

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

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

August 2017 Newsletter Summary



08/04/17- Advanced Sabre Class Starts.
08/05/17- Kung Fu class at Octavia Fields Branch Library
08/19/17- August Birthday Party.
08/26/17- Kung Fu Rank Test.
08/26/17- Lucky Land demionstration.
08/28/17- Kung Fu Rank Test.

Report card point

Conner Roll-Bush	3.00
Joseph Alonso	2.25
Brandon Roll-Bush	3.00
Ethan Fu	3.00

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 A's-12pts; A's & B's- 9pts;
All B's-6pts; Turn in your report card – 3pts

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!
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

Inner-school tournament;

Date: September 9, 2017 (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

**No class on 9/04/17 (Monday)
due to Labor Day Holiday.**

PLEASE HELP KEEP OUR SCHOOL CLEAN!

Do not leave anything behind.
Put your name tag on equipment bags etc.
We can contact you if anything is left behind.
There will be a lost & find box.
But we will only keep for 10 days,
after that we will donate to HAAM in Humble.

Brown and Black rank test

Oct. 10, 2017 (Tue.) 6 – 8 pm
Oct. 13, 2017 (Fri.) 6 – 8 pm
Oct. 14, 2017 (Sat.) 9 am – 3 pm

Guest Instructor; Master Jia

Wu Shu class (for Red, Brown and Black belt) -

Date: August 10, 2017 (Thursday).
Time: 7 - 8 pm.
Cost: Paid by Wang's Martial Arts.

Tai Chi Class (for Brown & Black Belt) -

Date: August 10, 2017 (Thursday).
Time: 8 - 9 pm.
Cost: Paid by Wang's Martial Arts.

Time 9 - 10 pm.
Cost: \$50 per person.
Make check payable to:

HeBei Chinese Martial Arts Inst.

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

September, 17, 2016 Birthday - \$10.

Marilyn Kidd (9/1/16) - \$200.00

October 8, 2016 Tournament - \$55.

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

January 14, 2017 Birthday - \$20.

February 17, 2017 Birthday - \$85.

March 11, 2017 tournament - \$45.

March 18, 2017 Birthday - \$15.

April 15, 2017 Birthday - \$25.

July 15, 2017 Birthday - \$25.

Wang's Martial Arts (Jan. to Apr.) - \$400.

Wang's Martial Arts (May) - \$100.

Wang's Martial Arts (June) - \$100.

Total - \$4693.98 - \$300 - \$300 - \$1000 - \$2000 = \$1093.98

\$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 U of H 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: 8-21-17 (Monday)

Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old

Date: 08/17/2017 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 08/03/2017 (Thursday)

08/17/2017 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Nolan Coston,

John walton,

Xiomara La Verde,

Legend Johnson,

Pedro Aquino,

Joel Villanueva,

Charlie Dove.

Grant Coston,

Xavier James,

Eason Loughman,

Ozny Olvera,

Arai Muniz,

Chad Dove,

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 8-26-2017, Saturday, 1:30-3:30 pm

15 yrs +: 8-26-2017, Saturday, 3:30-5:30 pm

5 - 108 yrs: 8-28-2017, Monday, 6:00-8:30 pm

Must register on or before 8-24-2017.

Test fee : \$40.00 and up

Accelerated program rank test

September 29, 2017 (Friday) 6 – 8 pm

Red, Brown and Black Belt Class

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

* 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.

August Birthday

Ashley Alagna	8/30
Eloy Saucedo	8/13
Brandon Rattay	8/21
Jennifer Rodger	8/09
Douglas Jasper	8/02
Xiomara Ramirez	8/26
Gabriel Sapp	8/07
Lisa Cooper	8/05
Jacob Darst	8/11
Edvardo Gutierrez	8/28
Jennifere Stuart	8/05
Robert Pomirko	8/28
Aaron Bernazal	8/20
Aaron Cook	8/13
Donovan Tran	8/13
Dillon Fragoso	8/25
Nathan Berry	8/07
John Kramer	8/18
DeJuan Bailey	8/21
Jordan Santos	8/31
Daniel Davison	8/30
Alexus Golden	8/31
Cameron Runnels	8/26
Marion Hunter	8/25
Jaisa Davis	8/23
Jose Guzman	8/25
Zakk Borg	8/03
Clarence Jackson	8/06
Jonathan Piacenti	8/01
Daniel Thibodeaux	8/23
Sharon Kolajczak	8/27
Dominic Sere	8/04
Shane Miro	8/26
Charbel Bechara	8/02
Ethan Fu	8/04
Angus Lyons	8/04
Kathleen Veley	8/06
Arturo Rodriguez	8/07
Jeffrey Villarde	8/11
Galilea Navarro	8/15
Jesus Delgado	8/15
Dillon Flanagan	8/15
Gwendolyn Doan	8/17
Lana Draughan	8/18
Dennis Dodson	8/18
Damien Macedo	8/18
Donato Salvitti	8/19
Clifton Powell	8/19
Dung Nguyen	8/20
Linda Alberty	8/20
Marilyn Kdd	8/1
Sabrina Cauvet	8/13
Mary Bush	8/5
Charles Moore, Jr.	8/17
Joseph Hellsten	8/00

