

Phone (281) 548-1638, (281) 682-3387  
E-mail: wang3888@embarqmail.com  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

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

## February 2012 Newsletter Summary

### INNER SCHOOL TOURNAMENT

Date: 03-03-2012 (Saturday)  
Ages 5 - 80 2:00 PM – 5:00 PM  
Entry Fee: \$40.00 up to three events  
\$ 5.00 goes to scholarship fund

### Brown and Black rank test

April 17, 2012 (Tue.) 6 – 8 pm  
April 19, 2012 (Thur.) 6 – 8 pm  
April 21, 2012 (Sat.) 9 am – 3 pm

### Proverbs 4.

<sup>18</sup> The path of the righteous is like the morning sun,  
shining ever brighter till the full light of day.  
<sup>19</sup> But the way of the wicked is like deep darkness;  
they do not know what makes them stumble.

### Red, Brown and Black Belt Class

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

### Basic Sabre

Dates: 1-21-2012 (Sat.) Time: 2-3:30 pm  
1-28-2012 (Sat.) 2-3:30 pm  
Cost: \$39.00 or \$19.50 for review  
Pre-requisite: Adults (15 years old and up) –  
Yellow belt and up.  
Jr. students (5–14 years old)- green belt and  
above. (Minimum 6 people register.)

### Accelerated program Rank Test

Date: 2-18-2012 ( Sat. )  
Time: 2:00 pm –4:30 pm

### Tai Chi Rank Test

Date: 3-24-2012 ( Sat. )  
Time: 12 noon – 2:00 pm

### Kung Fu Rank Test

Date: 9-14 yrs: 3-29-2012, Thursday, 6-8:30 pm  
5-8 yrs: 3-31-2012, Saturday, 1:30-3:30 pm  
15 yrs +: 3-31-2012, Saturday, 3:30-5:30 pm  
Must register on or before 3-24-2012.  
Test fee : \$35.00 and up

### Nunchaku Class:

Date: February 25, 2012 (Saturday)  
Time: 1:00 – 3:00 pm  
Cost: \$19.00  
Free for Black Belt Club members.



## Chinese New Year and Award Banquet

Date: February 4, 2012 (Saturday) Time: 6:00 pm (Reception) and 6:30 (Dinner)  
Place: Café East, 260 W. First St., Humble, TX  
Cost: 3 yrs and under: \$10.00, 4-9 years: \$15.00, 10 years and up: \$20.00

### Chinese New Year Fashion Show practice date & time:

01/24/12 (Tue.) 7:00 - 8:00 pm  
01/25/12 (Wed.) 7:00 - 8:00 pm  
01/28/12 (Sat.) 11:00 - 12:00 noon  
01/30/12 (Mon.) 7:00 - 8:00 pm  
01/31/12 (Tue.) 7:00 - 8:00 pm  
02/01/12 (Wed.) 7:00 - 8:00 pm  
**02/04/12 (Sat.) - Dress rehearsal**  
**11:00 - 12:00 noon**

### Chinese New Year Kung Fu Demonstration practice time:

01/24/12 (Tue.) 6:00 - 7:00 pm  
01/28/12 (Sat.) 9:00 - 11:00 am  
01/31/12 (Tue.) 6:00 - 7:00 pm  
02/02/12 (Thur.) 6:00 - 7:00 pm  
**02/04/12 (Sat.) - Dress rehearsal**  
**9:00 - 11:00 am**

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

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

### Black Belt Club & Accelerated Program

#### Tournament Competition Class:

Date: 2-11-12 (Saturday)  
Time: 1:00 – 2:00 pm

#### Nunchaku Class:

Date: February 25, 2012 (Saturday)  
Time: 1:00 – 3:00 pm

#### Conditioning & Reaction Drill Class:

Age 5 –12 years old  
Date: 2/16/2012 (Thursday)  
Time: 8:00 – 9:00 pm

Age 13 – 80 years old  
Date: 1/26/2012 (Thursday)  
2/09/2012 (Thursday)  
2/23/2012 (Thursday)  
Time: 8:00 – 9:00 pm

