

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
U.S.A.

Phone (281) 548-1638

E-mail: wang3888@embarqmail.net

Web site: <http://www.WangsMartialArts.com>

New School Phone number:

281-548-1638

281-682-3387 (Cell)

February 2009 Newsletter

CLASSES HAVE BEEN MOVED FROM THE BACK PORTION OF THE BUILDING TO THE FRONT PORTION OF THE BUILDING FACING WILSON ROAD) AND WILL NO LONGER TAKE PLACE IN THE PORTION FACING FIRST STREET.

Proverbs 21:21

“He who pursues righteousness and kindness will find life and honor.”

Brown and Black Belt Class

Saturday, February 14, 2009, 3-4:00pm

Advanced Bo

Dates: March 7, 2009

March 14, 2009

March 28, 2009

Time: 2:00pm – 3:30pm

Cost: \$59.00 or \$29.50 for review

Pre-requisite: Red, Brn, Blk belts; must have taken basic bo

Basic Bo

Dates: 2-7-09

2-14-09

2-28-09

Time: 2:00-3:00pm

Cost: \$39.00 or \$19.50 for review

Pre-requisite: Adults –yellow belt and up. Jr. students- green belt and above.

Kung Fu Rank Test

Date: 9-14 yrs: 2-19-09, Thursday, 6-8:00pm

5-8 yrs: 2-21-09, Saturday, 2-3:30pm

15 +: 2-21-09, Saturday, 3-5:00pm

Must register on or before 2-12-09

Brown and Black Belt Test

Dates: 4-14-09 (Tue) 6-8pm

4-16-09 (Thur) 6-8pm

4-18-09 (Sat) 9am-3pm

All those participating are required to write and turn in an essay on a selected topic as well as some other supporting documents. Please review the details of these items on the papers you are given.

After the completion of the test, the family and friends of the students testing for rank are invited to enjoy a potluck dinner at the studio. So work hard, and on Saturday, bring your favorite dish!

Internet Specials

Be sure to visit our website at www.WangsMartialArts.com where coupons and specials are frequently posted. Visiting will also keep you updated on upcoming events and the latest pictures of your Kung Fu friends and family.

Featured Event:

Inner School Tournament

Date: 3-21-09 (Saturday)

Time: 2:00 PM – 5:00 PM

Place: Wang's Martial Arts
92 – B Wilson Road at First St.
Humble, TX 77338
(281) 548 - 1688

Entry Fee: \$30.00 for one and/ or two events
\$ 5.00 for each additional event

Chinese Herbal Treatment for Better Health

Would you like to improve your flexibility?

A great number of health problems are caused by toxins in the body that inhibit the proper function of the nerves and other chemical reactions in the body.

The Shenqi Herbal Bath treatment penetrates the skin making contact with deeper layers of tissue to cleanse the body of toxins and repair damaged nerves. The Shenqi Herbal Bath is an excellent treatment for cleansing, tissue repair, and increasing flexibility.

Please see Master Wang for more details.

February Birthdays

Antonio Bocanegra II	2/12
David Ehlig	2/13
Grace Tobin	2/20
Jacob Butler	2/13
Luis Garza	2/13
Remi Dickinson	2/13
Tyson Games	2/09

New Students

Thomas Myles
Kelly Spain
Jason Riebli
Juan Ochoa
Vivian Ochoa
Ryan Barnes
David Altman
Alejandro Ontiveros
Nayeli Ontiveros
Paul Ontiveros

Chinese New Year and Award Banquet

Happy Year of the Ox! The annual Chinese New Year and Award Banquet was yet again a success! Many guests attended the event in traditional Oriental clothing and some even competed in the first annual costume contest. It was a tough decision for the judges, but in the end, Andrea Barela took 3rd place, Mr. and Mrs. Warzeka took 2nd place and Mr. and Mrs. Strickland took 1st place. Trophies were also awarded for report card points and tournament points. First place was once again a seven foot trophy! Following the awards for tournament and report card points was a multicultural entertainment program. Victor Makris and Russell Martino playing some classical pieces on the guitar. David Barnes, Jacob Darst and Andrea Barela made the audience chuckle with their comedic kung fu skit but followed up along with Daniel Thibedeux for a show of serious kung fu skills. To finish up the performance portion of the program, Shawna Rencher, flamenco student of Antonia Perlacia, performed an exciting flamenco number.

The event was a great success thanks to the students, family members and friends of Wang's Martial Arts.

Tai Chi Test

Date: 4-25-09 (Saturday)
Time: 12:00-1:30pm

Buddy Pass

Bring 5 friends to try 2 weeks of Kung Fu FREE!!

From now until February 28, 2009, students are invited to bring in up to five friends to try two weeks of Kung Fu for **FREE!!**

Bring in the Buddy Pass coupon with your name and your friend or family member's name to take advantage of this opportunity!

ASK ABOUT A FREE TRIAL CLASS!

“JIAN MEI”

Wang's Martial Arts invites you to participate in a free trial class for “Jian Mei.” This course, named after the Chinese characters for “fitness” and “beauty,” is designed to build muscle strength and increase flexibility without strain or high intensity. It incorporates Tai Chi breathing exercises as well as postures and stances common to Yoga, Pilates and martial arts.

Building strength and flexibility in the muscles is vital to every lifestyle. Some of the benefits of improved flexibility include:

- **Reduced muscle tension**
- **Increased range of movement in the joints**
- **Enhanced muscular coordination**
- **Increased circulation of the blood throughout the body**
- **Increased energy levels (as a result of increased circulation)**

When you strengthen your muscles and increase your flexibility, you will notice that you feel better, are more toned and can get through your daily activities with more ease.

While your child is working out in the Kung Fu class, you can participate in the “Jian Mei” class in the room next door for enhanced flexibility and strength!

Day/Time: Saturday, 9:00 – 10:00 AM

Place: Wang's Martial Arts

Cost: \$39.00 per month

Please wear comfortable clothes that you can move around in with ease.