Happy Birthday

Tai Chi Rank Test

Date: 9-16-2017 (Sat.)

Time: 12 noon – 2:00 pm or

9-19-2017 (Tue.) 8 - 9 pm.



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Birth Day Party for Wang's martial Arts students

Date: August 19, 2017 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 Rd. 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 June. **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: 1:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Veggie Beef, Veggie Egg Roll, Veggie Dumpling, Organic white cheddar
Popcorn.
No soft drink/replace with Bottled water).
Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.
2:30 pm – Party end.

REGISTRATION FORM - Reservation before August 17, 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: \$ _____.

Wang's Martial Arts

Family Special for 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	\$79.50	\$79.50	Free
Easy pay/Week	\$34.65	\$31.18	\$17.32	\$17.32	
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. Tues./Thur. Mon./Tue./Thur./Fri. Mon./Wed.	11:00 - 12:00 Noon 4:00 - 5:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue./Fri. Monday Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue./Fri. Mon./Tue./Wed./Thur./Fri. Monday Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 8:00 - 9:00 PM 10:00 - 11:00 AM

TAI CHI CHUAN

All ages	Tue. Sat. Mon./Wed./Fri. Wed. Tue. Thur. (Brown & Black belt only)	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 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



Guest Name: _____, by student _____

Date: _____



OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- Information for Parents
- Parent Permission Form
- Waiver Application
- Submission Due To Physical Education
Coordinator (Helen Wagner)

Deadline to submit ALL paperwork is August 15, 2017.

HISD Physical Education Department
Eggers Instructional Support Center
4810 Magnolia Cove
Kingwood, TX 77345
Email: helen.wagner@humbleisd.net
Fax: 281-641-1079

**Please remember students must reapply for an off
campus physical education waiver each school year to be
considered for the program.**

**HUMBLE INDEPENDENT SCHOOL DISTRICT
OFF-CAMPUS Physical Education (OCPE)
INFORMATION FOR PARENTS**

To maintain compliance with the Texas Education Code, Humble ISD offers students a waiver process for OCPE programs. This waiver process consists of Category 1 (15 hours) and Category 2 (five hours) for high school and middle school.

Request for waivers for approval of private or commercially sponsored physical activity programs will be considered in two categories. These are:

CATEGORY 1 -OLYMPIC TRAINING: is available to Middle School and High School students.

(Waiver requests considered under this category must be approved by the local Board and submitted to the Texas Education Agency for final approval.)

- Private or commercially sponsored physical activity programs that lead to **Olympic-level** participation and/or competition. These programs typically involve a **minimum of 15 hours** per week of highly intense, professionally supervised training. The training facility, instructors, and the activities involved in the program must be certified by the Superintendent or his/her designee to be of exceptional quality.
- Students qualifying and participating at this level may be dismissed from school one period per day for such participation. Students dismissed must not be permitted to miss any academic class to fill out a regular day in lieu of leaving campus for OCPE.
- **The OCPE students should leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period and will result in immediate dismissal of the OCPE Program.** Students who discontinue OCPE Category 1 during a semester will be enrolled in a regular physical education class for the remainder of the semester to complete the credit in physical education for that semester.
- It is anticipated that only a very limited number of students will qualify for this exceptional level of participation.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.
- Students participating at this level may receive a maximum of **one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.

CATEGORY 2: is available to Middle School and High School students.

(Waivers in Category 2 must be approved by the local Board but **do not** require submission of approval of the Texas Education Agency.)