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  
Total - \$1478.98

Current student at Wang's Martial Arts  
who is taking 12 or more credit hours at  
semester final report card:  
All A's - \$300.00  
A & B's - \$200.00  
All B's - \$100.00

Rank Test Result: 1/14/2012

Ages 5-8

Cody Jenkins - Yellow  
 Jamie Fuller - Yellow  
 Fabiel Fargas - Yellow  
 Aalyiah Fuller - Yellow  
 Nick Limones - Yellow  
 Jesse Rodgers - Orange  
 Jacob Rodgers - Orange  
 Nazier Barahona - Orange  
 Valerie Campa - Orange  
 Melanie Campa - Orange  
 Justyn Davis - Orange  
 Sean-Sebastian Garcia - Orange/stripe  
 Kevin Papa - Green  
 Conner Roll-Bush - Green  
 Carlos Gamboa - Green  
 Mark Limones - Green/stripe  
 Ayden Sowers - Blue  
 Andrik Sanchez - Blue  
 Karden Sims - Blue/stripe

Age 9-14

Brandon Sarton - Yellow  
 Nathan Walton - Yellow  
 Cydni Henderson - Yellow  
 Hayden Havard - Yellow/stripe  
 Brandon Warner - Yellow/stripe  
 Andrew Bolton - Yellow/strip  
 Liliana Campa - Orange  
 Brandon Roll-Bush - Green

Age 15+

Michelle Henderson - Yellow  
 Charles Cates - Yellow  
 Jane Rodgers - Yellow/stripe  
 Susan Fischman - Yellow/stripe  
 Julie Rogers - Yellow/stripe  
 Amy Gilman - Orange  
 Elizabeth Lehmann - Green  
 Adela Limones - Purple  
 David Wilkerson - Purple  
 Carrie Wilkerson - Purple/stripe  
 Marvin Henderson - Red  
 Elmer Whitehead - Red  
 Darren Bush - Red

**Congratulations!**

### New Student:

Alex Solhjou,	Sara Solhjou
Bonnie Westcott,	Virginia Gorman
Gregory Strickland,	David Manning
Behrooz Solhjou,	Miguel Villadares
Rosie Conry,	Aaron Parrish
Tomekka Williams,	Traviona Jones
Jacqueline Wells,	Mike Valladares

**Welcome!**

### Chinese Vegetarian Food & Tour Chinatown

Date: 3-17-2012 ( Saturday )  
 Time: 12:45 pm Meet at Wang's Martial Art.  
 Place: 1:45 pm Pine Forest Garden Vegetarian  
 Restaurant  
 9108 Bellaire Blvd. At Ranchester.  
 Houston, TX 77036  
 (713) 772-2888, (281) 682-3387 (Cell )  
 Cost for Food: \$10.00 for 10 years old and above.  
 (Includin food, tax, tip, soft drink or tea.  
 )  
 \$ 8.00 for 9 years old and younger.

### February Birthdays

Antonio Bocanegra	2-12
Ian Bernales	2-1
Padraic Gilbert	2-11
Remi Dickinson	2-13
Mark Limonef	2-17
Ann Vargo	2-17
John Haynes	2-22
Noah Edmonds	2-25
Ruth Free	2-5
Samuel Papa	2-9
Conner Roll-Bush	2-14
Ali Martinez	2-26
Alex Solhjou	2-4

*Happy Birthday*



太極  
 癸未年仲夏  
 王友山

# 2012

## Ninth Annual Chinese New Year Banquet

**Date:** February 4, 2012 ( Sat. )

**Time:** 6:00 pm (Reception)  
6:30 pm (Dinner)

**Place:** Café East  
260 West 1<sup>st</sup> Street  
( Business 1960 & US 59 )  
Humble, TX 77338  
(281) 548-0082

**Cost:** Ages 3 and under

\$10.00

Ages 4 - 9

\$15.00

Age 10 and up

\$20.00

A table of 10 people

\$200.00



**For more information:** Wang's Martial Arts  
92-B Wilson Road  
Humble, TX 77338  
(281) 548-1638

### Registration Form for Chinese New Year Banquet

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Other phone:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Banquet Fees:**

