

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

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

March & April 2014 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 5-01-2014, Thursday, 6-8:30 pm
5-8 yrs: 5-03-2014, Saturday, 1:30-3:30 pm
15 yrs +: 5-03-2014, Saturday, 3:30-5:30 pm
Must register on or before 4-28-2014.
Test fee : \$35.00 and up

Proverbs 12-11.

" Those who work their land will have abundant food,
but those who chase fantasies have no sense."



Photo by ANDREW BUCKLEY

The crowd takes photos of dancing dragons during the 12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet on March 8, 2014, at the Humble Civic Center. The event featured guest speaker Bill "Superfoot" Wallace and martial arts demonstrations. (Photo by ANDREW BUCKLEY/The Observer)

Everybody was Kung Fu fighting

By NATE BROWN

Wang's Martial Arts' 12th annual Chinese New Year Banquet Saturday, March 8 was a night steeped in Chinese heritage. Martial arts demonstrations from WMA students, traditional Chinese lion dancers, a fashion show of traditional Chinese regalia and a guest appearance by some of the top martial arts instructors in the world, including Bill "Superfoot" Wallace were all in celebration of the Chinese culture and especially the life of the late Houston martial arts pioneer Victor Cheng. More than 1,000 guests attended the event to celebrate the legacy of Cheng, the man largely responsible for bringing kung fu to Houston.

Wallace, who appeared in movies with Chuck Norris and Jackie Chan, is the only karate champion to retire undefeated and whose roundhouse kick has been clocked at 60 miles per hour, saluted Cheng at the ceremony.

"He was a great martial artist and a good friend," Wallace said. "To be asked to be here tonight was an honor."

Wallace's legendary martial arts career included winning more than 20 consecutive fights in the mid to late 70s, ultimately winning the Professional Karate Association Middleweight World Full-Contact Champion, receiving a Lifetime Achievement Award from Century Martial Arts and is currently a Grandmaster 10th degree black belt.

Wallace was front row for martial arts presentations from dozens of youngsters learning karate basics all the way up to adult black belts.

"Our sport or our art is no different from soccer or football or basketball," Wallace said. "But, our sport may save your life one day. I have a ball teaching kids. I've been teaching martial arts for 50 years and I still love it."

Wallace taught specialized clinics Sunday at Wang's Martial Arts, located at the corner of Wilson Road and Business 1960 in Humble.

"It was a successful event," Yun Yang Wang, owner of WMA and organizer of the event said. "It was really good for the students to get to see famous instructors."

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
Total - \$2478.98 - \$300 - \$300 = \$1878.98

\$300 scholarship to Ms. Megan Payne on 06-04-12
\$300 scholarship to Mr. Wilfred Hung on 06-24-13

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

Red, Brown and Black Belt Class

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

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!
 1st Place-12pts; 2nd Place-9pts; 3rd 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

Black Belt club & Accelerated program rank test:

Date: 6-21-2014 (Saturday)
 Time: 2 - 4:30 pm

New Student:

Thomas Bibby, Cleotis Washington,
 Jameson Ezzell, Brian Peveto
 Christian Buterrez
 Dominic Venegas
 Joshua Delgado
 Steven Ramos
 Jimmy Sullivan
 Miranda Broun
 Pete Glover
 Lilly Robinson

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 4-25-14 (Friday)
 Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 6/6/2014 (Friday)
 Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
 Date: 4/10/2014 (Thursday)
 Time: 8:00 – 9:00 pm
 Age 15 – 98 years old
 Date: 4/03/2014 (Thursday)
 4/10/2014 (Thursday)
 4/17/2014 (Thursday)
 4/24/2014 (Thursday)
 Time: 8:00 – 9:00 pm

Brown and Black rank test

April 8, 2014 (Tue.) 6 – 8 pm
 April 10, 2014 (Thur.) 6 – 8 pm
 April 12, 2014 (Sat.) 9 am – 3 pm

March birthday

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

April Birthday

Jeremy Moore	4/06
Terri Scott-Dennis	4/22
Chris Avelar	4/15
Diego Ramirez	4/10
Lisa Whitehead	4/16
Dennis Cruz	4/06
Shannon Disorbo	4/08
Ian Fu	4/10
Kyla Lee	4/16
Johnny Seals	4/22
Aiden Trayal	4/2
Kwaku Charles	4/9
Thomas Bibby	4/18
Guy Nickerson	4/19
Dillon Fleming	4/20
Joshua Delgado	4/20
Donovan Landry Jr.	4/28

Happy Birthday

Tournament Point:

Be sure turn in your tournament point. For point 2014, every one must turn in before 12-31-2014.