- Private or commercially sponsored physical activity programs as certified by the Superintendent or his/her designee to be of high quality, well supervised by appropriately trained instructors, and consisting of a **minimum of five hours** per school week.
- Students participating at this level may receive a **maximum of one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.
- Students certified to participate at this level **may not** be dismissed from any part of the regular school day.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.

Off Campus PE WAIVER APPLICATION
Humble Independent School District

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for Fall Semester _____ Spring Semester _____

Category I (15+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. _____

Category II (5+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. _____

His/Her Monday through Friday workout schedule will be:

Monday	Workout begins _____ a.m. or p.m.	Workout ends at _____ a.m. or p.m.
Tuesday	_____ a.m. or p.m.	_____ a.m. or p.m.
Wednesday	_____ a.m. or p.m.	_____ a.m. or p.m.
Thursday	_____ a.m. or p.m.	_____ a.m. or p.m.
Friday	_____ a.m. or p.m.	_____ a.m. or p.m.
Saturday	_____ a.m. or p.m.	_____ a.m. or p.m.

TOTAL NUMBER OF WEEKLY HOURS _____

Name of Commercial Establishment _____

Phone Number _____

TO THE INSTRUCTOR FOR CATEGORY II APPLICANTS:

As this student's instructor, I verify this time schedule to be correct. I understand that it is the responsibility of this commercial establishment to maintain the physical education programs in the described categories. I am to inform the Coordinator of PE/Health of any program changes or student's involvement or lack thereof.

Instructor's Signature Date

NAME OF STUDENT'S COUNSELOR _____

_____ Waiver Approved

_____ Waiver Denied

Helen Wagner, Coordinator PE/Health

Date

Off Campus Physical Education
PARENT PERMISSION FORM
For Waiver Request

School Year 20 _____ -20 _____

Student Name (please print) _____

Current Campus _____ Current Grade _____

I request permission from the Humble Independent School District for my child to receive physical education credit for active participation in the OCPE program.

I understand that the commercial facility named herein will satisfy the Texas Education Agency requirement for physical education instruction and submit the attendance/grade report form (via fax to campus registrar at the end of each semester). To access the Semester Attendance/Grade Report go to <https://goo.gl/QRtm6Q>. My child's middle school requirements may be satisfied through participation in an approved off-campus program. The grade earned by the middle school student will be pass/fail. The grade earned by the high school student will be a numeric grade.

I have been informed that if, for **any reason**, my child does not complete the entire semester/trimester, he/she **will not receive any partial credit**.

Furthermore, I acknowledge that the Humble Independent School District will not provide transportation to or from the establishment, does not endorse any commercial training program, and the approval of this application does not constitute any assurance as to the qualifications of the instructors or to the quality and/or safety of the equipment and facilities.

The undersigned is the parent or legal guardian of the named student. He/she is a student in the Humble Independent School District and I do hereby consent to said student participation in the commercial training program. I further agree to hold the Humble Independent School District, its Board of Trustees, administration, and/or faculty **harmless from all liability for any injuries** which said student may receive while participation in this program or while traveling to and from such program.

I also understand that if my child is approved for Category I **They must leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period thus resulting in immediate dismissal of the OCPE Program. My child will also be responsible for completing the annual fitness assessment that may require him/her to attend before, during, or after school testing sessions.**

I hereby acknowledge my understanding of this document with my signature below.

Parent Signature

Parent's Printed Name

Address _____

Home phone _____ Date _____

The Commercial Establishment we have chosen: _____

Address: _____ Phone _____

Instructor's Name _____ He/She is aware of this request.



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION
GRADE/ATTENDANCE REPORT**

1. This form is due to the campus registrar at the end of each grading period.
2. Fax the completed form to the campus registrar.
3. Record the total number of hours for attendance and pass or fail for Middle School/Numeric Grade for High School.