**A table of 10 people: \$200.00**

**\$20.00 x Number of 10 years old and up**

**\$15.00 x Number of 4 – 9 years old**

**\$10.00 x Number of 3 years old and under**

\_\_\_\_\_ = \_\_\_\_\_  
 \_\_\_\_\_ = \_\_\_\_\_  
 \_\_\_\_\_ = \_\_\_\_\_  
 \_\_\_\_\_ = \_\_\_\_\_  
**Total: =** \_\_\_\_\_



# Wang's Martial Arts

92 – B Wilson RD.  
Humble, TX. 77338  
Harris County

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## Chinese Vegetarian Food & Tour Chinatown

**Date:** 3-17-2012 (Saturday)

**Time:** 12:45 pm - Meet at Wang's Martial Art.

**Place:** 1:45 pm -  
Pine Forest Garden Vegetarian Restaurant  
9108 Bellaire Blvd. At Ranchester.  
Houston, TX 77036  
(713) 772-2888  
(281) 682-3387 (Cell phone for Instructor Wang)

3:00 pm Cali Fashion Gift Shop for Chinese Cloth  
11209 Bellaire Blvd. #C-29  
Houston, TX 77072  
(281) 495-1634



**Cost for Food:** \$10.00 for 10 years old and above.  
(Including food, tax, tip, soft drink or tea.)  
\$ 8.00 for 9 years old and younger.

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### Registration Form

**Name :** \_\_\_\_\_ . **Date :** \_\_\_\_\_

**Address :** \_\_\_\_\_

**Home Phone :** \_\_\_\_\_ . **Work Phone :** \_\_\_\_\_

**Cell Phone :** \_\_\_\_\_

**Number of People ( 10 years and above):** \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

( 9 years and younger) \_\_\_\_\_ x \$ 8.00 = \_\_\_\_\_

( Total Amount Paid ) = \_\_\_\_\_

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## Membership Drive : 2011 - 2012

**Current students bring some one to sign up at Wang's Martial Arts  
Before January 30, 2012.**

**When your guest sign up, you will receive choice of \$20 Starbucks card or Best Buy card.**

**Student who has most of the members  
signed up before 1-30-12.**

1st Prize: Kindle Fire

2nd Prize: Bicycle and iPod Shuffle/4G

3rd Prize: Poster autographed by Bill  
"Superfoot" Wallace.

4th Prize: Poster autographed by Kathy Long  
(Five times full contact lady Champ).



**Date of Award: February 04, 2012  
Saturday  
Chinese New Year Banquet  
Time: 6:00 - 9:00 pm**





**Kung Fu**

or

**Tai Chi**

**One Month Special- \$99.00** (Regular price \$119)

with

**Free Uniform (\$49.95) &  
Registration Free - (\$30.00)**

**Save \$99.95**

(Good till 1-30-2012.)

Wang's Martial Arts

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Name: \_\_\_\_\_ is guest of \_\_\_\_\_ .

(Students! When your guest sign up, you will receive choice of \$20 Starbucks card or Best Buy card.)

## Anti- Aging Nutrients

Energy Times: March 2004

The foundation of youth: People have sailed oceans to find it, chanted incantations to invoke its powers, celebrated it in story and song. And while that magic fount of boundless health, energy and vitality has proved maddeningly elusive, modern research inches tantalizingly closer to unmasking the secrets of exactly how to fight aging and keep the body's systems functioning effectively over time.

One thing to we do know is that longevity seems to run in families. In one study, children of centenarians have been found to suffer less heart disease than children of shorter-lived folks. And scientists are intensely studying 100 year-olds from Okinawa to New England to learn their anti-aging secrets.

A sure route to an age-defying body runs along the jogging trail. Regular exercise of all types and intensities-including indoor types like mall walking as well as outdoor mountain biking-helps maintain healthy weight, reducing disease risks-such as diabetes, heart problems and some types of cancer-associated with obesity. But, more than that, physical activity promotes higher energy levels, sounder sleep and a brighter mood, all-important components of an anti-aging lifestyle.

