

Wang's Martial Arts

5311 FM 1960 Rd. E. #J
Humble, TX. 77346
U.S.A.

Phone (281) 548-1638, (281) 682-3387
e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com



WMA - Wang's Martial Arts
Hand sign - Peace & Respect
Chinese Character - Kindness

March & February 2021 Newsletter Summary

Rank Test Results – January & February, 2021

<p>Brown & Black Belt Test Result:</p> <p>David Barnes - Black Belt (6th) Allen DeWoody - Black Belt (4th) Rosel Rodriguez - Black Belt (1st) Elmer Whitehead - Black Belt (2nd)</p>	<p>Tai Chi test Result:</p> <p>Frank Martinez - Purple Mary Sue Lee - Purple Jim Gustin - Black Belt (2nd) John Quenzer – Black Belt (2nd) Tania Myers - Black Belt (2nd) Edu Araujo – Black Belt (2nd) Margaret Swavely – Black Belt (3rd) Paul Greenwood – Black Belt (5th) Russell Haws - Black Belt (7th)</p>
<p>Age 15 year old and +</p> <p>Maria Feijoo - Yellow Belt Mariel Feijoo - Yellow Belt Michelle Puissegur - Yellow Belt Andrew Puissegur - yellow Belt Randy Drauchon - Yellow Belt Desmon Harrison - Orange Natalie Cruz – Green</p>	<p>Age 9 - 14 years old</p> <p>Amir Narcisse - Yellow Belt Daniel Guerrero _ Yellow Belt Connor Puissegur – Orange Marcus Puissegur – Orange Ava Araujo- Orange Belt Jayden Ng-A-Mann - Brown/stripe Juan Ceji - brown/stripe</p>
<p>Age 5 - 8 years old</p> <p>Anthony Medina – Yellow belt Noah Garcia – Yellow belt Tylen Johnson - Yellow/stripe Isaac Yanez – Orange Belt Hanamel Kirubel – Green Ocean Phan – Purple Caleb Villalpando- Blue Levi Garcia- Blue Stripe Aurura Rodriguez - Blue belt</p>	
	











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Kung Fu Rank Test

As ready base.

Make up Test

Date: As ready base.

Accelerated Program Rank Test

Date: As ready base.

Kung Fu Brown & Black Belt Rank Test

Date: As ready base.

Wu Shu class (for Red, Brown and Black belt)

To be announced

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

Tai Chi Class (for Red, Brown & Black Belt)

To be announced

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

HeBei Chinese Martial Arts Inst.

Time 8 - 9 pm.

Make check payable to:

Cost: \$50 per person.

Guest Instructor; Master Jia

March 2021 Newsletter Summary

Based on Gov. Abbott of Texas, we can open our studio on May 18, 2020 (Monday) with 25% capacity. We would like to maintain up to 10 people per class size. Please let us know a week ahead, each week, which class you will be participating in. We have included a temporary schedule for Kung Fu and Tai Chi. If you wish to continue with the lessons via Facebook Live, a schedule for those classes has also been included.

Tai Chi Live Stream: Via Facebook

Monday, Wednesday, Friday- 5 p.m.- 6 p.m.

Tuesday, Saturday- 12 noon- 1 p.m.

Kung Fu Live Stream: Via Facebook

Monday through Friday 6 - 7 p.m.

Saturday- 10 a.m.- 11 a.m.

In School Kung Fu cl

All ages:	(Age 5-108)	Tue. /Thur.	5:00 - 6:00 PM
		Mon./Tue. /Wed./Thur./Fri.	6:00 - 7:00 PM
		Mon./Fri.	7:00 - 8:00 PM
		Saturday	10:00 - 11:00 AM
		Saturday	11:00 - 12:00 noon.
	(Age 18_108)	Tue. /Thur.	7:00 - 8:00 PM
	Red/Brown/Black	Saturday	9:00 - 10:00 am

In School Tai Chi class schedule:

All ages:	(Age 18 - 108)	Tue. Sat.	12:00 Noon - 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM

Tai Chi Rank Test

Date: As ready base

No class on September 7, 2020 (Monday) due to Labor Day.

The health and safety of everyone is of great importance to us, below are the measure we have implemented and will continue to practice until further notice.

- Any and all student companion must remain in their vehicle
- Temperatures will be checked upon entry
- Everyone is required to wear a mask
- Social distancing (6 ft apart) will be practiced at all times, including class time
- All students are required to wash their hands prior to and after class
- We will be using disinfectant wipes periodically to wipe down doorknobs and door handles.

Report Card Points

Antoine Berchara 1.5
Connor Sheridan 1.5
Olivia Sheridan 0.75

Parents:
Please remind students to place their belongings inside the cubicles. We are not responsible for any damages. Thank you.