MIDDLE SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	281-641-4600	281-641-4617
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	281-641-4400	281-641-4417
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	281-641-4000	281-641-4188
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 77349	281-641-4200	281-641-4217
Riverwood Middle School	2910 High Valley Drive Kingwood, TX 77345	281-641-4800	281-641-4817
Ross Sterling Middle School	1131 Wilson Rd Humble, TX 77338	281-641-6000	281-641-6017
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5319

HIGH SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita High School	13300 Will Clayton Parkway Humble, TX 77346	281-641-7500	281-641-7775
Humble Middle School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6595
Kingwood High School	2701 Kingwood Drive Kingwood, TX 77339	281-641-6900	281-641-7261
Kingwood Park High School	4015 Woodland Hills Drive Kingwood, TX 77339	281-641-6600	281-641-6724
Summer Creek High School	14000 Weckford Blvd Houston, TX 77044	281-641-5400	281-641-5423

Grades Due to Registrar

FALL SEMESTER & SPRING SEMESTER
December 8, 2017
May 25, 2018

Grade Report Form
(Fax to Registrar)

Circle Grading Period: **FALL** or **SPRING**

(Due in December and June)

Student Name: _____

Student ID#: _____

Campus: _____

Grade Level: _____

Middle School Circle one: **PASS** **FAIL**

High School: _____ (Numeric Grade)

Days Missed: _____

Instructor Printed Name: _____

Instructor Signature

Date

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

INNER SCHOOL TOURNAMENT

Date: 09-09-2017 (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 - 06/24/17

<p>Age 15 year old and +</p> <p>Devin Chambless- Yellow Willie Payne- Yellow Roy Tinajero- Yellow John Prewett- Yellow/stripe Clifton Powell- Yellow/stripe Mathew Trimm - Orange Rosel Rodriguez - Orange Jackie Rodriguez - Orange Migyuel Cacanindin- Green Harry Eugene- Purple Jeffrey Villarde – Blue/stripe</p>	
<p>Age 9 - 14 years old</p> <p>Damian Tinajero- Yellow Karla Tinajero- Yellow Jozlyn Rodriguez - Yellow/stripe Makinzi Rodriguez - Yellow/stripe Anthony Zorrilla - Yellow/stripe Sergio Gonzalez - Orange Tori Archinal - Purple Brandon Figueroa - Blue Hunter Figueroa - Blue Dominic Venegas- Red/stripe</p> <p>-----</p> <p>Age 5 - 8 years old</p> <p>Desmond Alemon-Yellow Juan Ceja - Yellow/stripe Avairya Rodriguez - Orange Paul Tang - Green</p> <p>-----</p> <p>Tai Chi test Result - 06/17/2017</p> <p>Monica Johnson- Yellow Gwen Doan- Yellow Guillermo Slack- Yellow Carol Bond- yellow Hai Deng - Orange Richard Olson - Orange Charbel Bechara - Orange Bill Campbell - Green Chris Duffy - Green Richard Sibley - Green Cynthia Pate - Blue Sammie Pate - Blue Ruby Abbott - Red</p>	<p>Brown & Black Belt Test - 4/15/2017</p> <p>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,</p> <p>-----</p>  <p>Rank Test results - 07/21/2017</p> <p>Jozlyn Rodriguez - Orange Makinzi Rodriguez - Orange Ricky Shepherd - Orange John Prewett - Orange Avairya Rodriguez - Orange/stripe Jacqueline Rodriguez - Orange/stripe</p>

Metabolism boosting foods!

(Vegetarian)

Almonds



Apples



Asparagus



Beans



Berries



Broccoli



Cabbage



Carrots



Celery



Cucumber



Curry



Eggs



Garlic



Grapefruit



Lemons



Limes



Oats



Oranges



Peanut Butter



Spicy Peppers



Spinach



Tomatoes



Yogurt



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
Labor Day.
Buy American Made.**





No Place Like A Clean Home
Professional Home Detailing Service

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🌐 www.LastOrganicOutpost.com



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Monica Piel
Sales Associate
Monicapiel23@gmail.com

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Wang's Martial Arts

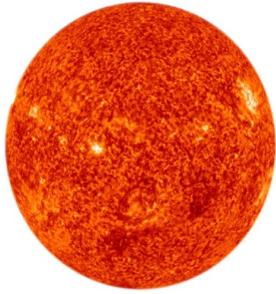
For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.



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.





TRUE SOUTH ENERGY

*Power your Home or Business with
100% Clean & Sustainable Solar Energy!*

YOU CAN

- **Generate Your Own Electricity**
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- **Turn-Key Systems**
Professional Design, Engineering, Permitting and Installation

Call (512) 909-3515 Today for a Free Solar Consultation

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

5311 FM 1960 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

Schedule:

- 08/04/17- Advanced Sabre Class Starts.
- 08/05/17- Kung Fu class at Octavia Fields Branch Library.
- 08/10/17- Guest Instructor.
- 08/19/17- August Birthday Party.
- 08/26/17- Kung Fu Rank Test.
- 08/26/17- Lucky Land demonstration.
- 08/28/17- Kung Fu Rank Test.

