

# Wang's Martial Arts

92-B Wilson Rd.  
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U.S.A.

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

**New School Phone number:**

**281-548-1638**

**281-682-3387 ( Cell )**

## May 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 14:29**

“A patient man has great understanding,  
but a quick tempered man displays  
folly.”

#### **Brown and Black Belt Class**

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

#### **Double Edge Sword**

Dates: May 7, 2009 (Thur.)

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

#### **Basic Saber**

Dates: 6-11-09 (Thur.)

6-18-09

6-25-09

Time: 8:00-9:00pm

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: 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

#### **May Birthdays**

Bill Chen 5/16

Chris Castillo 5/25

Clifford Reynolds 5/12

Colyn McCollum 5/11

James Wang 5/24

Jonas Vargas 5/04

Mary Benton 5/16

Mustafa Qarryzada 5/08

Paul Turk 5/23

Roberto Matsumura 5/20

Steve Castelo 5/29

Vincent Turner 5/26

#### **Internet Specials**

Be sure to visit our website at [www.WangsMartialArts.com](http://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 Results**

Jo Feuerbacher – Brown

Jose Guzman – Brown

Joshua Moricca – Brown

Jacob Darst – Brown/s

Andrea Barela – Jr Black

Michael Barton – Jr. Black

James Moricca – 1<sup>st</sup> degree black

Daniel Thibodeaux – 1<sup>st</sup> degree black

Allen DeWoody – 1<sup>st</sup> degree black

Lisa Cooper – 1<sup>st</sup> degree black

Jorel Rivera – 1<sup>st</sup> degree black

Joslyn Rivera – 2<sup>nd</sup> degree jr. black

Jason Tansey – 2<sup>nd</sup> degree black

Lukasz Cupial – 3<sup>rd</sup> degree black

### **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**

Date: 6-20-09 (Sat.)

Time: 2:00-5:00pm

Place: Wang's Martial Arts

92-B Wilson Road at First St.

Humble, TX 77338

(281) 548-1638

Entry Fee: \$30.00 for one and/or two events

\$5.00 for each additional event

**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 Banquet!**

**1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts**

## **Tai Chi Test Results – April 25, 2009**

Elizabeth Lehmann – Blue

Roberto Matsumura – Purple

Nigel Singh – Orange

William Stanley – Orange

James Wilkins – Yellow

Peggy Krohn - Yellow

**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**

### **New Students**

Bennett Pinkle

Steve Alonso

Nicholas Becerra

Jay Alvarez

### **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.**