby Abbott - Black (1st),
 Joel Le Bon - Black (1st),
 Deztanie Hellsten - Jr. Black,
 Joseph Hellsten - Jr. Black,
 Joseph Alonso - Jr. Black (1st),
 Madeline Briles - Jr. Black (1st),
 Alfred Kai Marayag - Brown/stripe,

 Age 5 - 8 years old

Paul Tang - Orange
 Danna Caceres - Orange
 Nickelus Moreno - Green/stripe
 Jordyn Mayo - Blue/stripe



Tai Chi test Result - 3/18/2017.

Hai Deng - Yellow
 Charbel Bechara - Yellow
 Richard Olson - Yellow
 Bill Campbell - Orange
 Chris Duffy - Orange
 Richard Sibley - Orange
 Tania Myers - Green
 Cynthia Pate - Purple
 Sammie Pate - Purple
 Ruby Abbott - Blue



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Baise Bo



Date: May 05, 2017 (Friday)
May 12, 2017 (Friday)
May 19, 2017 (Friday)
May 26, 2017 (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 : \$49.00
\$24.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .



Rotary



Rotary Club of Humble

**Would you "buy" chances to win a prize
if you knew who the winners were going to be?
Before you "buy" those chances
Let me tell you who are going to be the winners.....**

- Battered women and their children
- Individuals with learning disabilities
- Families unable to feed or cloth their children
- Emergency housing for families in need
- Parenting education and legal advocacy for those in need
- Counseling and support groups for abuse
- Employment and internship opportunities
- Assistance toward self sufficiency
- Scholarships for FFA and Humble ISD students
- Food for needy families
- Opportunities for Rotary Exchange Students
- Promote world peace thru cultural exchange students and host families
- Adult education to improve job opportunities
- Developmental learning opportunities
- Open children's' eyes to learning opportunities
- Provide water to foreign rural communities"
- Eradicate polio in the world
- Provide the opportunity for a local student to extend Diplomatic Studies
- Eye and deformity operations for poor Mexican children

The acquisition of a \$100.00 "Chance" to WIN a new 2017 Chevy Camaro or Chevy Colorado & many additional prizes will provide the opportunity for someone in need.

All the proceeds are given way with 90% of the proceeds given locally.

Drawing is Saturday, April 29, 2017 – at our HUMBLE ROTARY FESTIVAL, CAR SHOW, at the Humble Civic Center Arena 10AM to-6PM

You do not need to be present to win BUT YOU MIGHT NOT WANT TO MISS THIS FUN DAY.

Buy your chances to "Change Lives".

**30 minutes private lesson with a purchase of car raffle ticket before
4/20/17.**

(at Wang's Martial Arts)

**Contact Yun Yang Wang,
e-mail: yyw3888wma@gmail.com call 281-682-3387**

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"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

To celebrate

New Year.

Buy American Made.





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☎ 713-931-6100

🌐 www.LastOrganicOutpost.com



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Sales Associate
Monicapiel23@gmail.com

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Wang's Martial Arts

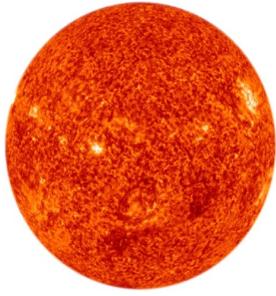
For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.



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.





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*Power your Home or Business with
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YOU CAN

- **Generate Your Own Electricity**
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We will:

- Assess your energy needs** based on past utility bills
- Determine the ideal location** for solar energy production
- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical bills

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

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



Wang's Martial Arts

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Web site: www.WangsMartialArts.com

Schedule:

- 04/01/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 04/07/17 - Advanced Bo class starting.
- 04/08/17 - Good Oil day festival demo at 4 pm.
- 04/11/17, 04/14/17, 04/15/17 - Brown & Black belt test.
- 04/15/17 - April Birthday Party.
- 04/22/17 - Kung Fu rank test.
- 04/24/17 - Kung Fu rank test.
- 04/29/17 - Humble Rotary Club Festival 10 am - 6 pm..
- 04/29/17 - Lucky Land demonstration.

- 05/05/17 - Basic Bo class start.
- 05/06/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 05/14/17 - Comicpalooza 2017 Kung Fu panel.
- 05/20/17 - Octavia Fields Branch Library Asian Festival & May Birthday party 9 am to 1 pm.
- 05/27/17 - Lucky Land demonstration.