- 09/02/17- Kung Fu class at Octavia Fields Branch Library
- 09/08/17- Basic Bo Class Starts.
- 09/09/17- Inner-School tournament.
- 09/16/17- Tai Chi rank test.
- 09/16/17- September Birthday Party.
- 09/18/17- Tai Chi rank test.
- 09/29/17- Kung Fu Rank Test.
- 09/30/17- Lucky Land demonstration.

No class on 9/04/17 (Monday) due to Labor Day Holiday.



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

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

Baisc Bo



Date: September 01, 2017 (Friday)
September 15, 2017 (Friday)
September 22, 2017 (Friday)
September 29, 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 _____ .

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

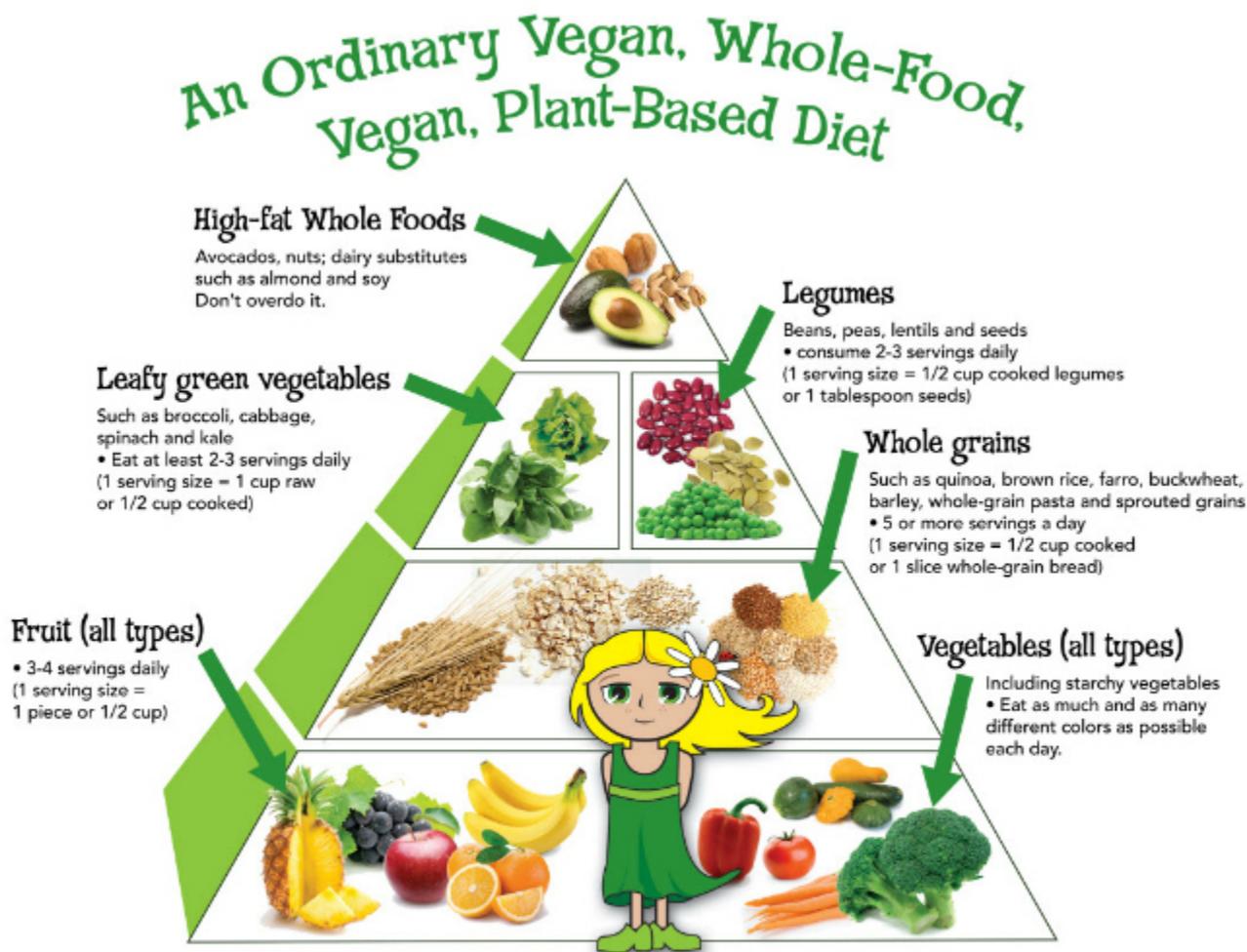


1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and 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