Another approach that seems to slow aging is calorie restriction, which apparently works by decreasing harmful free radicals and an enzyme associated with the aging process. In animals, limiting calories has led to dramatic increases in lifespan; whether such grains can be translated into longer life for human's remains to be proven. However, scientists think that at least one chemical-a red wine component called a resveratrol- can imitate the effects of a calorie-restricted diet. And most researchers agree that adequate intake of plant chemicals called flavonoids (of which reveratrol is an apt example) plays an important role in maintaining peak health.

An additional avenue of scientific investigation into the aging process involves determining how chronic, low-level inflammation promotes tissue damage and disease development. A number of nutrients, including the omega-3 fatty acids and vitamin B6, seem to help dampen inflammation's harmful effects. Other nutrients, such as vitamins C and natural E, mop up free radicals, those renegade molecules that harm cells. Still other nutrients, such a lutein and glucosamine, help specific parts of the body continue to function as time goes by.

The gift of a long lifespan is a happy genetic accident for some. But living the kind of life that promotes health and well-being well into old age-including a diet that incorporates plenty of the nutrients that fight the effects of time's passage-is within the reach of everyone.





## The Spice of Life Is Also the Spice of Health

By: Lorin Shields-Michel

### **AN INTRODUCTION TO CINNAMON**

With all of the spices available to humans, it may come as no surprise that one of the most pleasantly fragrances is also one with the most health benefits. Cinnamon, a lovely reddish brown powder for sprinkling on toast or a small, tightly wrapped piece of bark for stirring tea, has the power to do more than spice up our lives- it also has the power to assist in a variety of health issues like high cholesterol, diabetes and even cancer.

So what is it about cinnamon that makes it special, aside from its near universal use in baking? Let's take a look at where it all began for some clues.

### **HISTORY OF THE 'SWEET' SPICE**

The first mention of cinnamon, also known as cassia, sweet wood and Gui Zhi, is in Chinese texts dating some 4,000 years ago. It is also interesting to note that during that time it was used primarily as a medicine, rather than for flavor. The ancient Egyptians used the oil from the spice's distilled bark and leaves for embalming, and were the first to add it to food-again, not for flavor, but to discourage spoiling. Its first uses in medicine can actually be traced to the Middle Ages when the bubonic plague raged through Europe. Sponges were soaked in the cinnamon and cloves, and placed in the rooms of the sick. The hope was that the strong aroma would kill the bacteria. It may have had the opposite effect, however, in actually attracting more of the rodents that were responsible for the outbreak. Keep in mind that leeches were also used during this time. Modern medicine still had a long way to go!

During the fifteenth and sixteenth centuries, cinnamon inspired the journeys of Vasco De Gama to India and Christopher Columbus to the New World, and it was burned as incense because its rich aroma was found to stimulate the senses while also calming nerves. Its historical uses vary from culture to culture, with many ancient texts, including those of Native American Indians, citing its use in the treatment of diarrhea, chills, the flu, rheumatism and even certain menstrual disorders. Cinnamon bark was rubbed on the torso to eliminate rashes, and twigs from the cinnamon tree were used to treat ailments of the fingers and toes, including arthritis and athlete's foot. Success was so sweet that herbalists have long used the crushed bark to make a 'fortnight' brandy, again for medicinal purposes.

Amazingly, cinnamon, which comes primarily from the bark of small evergreen tree indigenous to Southeast Asia, also functions as a purifying rinse for dark hair, as a toothpaste flavoring to help freshen breath, in massage oils, and to help beautify the skin, promoting a healthy-looking complexion. All this and cookies, too! It's hard to believe that one spice can be responsible for so much internal and external good health, but research shows that it's true.

Recent studies by the U.S. Department of Agriculture's Human Nutrition and Research Center have found that cinnamon also significantly reduces blood sugar levels in diabetics. Not bad for a spice as old as time itself.