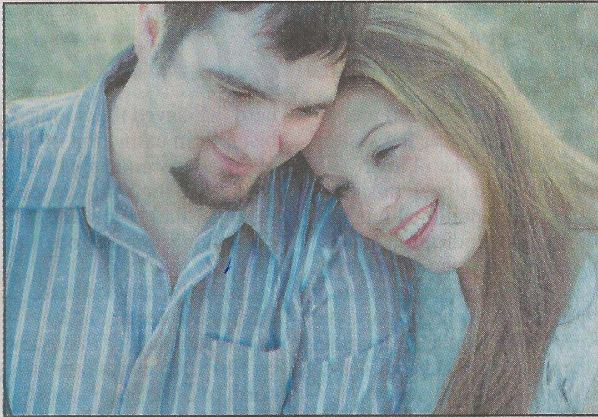
Report card point:

Be sure turn in a copy of your report card as you receive it. For point 2014, every one must turn in before 12-31-2014.

Tai Chi Rank Test

Date: 4-26-2014 (Sat.)
 Time: 12 noon – 2:00 pm

* 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.



CONTRIBUTED PHOTO

MARCH WEDDING -- Caitlyn Hermes and Matt Clamon will exchange wedding vows at 4 p.m. March 22. The ceremony and reception will be held outdoors near Livingston. The bride-to-be's parents are Jimmy and Angie Hermes and the groom-elect's mother is Sonya Clamon and his grandmother is Jennie Battise.



CONTRIBUTED PHOTO

COMMENDATION -- Marilyn Kidd of Goodrich received a commendation on March 8 for outstanding achievements at the 12th Annual Chinese New Year, Kung Fu and Tai Chi Class Reunion Banquet in Humble. The award was presented by a representative from the Culture Center of Taipei Economic and Cultural Office in Houston. Among her many achievements were successfully taking and passing the progressive colored belt tests, including black, which she earned at the age of 83. In addition, she completed three parts of the long form, simplified forms, Sabre forms 1 and 2, Mirror Image of form 1 and the Double Edged Sword. Marilyn is a student at Wang's Martial Arts in Humble.

Retired teachers do

CORRIGAN -- A \$500 donation to the Corrigan-Camden Primary School library was presented recently by the Polk County Retired Teachers Association.

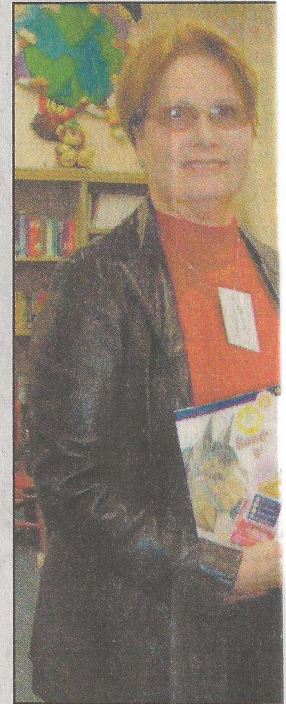
In addition to the cash donation, the association also donated books to the school was to help fulfill the goals of the Texas Children's Book Project, which call for each pre-kindergarten, kindergarten and first grade student to be given his or her own book to take home.

The group rotates their donation so that books go to different school districts each year.

PCRTA is a service organization of retired school employees. Any retired school employee who draws a pension through Texas Teacher Retirement System is invited to become a member.

During a recent meeting of PCRTA, a presentation about bee keeping was made by Karla Rudebusch, who together with her family own Rudy's Honey. The bee keeping business has been in operation for 33 years.

At one time they traveled to Michigan for the spring and summer months and to Livingston for the fall and winter. Rudebusch explained that the pollen in different areas produces different honey.



BOOK DONATION -- The Camden Primary School student in pre-kindergarten, and check to librarian Su chairman.

As their children grew, the decided to settle down to one location and in 1991 they chose to live in Polk County Rudy's Honey can be found in local stores and they also ship barrels of honey elsewhere for commercial use.

Butler finishes basic training

SAN ANTONIO -- Air Force Airman Jesse L. Butler graduated from basic military training at Joint Base San Antonio-Lackland in San Antonio.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Butler is a 2013 graduate of Livingston High School.