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

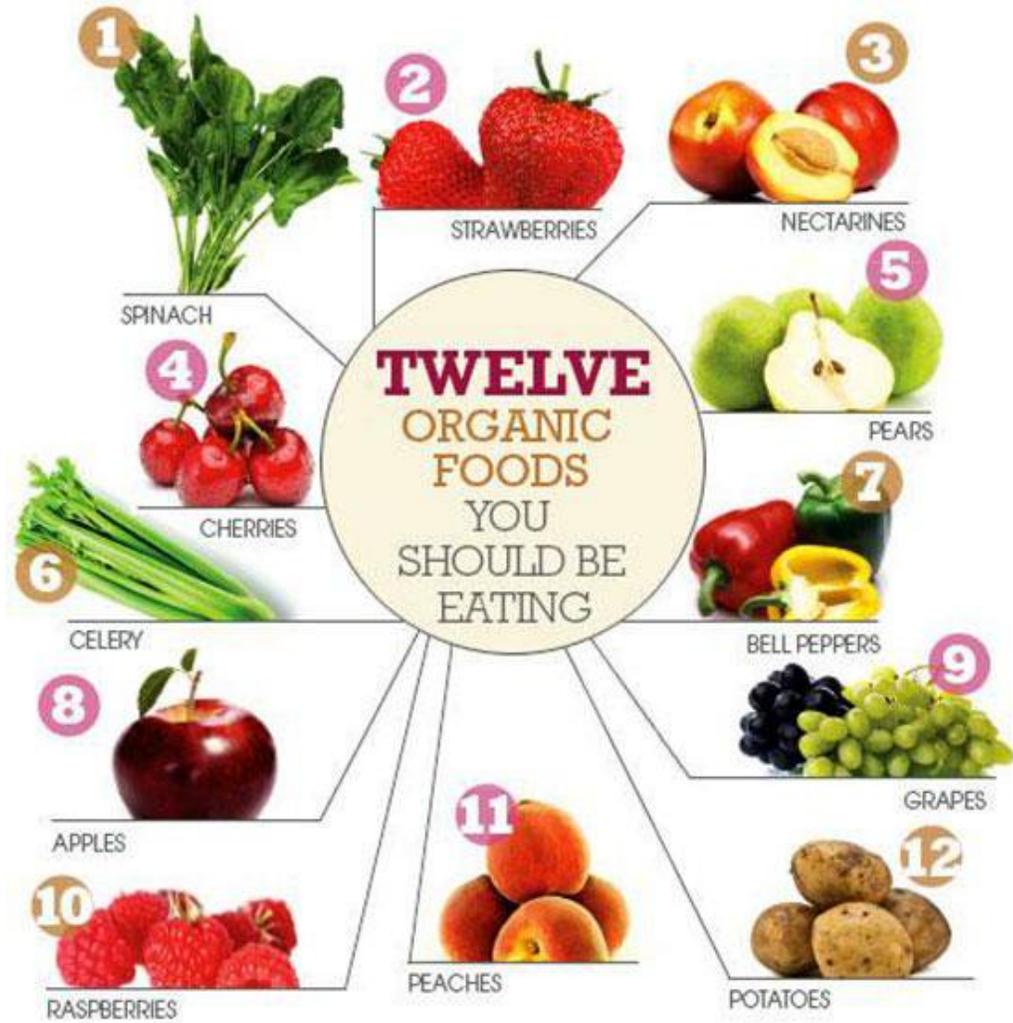
Believe me when I tell you that it is very helpful when it comes to the problems mentioned before.