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

June 30, 2012 - \$160.00

September 29, 2012 - \$185.00

December 15, 2012 - \$125.00

May 4, 2013 - \$90.00

August 10, 2013 - \$105.00

November 2, 2013 - \$85.00

March 29, 2014 - \$90.00

August 2, 2014 - \$90.00

November 8, 2014 - \$45.00

January 24, 2015 - \$60.00

May 16, 2015 - \$65.00

Susan Fischman (7/18/15) - \$5.00

October 3, 2015 - \$55.00

December 19, 2015 - \$75.00

March 5, 2016 - \$45.00

March 2016 Birthday - \$25.00

April 2016 Birthday - \$40.00

May 2016 Birthday - \$20.00

June 2016 Birthday - \$10.00

Darren Bush (6/14/16) - \$500.00

June 25, 2016 - \$20.00

July, 2016 Birthday - \$30.00

August 13, 2016 Birthday - \$40.00

September, 17, 2016 Birthday - \$10.

Marilyn Kidd (9/1/16) - \$200.00

October 8, 2016 Tournament - \$55.

Padraic Gilbert (1/21/17) - \$100

January 14, 2017 Birthday - \$20.

February 17, 2017 Birthday - \$85.

March 11, 2017 tournament - \$45.

March 18, 2017 Birthday - \$15.

April 15, 2017 Birthday - \$25.

July 15, 2017 Birthday - \$25.

Wang's Martial Arts (Jan. to Apr.) - \$400.

Wang's Martial Arts (May) - \$100.

Wang's Martial Arts (June) - \$100.

June 10, 2017 tournament - \$25.

August 19, 2017 Birthday - \$10.

September 16, 2017 Birthday - \$10.

October 14, 2017 Birthday - \$5.

November 12, 2017 Culture class - \$50.

November 20, 2017 Basic Escrima - \$25.

December 6, 2017 Basic nun chuck - \$50

December 9, 2017 tournament - \$50.

December 17, 2017 Chinese Culture - \$40.

January 15, 2018 Basic Escrima - \$25.

January 29, 2018 Women's SD - \$30.

2/3/18 Craig Glasco - \$10.

February 24, 2018 tournament - \$45.

February 26, 2018 Women's SD - \$20.

Wang's Martial Arts (Jan. & Feb.) - \$200

Darren Bush - \$500.

Craig Glasco - \$25.

Cynthia Pate - \$50.

Total - \$6013.98 - \$300 - \$300 - \$1000

-\$2000 - \$2000 = \$413.98

\$300 scholarship to Ms. Megan Payne 06-04-12

\$300 scholarship to Mr. Wilfred Hung 06-24-13

\$1000 scholarship to HISD student on 01-30-16.

\$1000 scholarship to HISD student on 01-21-17.

\$1000 scholarship to UH student on 01-21-17.

\$500 scholarship to UH student on 02/10/18.

\$1000 scholarship to UH student on 02/10/18.

\$500 scholarship to UH student on 02/10/18.

Proverbs 4.

¹⁸ The path of the righteous is like the morning sun,

shining ever brighter till the full light of day.

¹⁹ But the way of the wicked is like deep darkness;

they do not know what makes them stumble.

Scholarship donation;

05/18/19 Darren Bush \$500.

05/18/19 WMA \$500.

06/12/19 Rosel Rodriguez \$1.

06/12/19 Lily Valdez \$10.

07/12/19 Rosel Rodriguez \$2.

07/18/19 Anonymous \$18.

07/19/19 Caleb Villalpando \$5.

07/24/19 Ruby Abbott \$50.

07/31/19 Madeline Vides \$3.

09/14/19 Margret Swavly \$5.

09/16/19 Ruby Abbott \$50.

10/28/19 Raffle of small laptop \$240.

02/07/20 Rosel Rodriguez \$10

**New Students:
Welcome!**

**Don't forget to check
our School App to see
upcoming events, pay
for Rank Tests, school
workshops and more!**

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:

All A's - \$300.00

A & B's - \$200.00

All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:

