

Wang's Martial Arts

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New School Phone number:

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April 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 15:5

“Whoever heeds correction shows prudence.”

Brown and Black Belt Class

Saturday, May 16, 2009, 2:00-3:00pm

Double Edge Sword

Dates: May 7, 2009
May 14, 2009
May 21, 2009
May 28, 2009

Time: 8:00pm – 9:00pm

Cost: \$59.00 or \$29.50 for review

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

Dagger

Dates: 4-4-09
4-11-09
4-25-09

Time: 2:00-3:30pm

Cost: \$39.00 or \$19.50 for review

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

Kung Fu Rank Test

Date: 9-14 yrs: 5-07-09, Thursday, 6-8:00pm

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

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

Must register on or before 4-30-09

New Students

Adela Limones
John Barron
Britt Dalton
Luis Gonzales
James Adams
Raven Pena
Etohemian Sagay
Ashley Garcia
Juan Garcia
Maria Hernandez
Myka Jimenez

April Birthdays

Jeremy Moore	4/06
Terri Scott-Dennis	4/22
Andre Brower	4/23
Joseph Barela	4/20
Chris Avelar	4/15
Sam Carcamo	4/06
Brian Drumgo	4/18
Marcus Elmore	4/29
Barbara Carmichael	4/30
Kenneth Smith	4/01
Stacie Killmore	4/05

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:

Brown and Black Belt Test

Date: 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. Work hard, and on Saturday, bring your favorite dish!

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.

Inner School Tournament Results – 3/21/09

Adult Advanced Forms

1st – Lukasz Cupial
2nd – David Neighbors
3rd – Jorel Rivera
4th – James Moricca
5th – Lisa Cooper

Jr Advanced Forms

1st – Jacob Darst
2nd – Joslyn Rivera
3rd – Michael Barton

Adult Intermediate Forms

1st – Rand Warzeka

Adult Advanced Weapons

1st – Lukasz Cupial
2nd – Lisa Cooper
3rd – David Neighbors
3rd – Rick Strickland

Jr Advanced Weapons

1st – Michael Barton
2nd – Jacob Darst
3rd – Joslyn Rivera

Tai Chi

1st – Rick Strickland

Adult Intermediate Weapons

1st – Rand Warzeka

9-14 Advanced Forms

1st – Jose Guzman
2nd – Andrea Barela
3rd – Alex Cupial

5-8 Beginner Forms

1st – Remi Dickinson

9-14 Advanced Weapons

1st – Jose Guzman
2nd – Andrea Barela
3rd – Alex Cupial

Adult Advanced Sparring

1st – James Moricca
2nd – Lukasz Cupial
3rd – Rand Warzeka
4th – Joel Rivera

Jr Advanced Sparring

1st – Jacob Darst
2nd – Michael Barton

Adult Advanced Sparring

1st – Lisa Cooper
2nd – Jo Feuerbacher

9-14 Advanced Sparring

1st – Alex Cupial
2nd – Andrea Barela
3rd – Jose Guzman
4th – Remi Dickinson

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

Tai Chi Test

**April 25, 2009 (Saturday)
12:00 Noon – 1:30pm**

ONE MONTH SPECIAL!!

Refer your friends and they get a FREE UNIFORM and FREE REGISTRATION!

For only \$119.00 your friends and family members can enjoy a month of kung fu or tai chi with a free uniform, free registration and UNLIMITED CLASSES each week!!

Just tell them to mention your name and the “One Month Special”

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: Tuesday, 5:00-6:00pm; Thursday, 5:00-6:00pm; Saturday, 9:00 – 10:00 AM

Place: Wang’s Martial Arts

Cost: \$49.00 per month

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