

# Wang's Martial Arts

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

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 )**

## May 2012 Newsletter Summary

### INNER SCHOOL TOURNAMENT

Date: 06-30-2012 (Saturday)  
Ages 5 - 80 2:00 PM - 5:00 PM  
Entry Fee: \$40.00 up to three events  
\$ 5.00 goes to scholarship fund

### Kung Fu Rank Test

Date: 9-14 yrs: 6-14-2012, Thursday, 6-8:30 pm  
5-8 yrs: 6-16-2012, Saturday, 1:30-3:30 pm  
15 yrs +: 6-16-2012, Saturday, 3:30-5:30 pm  
Must register on or before 6-9-2012.  
Test fee : \$35.00 and up

### Proverbs 4.

<sup>8</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.

## Bill "Superfoot" Wallace seminar on 04-20-2012



Bill Wallace pictured with young students.



Bill Wallace pictured with adult students.



A work shop in progress.



Bill Wallace pictured with Black Belts.

The Bill Superfoot Wallace seminar was held Friday at Wang's Martial Arts. There was a separate class for both adults and children. 60 plus students attended as well as family and friends watching. Mr. Superfoot wowed the audience with fast unavoidable kicks. He kept the kids engaged with lively presentation. Everyone got a good stretch and fun workout. Superfoot signed coloring books and posed for photos.

Brown & Black Test Result: 4/21/2012

Ekmer Whitehead - Brown  
Jaquelin Ajucum - Brown/stripe  
Chris Avelar - Black (1st)  
Padraic Gilbert - Black (1st)  
Chris Castillo - Black (2nd)

### Congratulations!

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

March 3, 2012 - \$150.00

Outdoor Training (3-25-12) - \$100.00

**Total - \$1728.98**

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

### Basic Bo

Dates: 5-05-2012 (Sat.) Time: 2-3 pm

5-12-2012 (Sat.) 2-3 pm

5-19-2012 (Sat.) 2-3 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.)

### Tai Chi Rank Test

Date: 6-23-2012 ( Sat. )

Time: 12 noon - 2:00 pm

### Rank Test result- 04/28/12

Sabrina Rawls - Yellow  
David Rodriguez - Yellow  
Owen Elliot - Yellow/stripe  
Elizabeth Lehmann - Purple/stripe  
Kaeden Sims - Red/stripe  
Darren Bush - Brown

### Red, Brown and Black Belt Class

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

### New Student:

Sabrina Rawls, James Gordon,  
Juanita Everett, Emily Leon,  
Roberto Alvarado, Eloy Saucedo,  
Esperanza Saucedo Mark Neisie

### Welcome!

### Chinese Vegetarian Food & Tour Chinatown

Date: 06-09-2012 ( Saturday )

Time: 1:00 pm Meet at Wang's Martial Art.

Place: 2:30 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.

### Nunchaku Class:

Date: June 4, 2012 (Monday)

Time: 7:00 - 9:00 pm

Cost: \$19.00

Free for Black Belt Club members.

### Black Belt Club & Accelerated Program

#### Tournament Competition Class:

Date: 5-3-12 (Thursday)

Time: 8:00 - 9:00 pm

#### Nunchaku Class:

Date: June 4, 2012 (Monday)

Time: 7:00 - 9:00 pm

#### Conditioning & Reaction Drill Class:

Age 5 -12 years old

Date: 5/17/2012 (Thursday)

Time: 8:00 - 9:00 pm

Age 13 - 80 years old

Date: 5/10/2012 (Thursday)

5/24/2012 (Thursday)

Time: 8:00 - 9:00 pm

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

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

### May Birthdays

Clifford Reynolds 5/12  
Paul Turk 5/23  
Roberto Matsumura 5/20  
Steve Castelo 5/29  
Emmory Leach 5/14  
Karen Levine 5/12  
Roland Sims 5/20  
J.R. Phillips 5/7  
Karen King 5/3  
Virginia Gordman 5/15  
Gina Payne 5/15  
Philip Spruell 5/20  
Chris Castillo 5/25  
Hulius Herron 5/29  
Justyn Davis 5/27

### Happy Birthday

### Tournament Point:

Emmory leach 30  
Marvin Henderson 30  
Jaqueline Ajucum 30  
Jose Guzman 24  
Diego Ramirez 21  
Darren Bush 21  
Andrik Sanchez 18  
Chris Avelar 18  
Brandon Roll-Bush 15  
Conner Roll-Bush 15  
Brandon Sarton 15  
Kayla Warner 15  
Julie Rogers 15  
Seth Rogers 15  
Brandon Warner 12  
James Dyess 6  
Rosalie Conry 6

Be sure turn in your tournament point.  
For point 2012, every one must turn in  
before 12-31-2012.

