

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



WMA - Wang's Martial Arts
Hand Sign - Peace & Respect
Chinese Character - Kindness

There is no class on **July 3 (Monday) and July 4 (Tuesday), 2023** due to Independent Holidays. For those of you have scheduled class on those days, you can make up either before or after.

INNER SCHOOL TOURNAMENT

Date: 09-16-2023 (Saturday)
Time: Ages 5 - 108 2:00 PM – 5:00 PM
Entry Fee: \$25.00 up to two events
\$10.00 additional event

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

June 30, 2023 (Friday)
Time: 7 - 8 pm.
Cost: Paid by Wang's Martial Arts.

Tai Chi Class (for Red, Brown & Black Belt)

June 30, 2023 (Friday)
Time: 5 - 6 pm.
Cost: Paid by Wang's Martial Arts.

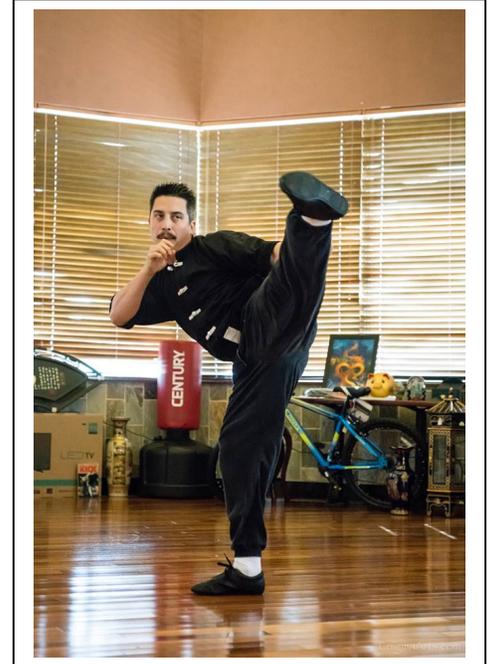
Guest Instructor; Master Jia

July 2023 Newsletter

Report card point – 2023

Griffin Booher – 6.00
Edwin Garcia – 3.75
Jordi Alonso – 3.00
Mateo Granados – 3.00
Olivia Sheridan - 3.00
Conner Sheridan – 2.25
Cameron Alexander – 2.25
Joseph Alonso – 2.25

Be sure turn in your report card before 12/31/2023.



Tai Chi Black Belt test:

Date: October 7, 2023 (Saturday)

Time: 12 noon – 3 PM.

Place: Wang's Martial Arts



Wang's Martial Arts Inner-school tournament

June 24, 2023 (Sat.)