### **THE CINNAMON-DIABETES LINK**

When you eat, the sugars and starches you consume are broken down by the body into a substance called glucose, which circulates through the blood stream to be used for energy, or if not used, turned into fat. Insulin, a hormone manufactured by the body, is what allows blood cells to absorb the glucose. If your body doesn't produce enough insulin, you may have type-1 diabetes. If your body produces insulin but doesn't use it properly, you have type-2 diabetes. That may seem like an overly simplified description of diabetes. It is, however, useful when it comes to understanding how a lack of insulin can lead to serious long-term health issues and how diabetes can cause irreversible damage to the eyes, kidneys, nerves, and other organs.

There is also a condition known as pre-diabetes or syndrome X, in which a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type-2 diabetes.

In short, insulin resistance increases your risk for diabetes because of something known as metabolic syndrome.

According to the National Library of Medicine, metabolic syndrome is a "compilation of factors characterized by insulin resistance and the identification of three of the five criteria of abdominal obesity, elevated triglycerides, decreased high-density lipoprotein (HDL) levels, elevated blood pressure, and elevated fasting plasma glucose."

In fact, approximately 47 million Americans live with metabolic syndrome, a condition that is directly related to a 61 percent increase in obesity. This also appears to correlate to an emerging health epidemic for women.

What to do? How about a little cinnamon?



## DIABETES AND CINNAMON

A study from the Human Research Center of the USDA and the University of California, Santa Barbara, suggests “this remarkable spice can improve insulin sensitivity and glucose metabolism and potentially counter or reverse the course of obesity” and other health issues like diabetes.

Cinnamon, it seems, has an active ingredient that is a water-soluble polyphenol compound known as MHCP. This compound appears remarkably similar to insulin, working alongside and in conjunction with real insulin inside of blood cells. Think of it as a nurse assisting a doctor. Together, the cinnamon compound and the body’s own insulin combine to lower blood sugar levels.

In fact, when volunteers were given three to six grams of cinnamon powder a day, blood sugar levels were an average of 20 percent lower. Some actually achieved normal blood sugar levels. Metabolism also seemed to increase, thus helping the body to convert sugar into immediate cellular energy rather than ending up as “stored” potential energy in the form of fat deposits.

The discovery was initially made by accident, by Richard Anderson of the USDA Human Nutrition and Research Center in Beltsville, Maryland. “We were looking at the effects of common foods on blood sugar,” he told *New Scientist’s* online news service in an online report published November 24, 2003. “One was the American favorite, apple pie, which is usually spiced with cinnamon. We expected it to be bad, but it helped.”

According to *New Scientist*, in the test tube experiments, MHCP mimics insulin activates its receptor, and works synergistically with insulin in cells.

To see if it would work in people, Alam Khan, who was a postdoctoral fellow in Anderson’s lab, organized a study in Pakistan. Volunteers with type-2 diabetes were given one, three or six grams of cinnamon powder a day, in capsules after meals.

All responded within weeks, with blood sugar levels that were on average 20 percent lower than a control group. Some even achieved normal blood sugar levels. Tellingly, blood sugar started creeping up again after the diabetics stopped taking cinnamon.

The cinnamon had additional benefits, according to the online report, “In the volunteers, it lowered blood levels of fats and ‘bad’ cholesterol, which are also partly controlled by insulin. And in test tube experiments it neutralized free radicals, damaging chemicals which are elevated into diabetics.”

A clinical study published in *Diabetes Care*, a journal of the American Diabetes Association, suggests taking the equivalent of a half- teaspoon of cinnamon daily- split into two parts (a quarter teaspoon per serving) right after eating a lunch and dinner in order to assist in lowering blood sugar levels. In their study, people with type-2 diabetes also had significant reductions in cholesterol, triglycerides and serum glucose.

Cinnamon, as it appears, also helps to neutralize free radicals. It provides anti fungal and



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## Nunchaku Class

Date: February 25, 2012 (Saturday)

Time : 1:00 - 3:00 PM

Place : Wang's Martial Arts  
92 – B Wilson Road  
Humble TX, 77338  
(281) 548-1638  
(281) 682-3387

Fee : \$19.00, Free for Brown, Black, Jr. Black  
& Accelerated program.

Need bring your own nunchaku or purchase a foam nunchaku for \$14.00

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Amount Paid \_\_\_\_\_ .