### Report card point:

Aramis Valdivia - 5.25  
Mireya Mendoza - 4.50  
Brandon Roll-Bush - 4.50  
Conner Roll-Bush - 4.50  
Andrik Sanchez - 4.50  
Kayla Warner - 3.00  
Sean Paul - 3.00  
James Bolton - 3.00  
Brandon Warner - 2.25  
Sebastian Garcia - 2.25  
Mireya Mendoza - 2.25  
Kevin Papa - 2.25  
Emmory leach - 2.25  
Kameron J. Guevara-Smith 2.25  
Dirgo ramirez - 1.50  
Julian Rosas - 0.75  
Alex Solhjou - 0.75  
Sara Solhjou - 0.75  
Austin abner - 0.75  
Nick Limones - 0.50  
Dustin Ferguson - 0.50

Be sure turn in a copy of your report card  
as you receive it. For point 2012, every  
one must turn in before 12-31-2012.

# April 20, 2012

## Bill "Superfoot" Wallace seminar



Bill Wallace seminar.



Bill Wallace with Limons family.



Carrie Wilkerson, Bill Wallace, Andrew Bolton,  
Julie Rogers.





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Humble, TX. 77338  
Harris County

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Email: wang3888@embarqmail.com

## Chinese Vegetarian Food & Tour Chinatown

**Date:** 06-09-2012 (Saturday)

**Time:** 1:00 pm - Meet at Wang's Martial Art.

**Place:** 2:30 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)



**Cost for Food:** \$11.00 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 :** \_\_\_\_\_ **e-mail:** \_\_\_\_\_

**Number of People ( 10 years and above):** \_\_\_\_\_ x \$11.00 = \_\_\_\_\_

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

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

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## Membership Drive : 2012

**Current students bring some one to sign up at Wang's Martial Arts**  
**One week special - \$19.00 with Free School T-shirt (value \$10.00)**  
**Before May 31, 2012.**

**When your guest sign up, you will receive choice of \$5 Starbucks card or Best Buy card.**

**Student who has most of the members  
signed up before 5-31-12.**

1st Prize: Sony Playstation 3

2nd Prize: Bicycle

3rd Prize: Kicking shield.

4th Prize: Kicking Target



**Date of Award: June 02, 2012**

**Saturday**

**Time: 10:00 - 11:00 am**

**勇 仁 智 德**

bravery

kindness

wisdom

integrity



# Kung Fu or Tai Chi

## One Week Special- **\$19.00** with unlimited class

### **Free School T-shirt** (value \$10.00)

(Good till 5-31-2012.)

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<u>KUNG-FU</u>		
Adults	(Age 15-80)	Tue. Sat. 11:00 - 12:00 Noon Mon./Tue./Thur./Fri. 7:00 - 8:00 PM Wed. 8:00 - 9:00 PM Tues./Thur. 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. 5:00 - 6:00 PM Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM Saturday 10:00 - 11:00 AM
Family class	(Age 5-80)	Tue./Thur. 5:00 - 6:00 PM Mon./Wed./Fri. 6:00 - 7:00 PM Saturday 10:00 - 11:00 AM
<u>T'AI CHI CHUAN</u>		
All ages		Tue. Sat. 12:00 Noon- 1:00 PM Mon./Wed./Fri. 5:00 - 6:00 PM Wed. 7:00 - 8:00 PM Tue. 8:00 - 9:00 PM

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

(Students! When your guest sign up, you will receive choice of \$5 Starbucks card or Best Buy card.)