Wang's Martial Arts

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

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July 2023 Newsletter

Rank Test Results –

<p>Brown & Black Belt Test Result:</p> <p>David Barnes - Black Belt (6th) Allen DeWoody - Black Belt (4th) Rosel Rodriguez - Black Belt (2nd) Elmer Whitehead - Black Belt (3rd) Makinzi Rodriguez - Black Belt (1st) Tye Botting – Black Belt (8th)</p>	<p>Tai Chi test Result:</p> <p>Scott Muse - Black Belt (1st) Dawn Chalaire – Purple belt Dennis Chalaire – Purple Belt Audrey Chalaire – Red belt Mary Wilrich – Black belt (1st) Frank Martinez - Brown belt Mary Sue Lee - Brown belt Bobby Helms – Orange belt Justin Frasor – Yellow belt</p>	<p>John Quenzer – Black Belt (3nd) Tania Myers - Black Belt (3rd) Edu Araujo – Black Belt (4th) Margaret Swavelly – Black Belt (4th) Paul Greenwood – Black Belt (6th) Russell Haws - Black Belt (8th) Frank Lugo – Green Belt Sheron Evans– Green Belt</p>	
<p>Age 15 year old and +</p> <p>David Edwards – Green belt Christian Bonds – Green belt Alejanaro Borque – Purple/stripes Sreejith Pulickal – Red Belt Guowang Yu – Purple belt Rodrigo Mendez - Yellow/stripes Natalie Cruz – Brown belt Joshua Stockton – Blue/stripes belt Jose Gutierrez – Red belt Rob Sheridan – Brown/stripes belt Francisco Acuna – Orange</p>	<p>Armando Garcia – Purple belt Byran Byrne – Green/stripes Belt Omar Taha – Green Belt Ricardo Lozano -Yellow Belt Sherlyn Romo – Orange belt Frida Zamarripa – Yellow/stripes Nolan Coston – Purple Perry Trone – Yellow Belt Robert Alexander -Yellow Belt Floyd Houston – Yellow belt Alberto Garcia – Yellow belt</p>	<p>Age 9 - 14 years old</p> <p>Angel Martinez – Purple Belt Edwien Garcia – Purple Belt Griffin Booher – Purple/stripes Belt Alex Guerrero – Orange/stripes Amir Narcisse – Red/stripes Daniel Guerrero - Orange Noah Gutierrez - Red Levi Garcia – Brown/stripes Caleb Villalpando - Brown Joseph Alonso – Jr. Black (3rd) Tristan Meneley – Yellow belt Ari Meneley – Yellow belt Terry Meneley – Yellow belt</p>	<p>Connor Sheridan – Jr. Black belt Juan Ceji - Jr. Black Belt Hassan Murillos – Orange/stripes belt Lucas Murillos – Orange/stripes belt Frank Lugo – Green Belt Allen Smith –Purple belt Bronson Rico – Orange/stripes Anthony Nava = Orange/stripes belt Isaiah Nava = Orange/stripes belt Issach Noble – Orange belt Marisol Escobar – Orange belt Victor Lin – Yellow/stripes belt Omar Castro – Yellow Belt</p>
<p>Age 5 - 8 years old</p> <p>Tobias Wang – Green/stripes Belt Abel Wu – Purple belt Heather Smith – Orange belt Zachard Edward – Green belt Mateo Gramsdos – Purple belt Sharon Yu – Purple/stripes Jordi Alonso – Purple/stripes Harrison Alvey – Purple belt Noah Garcia – Purple Leah Gutierrez – Purple/stripes Olivia Sheridan – Purple/stripes Belt Henry Cruz Zavala - Yellow/stripes Ameya Sreejith – Yellow Belt Dawson Edwards – Yellow Belt</p>	<p>Enoch Helm – Orange/stripes belt Frank Lugo – Yellow/stripes Belt Sophia Palma – Yellow/stripes Belt Andrew Mata – Yellow/stripes Belt Brady Jiang – Green Belt Samantha Lugo – Green Belt KJ Land – Orange/stripes Belt Hanna Cuevas – Yellow Belt Christian Cuevas – Yellow Belt Carlos Lugo – Orange Belt Pharaoh Davila – Orange belt Cameron Alexander – Yellow belt Joshua Lee – Orange belt Levi Sanchez – Yellow belt</p>		

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Inner-school tournament results (06/24/23)

Form	Age 5 - 8	Age 9 - 14	Age 15 - 17	Age 18 - 108
Beg. Level	1 st - Enoch Helms	1 st - Marisol Escobar 2 nd - Ari Menley 3 rd - Terry Menley 4 th - Tristan Menley	1 st - Joseph Alonso 2 nd - Amir Narcisse	
Int. Level	1 st - Jordi Alonso	1 st - Griffin Booher 2 nd - Allen Smith		1 st - Armando Garcia 2 nd - Alex Garcia
Adv. Level				1 st - Natalie Cruz 2 nd - Sreejith Pulickal
Tai Chi				1 st - Russell Haws 2 nd - Edu Araujo 3 rd - Margaret Swavely

Weapon	Age 5 - 17	Age 18 +	Tai Chi Weapon
Beg. level			
Int. Level	1 st - Griffin Booher 2 nd - Jordi Alonso 3 rd - Allen Smith	1 st - Sreejith Pulickal 2 nd - Natalie Cruz 3 rd - Armando Garcia 3 rd - Alex Garcia	
Adv. Level	1 st - Joseph Alonso		1 st - Russell Haws 2 nd - Edu Araujo 3 rd - Margaret Swavely

Kicking Contest	Age 5 - 14	Age 15 +	Age 15 - 108
Beg. Level	1 st - Enoch Helms 2 nd - Tristan Menley 3 rd - Terry Menley 4 th - Marisol Escobar 5 th - Ari Menley		
Int. Level	1 st - Jordi Alonso 2 nd - Griffin Booher 3 rd - Allen Smith		1 st - Joseph Alonso 2 nd - Sreejith Pulickal
Adv. Level			

Sparring	Age 5 - 14		Age 15- 89
Int. Level	1 st - Griffin Booher 2 nd - Jordi Alonso 3 rd - Allen Smith		1 st - Natalie Cruz 2 nd - Sreejith Pulickal
Adv. Level		1 st - Amir Narcisse	