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



\$12.00

CLASS SCHEDULE

(Expanded class times effective on February 1, 2017)

KUNG-FU

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Tue./ Fri.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 pm (New)
		Saturday	10:00 - 11:00 AM
Tournament Competition Class		To be announced	
Family class	(Age 5-108)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Tue./Fri.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 PM (New)
		Saturday	10:00 - 11:00 AM

T'AI CHI CHUAN

Adult	(Age 18 - 108)	Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue.	8:00 - 9:00 PM
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM

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Web site www.WangsMartialArts.com

Advanced Bo



Date : April 07, 2017 (Fri.)
April 14, 2017 (Fri.)
April 21, 2017 (Fri.)
April 28, 2017 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

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

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

Since earning (2nd) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

Currently I am teaching four (4) times a month or once per week at Watercrest Retirement Center and eight (8) times per month or twice per week at Brookdale Retirement Center. Both facilities are in Kingwood, Texas.

It is personally gratifying to me to see other people’s personal health and well being changed for the better as a result of practicing Tai – Chi.

Paul B. Greenwood
Student Wang’s Martial Arts

Top 20 Uses For Apple Cider Vinegar



1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and infection
12. Lowers blood pressure
13. Lowers cholesterol
14. Kills cancer cells or slow their growth
15. Reduces inflammation, relieve arthritis
16. Gets rid of buildup on scalp
17. Gets rid of fingernail or toenail fungus
18. Soothes bug bites
19. Gets rid of warts
20. Clears skin

Believe It Or Not, But This Treats Diabetes, Asthma, Cholesterol And Kidney Issues Used Together With Okra Water – Now You Will Be Able To Prepare It Yourself

Believe It Or Not, But This Treats Diabetes, Asthma, Cholesterol And Kidney Issues Used Together With Okra Water – Now You Will Be Able To Prepare It Yourself

Healthy Drinks, Natural Remedies

This is a tropical fruit from the area of North- East Africa. People may find it and consume it during the whole year. People should use it stewed, fried and believe it or not boiled or pickled, it is all up to you. This fruit it is called Okra.



21 milligrams of vitamin C, 80 micrograms of foliate, magnesium of approximately 60 milligrams, 2 grams of protein, 7.6 grams of carbohydrates and 3 grams of dietary fiber, are all nutritious substances of which the okra is consisted of. Calories do not exist in this fruit and it has little fat.