\_\_\_\_\_  
 Yun Yang Wang, Chief instructor

Date: \_\_\_\_\_

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## Nunchaku Class



Date: June 04, 2012 (Monday)

Time : 7:00 - 9:00 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 \$8.00 to \$15.00

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### REGISTRATION FORM

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

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

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

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

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

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**INNER SCHOOL TOURNAMENT**

Date: 06-30-2012 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
92 – B Wilson Road at First St.  
Humble, TX 77338  
(281) 548 - 1638  
Entry Fee: \$40.00 up to three events  
\$ 5.00 goes to scholarship fund

Listed below are the divisions; in each, a first, second, and third place trophies 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 15-17 Beg./ Int./ Adv.  
Ages 18-80 Beg./ Int./ Brown/ Black.  
TAI CHI Beg./ Int./ Adv.

\*\*\*\*\* **WEAPONS**\*\*\*\*\*

Ages 5-14 Beg./ Int./ Adv.  
Ages 15-17 Beg./ Int./ Adv.  
Ages 18-80 Beg./ Int./ Adv.

\*\*\*\*\* **SPARRING**\*\*\*\*\*

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)  
Ages 9-14 Beg./ Int./ Adv. (Boys)  
Ages 9-14 Beg./ Int./ Adv. (Girls)  
Ages 15-17 Beg./ Int./ Adv. (Boys)  
Ages 15-17 Beg./ Int./ Adv. (Girls)  
Adult Men Beg./ Int./ Brown & Black.  
Adult Women Beg./ Int./ Brown & Black

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Registration form for INNER-SCHOOL TOURNAMENT

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

ADDRESS: \_\_\_\_\_

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

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ e-mail address: \_\_\_\_\_

RANK: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

DIVISIONS: FORMS \_\_\_\_\_ SPARRING \_\_\_\_\_ WEAPONS \_\_\_\_\_ Amount Paid \_\_\_\_\_

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Web site www.WangsMartialArts.com



## Baisc Bo

Date: May 05, 2012 (Saturday)  
May 12, 2012 (Saturday)  
May 19, 2012 (Saturday)

Time : 2:00 - 3:00 PM

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

Fee : \$39.00  
\$19.50 for review class

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### REGISTRATION FORM

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

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

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

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

Phone (cell): \_\_\_\_\_

e-mail: \_\_\_\_\_

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

## Tournament results - 03/03/2012



### Forms:

Adult Brown & Black: 1. Allen, 2. Marvin Henderson, 3. Chris Castillo  
 Adult Int. : 1. Elmer Whitehead, 2. Darren Bush, 3. David Wilkerson  
 Adult Beg. : 1. Julie Rogers, 2. Susan Fischman, 3. Rosie Conry  
 Tai Chi: 1. Paul Turk, 2. Rick Strickland, 3. Marilyn Kidd  
 12-15 Adv. : 1. Jose Guzman, 2. Josh Moricca  
 9-14 Adv.: 1. Emmory Leach, 2. Diego Ramirez, 3. Brandon Roll-Bush  
 9-14 Beg.: 1. Andrew Bolton, 2. Kayla Warner, 3. Brandon Warner.  
 5-8 Int. : 1. Andrik Sanchez, 2. Jaqueline Ajucum, 3. Conner Roll-Bush

### Weapons:

Adult Brown & Black: 1. Allen, 2. Marvin Henderson, 3. Chris Avelar  
 Adult Int. : 1. Elmer Whitehead, 2. Darren Bush, 3. David Wilkerson  
 12-15 Adv. : 1. Jose Guzman, 2. Josh Moricca  
 5- 14 Int. : 1. Jaquelin Ajucum, 2. Emmory Leach, 3. Diego Ramirez  
 Tai Chi: 1. Susan Fischman, 2. Paul Turk, 2. Rick Strickland, 3. Steve Alonso, 3. Marilyn Kidd

### Sparring:

Adult Brown & Black: 1. Marvin Henderson, 2. Chris Avelar, 3. Allen, 3. Josh Moricca  
 9-14 Int.: 1. Emmory leach, 2. Jaqueline Ajucum, 3. Diego Ramirez, 3. Andrik Sanchez  
 9-14 Beg.: 1. Seth Rogers, 2. Brandon Roll-Bush 3. Brandon Warner, 3. Kayla Warner  
 5-8 Beg. : 1. Brandon Sarton, 2. Conner Roll-Bush

# Sunflower Power

By Kathleen Engel (Article from Better Nutrition)

This tiny seed-and its various butters, flours, and oils-boasts a host of health benefits



For folks with peanut allergies—or any peanut butter lover who wants to mix things up a little—sunflower seed butter is an option worth tasting. On its own or blended with omega-3 rich flaxseeds, it's a delicious way to safely enjoy nut butter. It can be substituted in nearly any peanut butter snack, as well as in place of a good ol' PB&J in a kid's lunch box. And for those with wheat allergies, sunflower seed flours and milks offer a great alternative.