Tournament in the area

<u>Date</u>	<u>City</u>	<u>Tournament Name</u>
6/3/2023	Austin	Karate State Championship
6/10/2023	Beaumont	Black Dragon Open
7/15/2023	Austin	Fire Dragon Championship
7/29/2023	Austin	Gipsy Open
8/19/2023	Plano	Gray Eagle Open
9/23/2023	Galveston	Ocean Nationals
10/28/2023	Houston	Texas Finest National

Wang's Martial Arts - Tournament Points

Student Name: _____

Age: _____

Rank: _____

Date	Tournament Name	Forms	Sparring	Weapons	Kicking Contest	Total

1st place- 12 points, 2nd place- 9 points, 3rd place- 6 points, participate- 3 points

 Tournament Point – 2023. Be sure turn in your report card before 12/30/2023
 The first place in each age group will receive a 7 – foot trophy on Chinese New Year Celebration 2024.
 Following is current standings in each age group.

Age 5 – 8 years old	Age 9 – 14 years old	Age 15 – 108 years old.
Jordi Alonso - 60 Able Wu - 30 Tobias Wang - 24 Enoch Helms - 48	Griffin Booher – 99 Joseph Alonso - 36 Connor Sheridan - 36 Noah Gutierrez – 30 Olivia Sheridan – 24 Amir Narcisse -21 Edwin Garcia – 21 Frank Lugo – 21 Samantha Lugo - 21 Marisol Escobar – 27 Allen Smith - 21 Ari Menley – 12 Terry Menley – 12 Tristan Menley - 12 Leah Gutierrez - 6	Sreejith Pulickal – 99 Russell Haws - 24 Allen DeWoody – 24 Scott Muse – 21 Edu Araujo - 18 Rob Sheridan - 18 Amanda Garcia – 36 Natalie Cruz - 33 Francisco Acuna – 18 Alex Garcia – 15 Margaret Swavely - 12 Josh Stockton - 3

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Medals will be awarded.



Listed below are the divisions; in each, a first, second, and third place medals 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 15-108 Beg./ Int./ Adv.
TAI CHI Beg./ Int./ Adv.

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

Ages 5-17 Beg./ Int./ Adv.
Ages 18-108 Beg./ Int./ Adv.

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

Ages 5-8 Beg./ Int./ Adv.
Ages 9-17 Beg./ Int./ Adv.
Ages 18-108 Beg./ Int./ Adv.

***** **KICKING CONTEST** *****

Ages 5 – 14 Beg./Adv.
Ages 15 – 108 Beg./Adv.

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

CELL PHONE: _____ WORK PHONE: _____

e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ KICKING CONTEST _____ Amount Paid \$ _____



10 TIPS FOR BETTER HEALTH & LIFESTYLE



1 Drink a Glass of water in the Morning.



10 Regular checkups



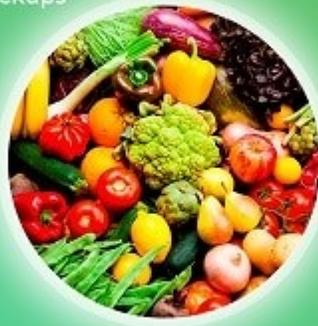
9 Extra outdoor activities



8 Always try to buy healthy & orgnize items for goodshealth.



2 Lack of sleep can make you feel tired. So, sleep enough.



7 Take a walk in the morning.



3 Meditation & yoga in the morning.



4 Always have a healthy breakfast



5 Making social announcement



6 Snack the healthy way

White Chop

Youth, S, M/L, XL

\$36.99

\$28.50



White Kick

#1/2, #3/4, #5/6, #7/8, #9/10, #11/12, #13/14.

\$36.99

\$28.50



White Head Guard

Small, M/L, XL

\$41.99

\$32.75



Face clear shield

Small, Large

\$44.99

\$36.75

Cup & Supporter

Youth, S, M, L, XL

\$14.98

\$11.95



Mouth Guard

Youth, Adult

\$2.99

\$1.99

White Head Guard/Face Shield

Small, M/L, XL

\$89.99

\$69.50



Wooden Sabre (27") - \$25.00



Shaolin Darn Dao (22", 25", 27", 30") - \$59.00



LungChuan Stainless Steel Darn Dao with case (26", 28", 30", 32") - \$99.00



7 Star Stainless Steel Darn Gim with case (28", 30", 32", 34") - \$99.00



Student's Name: _____

Despite opposition, Japan may soon dump Fukushima wastewater into the Pacific.

The government says the release poses no risk to marine or human life, but some scientists disagree.