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00						Kids Family
11:00		Adult				Adult
12:00		Tai-Chi				Tai-Chi
1:00-3:00						
4:00		Adult		Adult		
5:00	Tai-Chi	Kids Family	Tai-Chi	Kids Family	Tai-Chi	
6:00	Kids Family	Kids Family	Kids Family	Kids Family	Kids Family	
7:00	Adult	Adult Kids Family	Tai-Chi	Adult	Adult Kids Family	
8:00	Adult Kids Family	Tai-Chi	Adult	Tai-Chi		

# of classes per week	Adult	Kids	Family	Tai-Chi
	10	11	11	8

- Kung Fu (Red, Brown, Black) - Saturday 9:00 am to 10:00 am.
- Conditioning & Reaction Drill class - Thursday 8:00 to 9:00 pm. (First & Third week).
- Guest Instructor class - to be announced.
- Weapon class - to be announced.
- Tournament practice class - to be announced.





FRUITS

Fruits are great for hydration and they' re a fantastic source of **fiber**, **potassium**, and **antioxidants**. Apples, oranges, blueberries, and blackberries are some of the most nutritious.

Tip: Starting your day with a **fruit smoothie** is a great way to get your daily servings of fruit.



VEGETABLES

Vegetables are pretty much the healthiest foods on the planet. Some of the most nutrition-packed are kale, broccoli, spinach, and peppers.

Tip: Eat the rainbow! The varying, vibrant colors in vegetables exist because of the thousands of healthful **phytonutrients**.



NUTS AND SEEDS

Nuts and seeds are not only a great source of **protein** and **iron**, they also support a healthy immune system. Some of the best sources are peanut butter, walnuts, almonds, and pumpkin seeds.

Tip: Grab a handful of almonds as a satisfying, midday snack.



BEANS AND LENTILS

Beans and lentils provide a hefty dose of **protein**, and many are also a great source of **iron**. Kidney beans, split peas, and tofu (tofu is made of soybeans) are some of the best sources.

Tip: Always keep an open can of beans in the refrigerator for salads and snacks.



GRAINS & STARCHY VEGETABLES

Grains and starchy vegetables are a great source of **fiber**, **iron**, and **protein**. Brown rice, pasta, oatmeal, and sweet potatoes are a few of the healthiest options.

Tip: Whole grains are less processed and more nutritious than refined white grains.

Be sure to include these key elements in your veg diet.



VITAMINS D & B12

If you aren't eating any animal products, it's important to take **Vitamin D** and **B12** supplements, which can be found at your local supermarket or pharmacy.





FEED OUR FUTURE

*Random Acts
of Kindness*



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July 24, 2017

PLEASE HELP KEEP OUR SCHOOL CLEAN!

Do not leave anything behind. Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & find box.

But we will only keep for 10 days, after that we will donate to HAAM in Humble.



Kung Fu rank test on May 19.



health benefits of Lemons

fights free radical formation
 increases iron absorption
 fights skin damage
 prevents asthma
 reduces wrinkles
 good source of Vitamin C
 helps with weight control
 prevents kidney stones
 reduces cancer risk
 lemon scent reduces stress
 antibacterial properties



improves digestive health
 boosts immune system
 may protect against polyarthritis
 may support healthy cholesterol levels
 helps with inflammation relief
 reduces kidney stone formation
 natural diuretic
 boosts energy
 provides DNA cell protection



GOOD MORNING Elixir

24 ounces of warm distilled water (do not microwave water)
 juice from 1-2 large organic lemons
 1 tablespoon raw apple cider vinegar
 1-2 tsp raw honey
 1/2 tsp organic cayenne pepper
 Stir well & drink 8 ounces in glass cup first thing in AM.
 Refrigerate remaining mixture & drink through the day!



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9 HEALTH BENEFITS OF RICE



Nutrients*	Minerals*	Vitamins*
Carbohydrate 9%	Manganese 24%	Folate 14%
Calories 7%	Selenium 11%	Thiamin 11%
Protein 5%	Iron 7%	Niacin 7%
Dietary Fiber 2%	Phosphorus 4%	Vitamin B6 5%

*% Daily Value per 100g. For e.g. 100g of rice provides 24% of daily requirement of manganese.

Organic  Facts

Helps to prevent cancer



Prevents chronic constipation



Cholesterol free and controls hypertension



Powdered rice cures certain skin ailments



Great source of energy, vitamins and minerals



Reduces risk of Alzheimer's disease



Husk of rice helps to treat dysentery



Promotes cardiovascular health



Gives relief from irritable bowel syndrome



www.organicfacts.net