Sunflower seeds are high in polyunsaturated oil, an omega-6 fat which, when consumed in a 2:1 or 1:1 balance with omega-3 fat, helps lower cholesterol. In fact, a recently published study in the Journal of the American Medical Association reports that a diet that includes plant sterols (such as those found in sunflower seeds), fiber, nuts, and soy protein helps reduce LDL cholesterol levels better than simply cutting back on saturated fat.

Sunflower seed products are also excellent sources of other nutrients: Vitamin E supports brain function, keeps arteries healthy, and reduces risk of heart attack. Magnesium regulates blood pressure and muscle and nerve function, aids bone health, and boosts immunity. Folate helps build and protect DNA and keeps homocysteine levels in check. Tryptophan supports sleep and mood. Vitamin B5 (pantothenic acid) promotes healthy skin, mood, and energy. Phosphorus regulates nutrient use and boosts energy. Manganese and copper fight free radicals. And selenium helps block oxidative damage.

Sunflower seeds also contain both soluble and insoluble fiber, which together fight diabetes, cardiovascular disease, and cancer. Plus, they feature a wide array of amino acids.

Enjoying these health benefits is simple. Sunflower oil is great for cooking and is excellent in salad dressings. Sunflower flour offers a fantastic gluten-free way to bake. You can also simply eat the seeds straight out of the bag or add them to some of your favorites. For instance, a handful (quarter cup) of seeds on your salad or oatmeal adds nearly 4 grams of fiber and 6 grams of protein to your meal.

A word of caution: The sunflower seed oil you find in mainstream supermarkets is usually a refined product. Refined oils undergo heat processing, which damages the oil's structure, causes unhealthy trans fats to form, and robs the oil of important nutrients including conjugated linoleic acid (CLA) and lignans—both potent cancer fighters. Unrefined sunflower seed products, such as many found in health food stores, leave the seed's nutrients intact, retaining the health benefits.

# Hot Tea

By Lisa Turner (Article from Better Nutrition)

What's new in the world of this timeless beverage



We may love coffee, but tea is still the classic choice: last year, Americans spent almost \$8 billion on iced and hot teas, and people around the world have been sipping the legendary beverage for thousands of years. Maybe that's why you see so many varieties, ranging from delicate white teas to robust black versions to spicy herbal blends.

But no matter the name, tea is tea. Well, mostly. Except for the various herbal varieties, all teas come from the *Camellia sinensis*, a shrub that's native to China and Southeast Asia. Variations in color, strength, and flavor depend on how the plant is grown, harvested, and processed.

## 7 Reasons to Switch to Tea

As card-carrying members of the coffee generation, we're not here to slam the bean. But tea does have a few benefits that coffee lacks:

1. It's lower in caffeine. A cup of brewed coffee contains 110—180 mg of caffeine. A cup of strong black tea rarely tops 60 mg, and green tea is even lower.
2. It protects against cancer. A recent review of studies found that tea slowed tumor growth in cancers of the skin, lungs, mouth, esophagus, stomach, liver, pancreas, small intestine, colon, and prostate.
3. You'll have more choices. Even different roasts and blends of coffee taste pretty similar. But there's a world of difference between a delicate jasmine green and a robust smoky Lapsang Souchong.
4. It could make you slimmer. In one study, people who drank two cups of black, green, or oolong tea per week had 20 percent less body fat than non-tea drinkers.
5. It's good for your heart. Studies have shown that tea helps reduce both overall and LDL cholesterol. And it lowers blood pressure.
6. It's cheaper. Even pricey brands average out to fewer bucks per cup than similar qualities of coffee.
7. You'll get fewer cavities. Teas contain compounds that kill bacteria in the mouth, which helps prevent tooth decay.