All A's - \$500.00

A & B's - \$300.00

All B's - \$200.00

*** For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking.**

All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

March Birthdays

David Neighbors 3/27

Esmeralda Smith 3/15

Timothy Garcia 3/13

William Stanley 3/01

Andrik Sanchez 3/8

Brandon Sarton 3/6

Toni Henderson 3/12

Melanie Campa 3/23

Guy Anderson 3/13

Thomas Essick 3/15

Kathryn Werling 3/22

Jacob Lewis 3/22

Jarrett Almond 3/8

Jose Garcia 3/23

Emma Castro 3/27

Lilly Robinson 3/15

Nick Limones 3/2

Emma Ferguson 3/2

Hunter Ferguson 3/21

Brandon Figueroa 3/21

John Cox 3/24

Jose Angel Guzman, Jr. 3/24

Jalen Latin 3/29

Malik Khimani 3/30

Claire Munson 3/10

Panakkal Job 3/13

Scott Vierck 3/4

Jordyn Mayo 3/11

Gabriella Jensen 3/11

Marcio Conceicao 3/21

Topiltzin Gonzalez-Chavez 3/8

Avairya Rodriguez 3/12

Ethan Salazar 3/28

Happy Birthday





Wang's Martial Arts

Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month (12 to 13 lessons in a month)	\$179.00	\$89.50	\$89.50	\$89.50	Free
Easy pay/Week	\$39.30	\$19.65	\$19.65	\$19.65	
Uniform	\$59.95	\$59.95	\$59.95	\$59.95	\$59.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

Kung Fu class schedule:

All ages: (Age 5-108)

Tue. /Thur. 5:00 - 6:00 PM
 Mon./Tue. /Wed./Thur./Fri. 6:00 - 7:00 PM
 Mon./Fri. 7:00 - 8:00 PM
 Saturday 10:00 - 11:00 AM
 Saturday 11:00 - 12:00 noon.
Tue. /Thur. 7:00 - 8:00 PM

(Age 18_108)

Red/Brown/Black

Saturday

9:00 - 10:00 am

Tai Chi class schedule:

All ages: (Age 18 - 108)

Tue. Sat. 12:00 Noon - 1:00 PM
 Mon./Wed./Fri. 5:00 - 6:00 PM
 Wed. 7:00 - 8:00 PM

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Call for a Free Lesson (281) 682-3387.



Tai Chi: Balance in Motion

This ancient alternative medicine may offer many health benefits, including improved coordination and more restful sleep. By [Eric Metcalf, MPH](#) Medically Reviewed by [Cynthia Haines, MD](#)

When you think of martial arts, images of experts breaking boards or perhaps Chuck Norris teaching bad guys a lesson may come to mind.

But an [alternative medicine](#) practice called tai chi — which has roots in a centuries-old Chinese martial art — is experiencing a new wave of popularity. Instead of promoting the practice as a type of self-defense, Eastern practitioners promote tai chi as a way of bringing balance to your body, and Western medical researchers are busy exploring how this form of alternative medicine may help prevent and treat illnesses and injuries.

What Is Tai Chi?

According to legend, Chinese monks began practicing tai chi both to increase their ability to hold meditative poses and protect their monasteries from invaders. While performing tai chi, the participant smoothly proceeds through a flow of movements that are said to mimic the motions of animals such as the tiger and crane.

From the [Chinese medicine](#) standpoint, a vital energy called "qi" should constantly be circulating through your body. However, it can become blocked and stagnant, which disrupts your health — practicing tai chi is said to improve the flow of the qi energy.

Principles that are emphasized in the practice of this alternative medicine include:

- **Balance.** You maintain good body alignment while moving from foot to foot.
- **Relaxation.** You concentrate on your movement while keeping your mind calm and clear.

- **Coordination.** You learn to move your body through complex motions while maintaining good posture.

This form of alternative medicine is growing in popularity. According to the National Center for Complementary and Alternative Medicine (NCCAM), a recent survey revealed that an estimated 2.3 million adults had practiced tai chi in the previous year.

How Tai Chi Could Improve Your Health

In recent years, researchers have explored the possible effects of tai chi on a number of conditions and found that this alternative medicine may be beneficial for these problems:

- **Falls.** Preventing falls in the elderly community is a major focus of interest in tai chi. In one recent study, researchers reviewed studies on how to prevent falls among older people and found that tai chi was effective in reducing the rate of falls for this age group.
- **Sleep disorders.** A study in older people found that practicing tai chi for six months compared with low-impact exercise was associated with [better sleep](#) and less daytime sleepiness.
- **Stroke.** A recent study explored why tai chi might be a helpful alternative medicine for people who have had strokes. The practice is associated with improved balance, lower blood pressure, and elevated mood — all of which were beneficial for people who have survived strokes.
- **Knee pain.** In another study, one group of older people with osteoarthritis of the knee performed tai chi regularly for 12 weeks, while another group with the same condition did not. Those participating in this alternative medicine reported decreased pain and improvements in physical function and stiffness.

NCCAM recommends that you discuss tai chi with your doctor before participating if you have a medical condition or you haven't exercised in a while. In addition, you might experience muscle soreness when you start or if you perform movements too vigorously.

Because the movements are slow and controlled — focusing on simple poise instead of strength — tai chi makes a helpful [meditative](#) activity for any age group.

T-Shirt days

Wednesday & Saturday class

(Unless if we have special event, rank test, demonstration need to be in full uniform).



\$16.00



\$12.00

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PLEASE HELP KEEP OUR SCHOOL CLEAN!