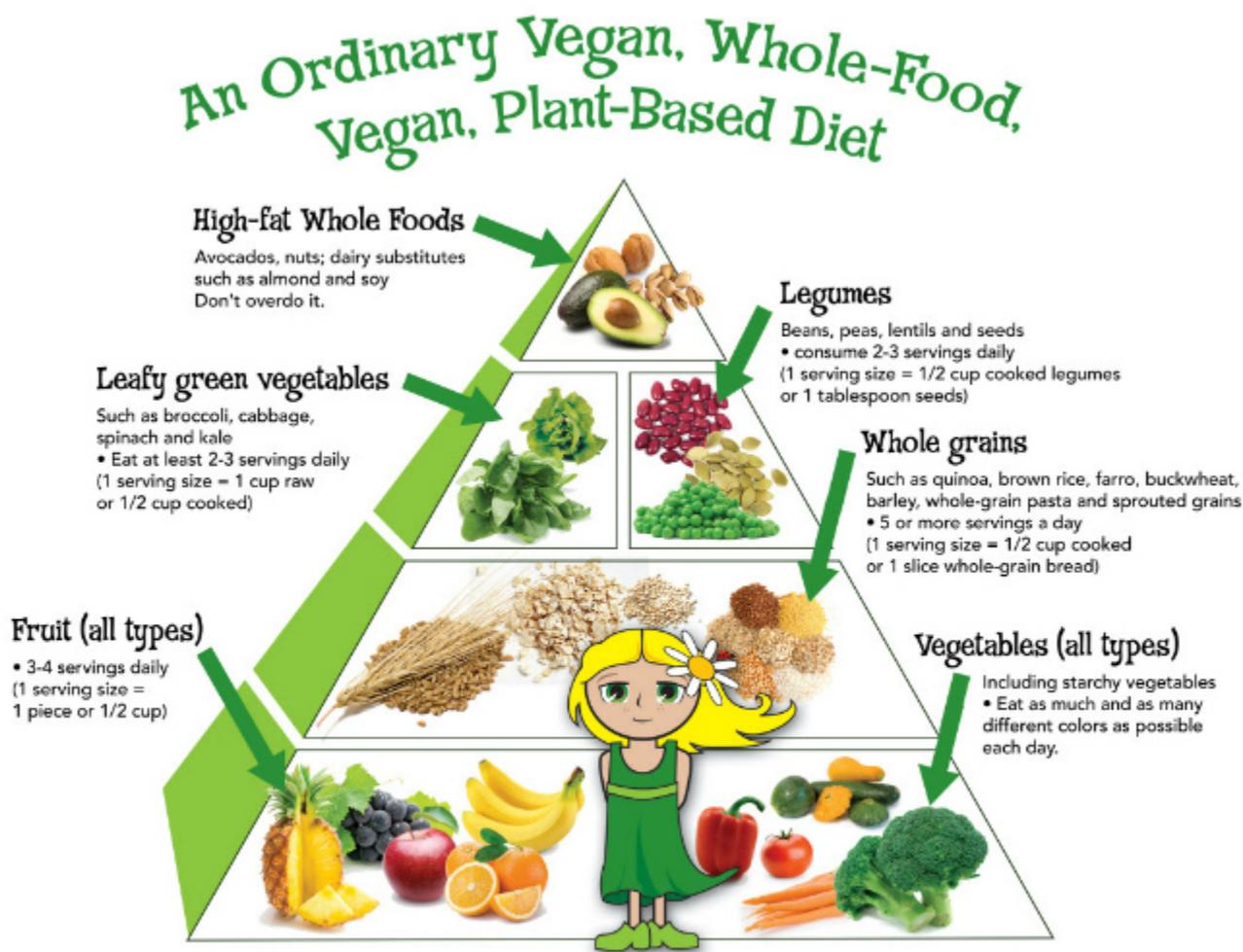
The most essential thing about it is that it makes better the condition of the immune system and it makes it stronger. It lowers the cholesterol, controls diabetes, forbids various kidney issues and lowers glucose.

First of all, pick one fresh okra, then begin with cutting of the head and after that the part of the tail. Chop approximately 2 to 3 slices of the fruit, then add them into a glass of water and at the end let it stay like that during the night. When you wake up in the morning, previously having breakfast drink the beverage.

THIS RECIPE IS FAMOUS BECAUSE OF ITS EFFECT IN KEEPING NORMAL THE BLOOD SUGAR LEVELS.

Believe me when I tell you that it is very helpful when it comes to the problems mentioned before.

Source and image source: healthyfoodworld.net



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements

The Raw Food Pyramid

Medicinal Foods:
Eat Sparingly



Sea Weed, Nutritional Yeast



Herbs, Microgreens &
Juicing Grasses

Proteins &
Amino Acids:
Eat Moderately



Nuts & Seeds



Sprouts & Legumes

Foundation
Foods: Eat
Generously



Fruits & Vegetables



Leafy Greens



Water

2017

2ND ANNUAL TEXAS KUNG FU FESTIVAL

美国德州功夫节



Join us in celebrating various martial art disciplines from different cultures. Be amazed as more than 20 martial art schools come together and showcase their spectacular skills! Take great delight in the music, workshops, raffle drawing, board breaking and games for all ages.



Saturday, April 22, 2017 11am-4pm

NEW LOCATION: The Bowl @ Brazos River Park

US 59 South Frontage Rd., Sugar Land TX 77479 (behind U of H Sugar Land)

Free entrance and parking for everyone!

www.texaskungfufestival.com
281-265-0318

marketing@texaskungfufestival.com
281-892-1805

Texas Kung Fu Festival is a non-profit charitable organization under the 501(c)(3) IRS code. All donations are tax-deductible to the extent allowed by law. Proceeds of this event will be donated to:



THE SUNSHINE KIDS
Dedicated to children with cancer

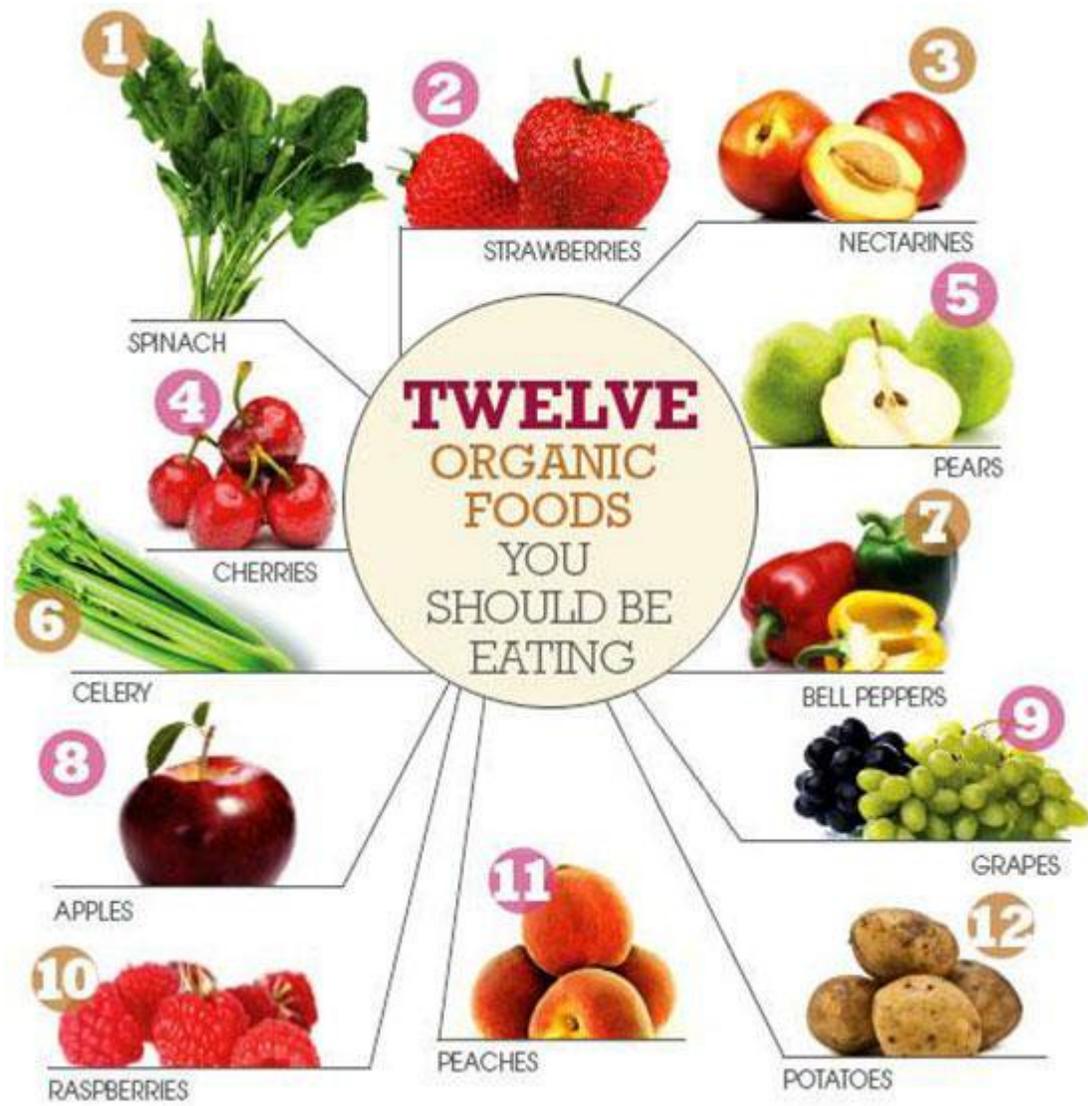


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Reduces risk of
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Tastes better than
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Prevents cancer



Wang's Martial Arts

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

Phone (281) 548-1638
(281) 682-3387
e-mail yyw3888wma@gmail.com
Web site www.WangsMartialArts.com

Crescent Knife Class



Date : June 02, 2017 (Fri.)
June 09, 2017 (Fri.)
June 16, 2017 (Fri.)
June 23, 2017 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Sabre or Basic Bo)

(9-108 years old, Red, Brown & Black)

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