By Dennis Normile, 24, Jan 2023.



TOKYO—The Japanese government is pushing ahead with its plan to release 1.3 million tons of radioactive water from the defunct Fukushima Daiichi Nuclear Power Plant into the Pacific Ocean. The release could begin as early as this spring or summer, according to materials distributed at a 13 January ministerial meeting. But it has stirred broad opposition—from Japan’s fishing industry and consumers, countries throughout the Asia-Pacific region, and some marine scientists.

The Tokyo Electric Power Company (TEPCO), which owns the power station, says it is running out of space to store the water on land. Radioactivity levels in the discharged water will be too low to pose a risk to marine life or humans, TEPCO says, and its plan has the blessing of the International Atomic Energy Agency (IAEA). At a 20 January briefing here, IAEA nuclear safety official Gustavo Caruso, who heads a special agency task force on Fukushima, said Japan’s Nuclear Regulation Authority (NRA) has procedures in place to ensure the discharge meets international safety standards.

But critics say the risks haven’t been studied in enough detail. TEPCO’s assurances are “not supported by the quantity and quality of the data,” says oceanographer Ken Buesseler of the Woods Hole Oceanographic Institution. “We need more information.” The release would set an awful precedent, says Robert Richmond, a marine biologist at the University of Hawaii, Manoa: “There is a

strong consensus internationally that continued use of the ocean for dumping waste is simply not sustainable.”

Ever since the 2011 Tohoku earthquake and tsunami devastated the Fukushima power plant, crews have continuously pumped water through the wrecked reactors to cool the nuclear fuel, much of which melted. The cooling water picks up radionuclides, many of which are then captured by a specially developed filtering process. But tritium, which is chemically identical to the ordinary hydrogen in water, slips through the system. For now, the water is stored in more than 1000 tanks on the plant grounds.

Tritium gives off only low-energy beta particles believed to pose minimal risks for marine life and humans. And TEPCO plans to dilute the waste with massive amounts of seawater to reduce tritium levels below regulatory standards for drinking water before dumping it into the ocean through a pipe extending 1 kilometer offshore.

A level safe for drinking sounds reassuring, but is still thousands of times higher than the natural level in seawater, Richmond says. And the water will be discharged at a single point for decades, so tritium, which can be bound into animal and plant tissue, and other radioactive isotopes may still accumulate in marine organisms and work their way up the food chain to fish and humans. “This has real implications for ocean life and the human lives that are tied to our oceans now and into the future,” Richmond says.

Other radionuclides may also be slipping through, says Ferenc Dalnoki-Veress, an expert in low concentration radioactivity measurements at the Middlebury Institute of International Studies at Monterey. “What’s in the water? We don’t really know,” he says. TEPCO has sampled small amounts of water from just one-quarter of the tanks, he says, and measured concentrations of tritium and only a limited number of other radionuclides. Strontium-90 and cesium-137, radioactive products of nuclear fission, have turned up in wildly varying concentrations, raising questions about how well the filtration system works. (TEPCO maintains that further filtering will capture more of the radionuclides.)

Japan’s neighbors share the concerns. “There should be no discharge until all parties verify through scientific means that [it] is safe,” Henry Puna, secretary general of the Pacific Islands Forum, a group of 16 countries, said at a recent seminar. The U.S. National Association of Marine Laboratories also opposes the plans, citing “a lack of adequate and accurate scientific data supporting Japan’s assertion of safety.”

Scientists have put forward alternatives. Richmond sees an opportunity for bioremediation, by pumping the wastewater through tanks full of oyster species that consume plankton and incorporate radionuclides into their shells. If other radionuclides are removed, the contaminated water could simply be stored for 40 to 60 years, since tritium has a half-life of only about 12 years. Or the water could be used to make concrete, from which tritium’s beta particles are unable to escape.

But TEPCO is pressing ahead. NRA will monitor the entire operation, as will IAEA and at least one third party commissioned by TEPCO. Independent groups will also be watching. A group led by Núria Casacuberta Arola, an oceanographer at ETH Zürich, collected samples off the coast of Fukushima in November 2022 that will provide baseline concentrations of tritium and other radionuclides, with which any changes can be compared. But more studies should be done before the releases begin, Richmond says: “Monitoring does not prevent problems from occurring, it identifies when problems occur.”

Correction, 31 January, 6:40 a.m.: This article has been corrected to indicate the radioactive isotope of strontium produced by nuclear fission is strontium-90, not strontium-9.