Do not leave anything behind. Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & found box.

But we will only keep for 10 days, after that we will donate to HAAM in Humble.

TAI – CHI – CHUAN - Testimony

Since earning (2nd) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

Currently I am teaching four (4) times a month or once per week at Watercrest Retirement Center and eight (8) times per month or twice per week at Brookdale Retirement Center. Both facilities are in Kingwood, Texas.

It is personally gratifying to me to see other people’s personal health and well being changed for the better as a result of practicing Tai – Chi.

Paul B. Greenwood
Student Wang’s Martial Arts



Elderberry Fights Flu Symptoms

By **Dr. Mehmet Oz and Dr. Mike Roizen, MDs**

Pliny the Elder was a first century Roman author and naturalist. One of his most famous sayings is: "Truth comes out in wine."

Did he know about elderberry wine? Being a naturalist (and Roman), there's a good chance he did. After all, the health benefits of elderberry syrup for treating the symptoms of the flu have been anecdotally cited since before his time.

But it's only in the last 20 years that the medicinal properties of the elderberry have been scientifically documented.

- A small study published in 1998 showed that 93 percent of flu patients given elderberry syrup (Sambucol) were completely symptom-free within two days, while those taking a placebo recovered in about six days.
- Another controlled study from 1999-2000 in Norway reported that flu patients taking three teaspoons of elderberry syrup four times a day saw their symptoms improve four days earlier than others who took a placebo.
- And a randomized, double-blind trial in 2009 found that 48 hours after flu sufferers took elderberry extract, 28 percent of them were devoid of all flu symptoms and 60 percent showed some symptom relief. Not a single patient in the placebo control group showed any relief.

Elderberries are more bitter than blackberries or raspberries, which is why they're distilled into wines or baked in pies in combination with other berries.

But the concentrated syrup is what you want if you have flu symptoms. As the American Nutrition Association states, "Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza."

Raw fruit and vegetables provide better mental health outcomes



5 REASONS TO GO VEGETARIAN

IF YOU FIND YOURSELF FEELING CONSTANTLY SLUGGISH, IT MAY BE A SIGN TO SWITCH DIET, SO HERE ARE SOME REASONS TO GO VEGETARIAN...



1. REDUCES RISK OF HEART DISEASE

Meat clogs up arteries to stop blood getting to the heart.

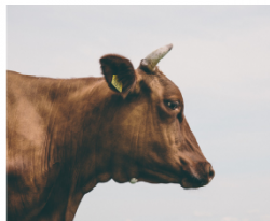
Salads don't.



2. HELPS YOU LOSE WEIGHT

Because of the fat they have in them, meat puts weight on a person's body.

Salads don't.



3. COMPASSION FOR ANIMALS

Meat comes from animals.

Salads don't.



4. BEING VEGETARIAN WOULD HELP END WORLD HUNGER

The animals that the meat comes from need loads of food to be fattened up. Salads don't. That food could go to people who need it.



5. BEING VEGETARIAN SETS A GOOD EXAMPLE TO THE YOUNGER GENERATION

By seeing adults refusing to eat meat, kids may do the same and could adopt a healthy lifestyle, seriously reducing the risk of heart disease and cancer later in life. While feeding little ones meat is quick and easy, it can create a detrimental effect on their health.

Salads don't.



What are the benefits of a clean diet?

We live in a fast paced environment, which spoiled us when it comes to eating. We are always on the go and society has made it a norm to eat on the go. About half of your day is spent in your vehicle, and well you also get hungry. It is now so easy to order food without having to get off your car and just eat it on the go. Have you stopped and asked yourself what really goes into all of these foods? Like they say, "you are what you eat". Sure we make healthier choices when we grocery shopping, but are they really a healthy choice?

It is so easy to fall off the wagon and start "next Monday" with the clean eating, is it worth the risk of waiting? Why not start now? Nowadays, we have so many options to transition into a healthy clean diet. Organic fruits, vegetables, and pastas are now a choice.

No one tells us the risks of eating veggies and fruits that are exposed to pesticides, the effects it can have in your organs nor the permanent damage something so minimal can do. They might be a little more expensive when purchasing but in the long run it will be cheaper for your health.

Veggie beef, veggie poultry and veggie fish are also part of this trend.

Farm animals are also fattened and exposed to chemicals while alive and dead. In order to maintain their shelf life, they must be put through a number of chemicals to preserve its shape, color, and texture.

One cannot quit a habit from one day to another, therefore we must slowly transition our minds and body into a healthier and cleaner lifestyle.

What are the benefits of a Clean Healthy Eating?

- Lowers the risks of Cancer
- Lowers risks of Diabetes
- Prevents (In some cases reverses) Heart disease
- Helps with Weight Loss
- Expands life expectancy
- Less animals are harmed every day.