BUTLER

王氏武術學校12屆中國農曆年春宴集錦



1-王氏武術學校 (Wang's Martial Arts) 8日晚間在Humble Civic Center舉辦第12屆中國農曆新年春宴, 千名武術愛好者歡聚一堂。



3 王氏武術學校眾多洋弟子表演中華武術拳、械表演, 受到熱烈歡迎。



5 左至右: 釋行浩、朱樹棠、程建才、胡琳、吳而立、賈武忠諸大師席間合影。



2 王云洋武術大師奉程建才(左7)、釋行浩(左9)、吳而立(右2)、胡琳(左4)、朱樹棠(左5)、王樹強(左8)、賈武忠(左3)為中華武術名人堂名譽名譽人頒發獎狀、獎元(王云洋、王世元(右1)、羅燕莉(左1)、佛教中心叶麗媛副主任(左2)、經文處鄭慕琳組長(右3))



6 主辦單位負責人王雲洋30多年, 在主流社區推廣中華武術文化, 今年擴大舉行, 引領「2014年世界和平武術名人堂」(World Peace Martial Arts- Hall of Fame) 的成員, 使主流社會了解中華武術的博大精深與以武會友的精神。

世界功夫

办世界功夫周报 扬中华武术神威

(二八九期)

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杨俊义 王福生 刘涛

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Fax: 713-776-8889 713-270-6790



EVERYBODY WAS KUNG FU FIGHTING



Photo by ANDREW BUCKLEY /The Observer

Students of Wang's Martial Arts perform Tai Chi during the 12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet on March 8, 2014, at the Humble Civic Center. The event featured guest speaker Bill "Superfoot" Wallace and martial arts demonstrations. (Photo by ANDREW BUCKLEY/The Observer)



Photo by ANDREW BUCKLEY /The Observer

Students of Wang's Martial Arts perform a Kung Fu routine during the 12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet on March 8, 2014, at the Humble Civic Center. The event featured guest speaker Bill "Superfoot" Wallace and martial arts demonstrations.



Photo by ANDREW BUCKLEY /The Observer

The crowd watches a fashion show of traditional Chinese clothing during the 12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet on March 8, 2014, at the Humble Civic Center.



Photo by ANDREW BUCKLEY /The Observer

A dragon dances through the crowd during the 12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet on March 8, 2014, at the Humble Civic Center. The event featured guest speaker Bill "Superfoot" Wallace and martial arts demonstrations.



Photo by ANDREW BUCKLEY /The Observer

A dragon visits with audience members during the 12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet on March 8, 2014, at the Humble Civic Center. The event featured guest speaker Bill "Superfoot" Wallace and martial arts demonstrations.

Area's Best Business Review

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Wang's Martial Arts
92- B Wilson Road

Humble, TX 77338

(281) 682-3387, (281) 548-1638

www.WangsMartialArts.com

<u>KUNG-FU</u>		
Adults	(Age 15-98)	Tue. Sat. 11:00 - 12:00 Noon
		Mon./Tue./Thur./Fri. 7:00 - 8:00 PM
		Mon./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
		Tue./Thur. 7:00 - 8:00 PM
		Saturday 10:00 - 11:00 AM
Family class	(Age 5-98)	Tue./Thur. 5:00 - 6:00 PM
		Tue./Thur. 7:00 - 8:00 PM
		Mon./Tue./Wed./Thur./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./Thur. 8:00 - 9:00 PM

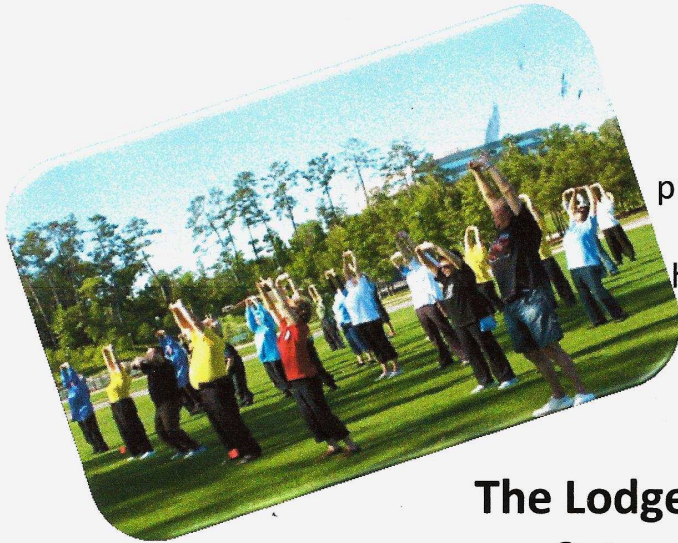
Name: _____ is guest of _____ .

(Name of current student)

The current student will get \$10 gift card of Starbuck.

World Tai Chi & Qigong Day

Tai Chi Day – The Woodlands



Witness area students as they join practitioners throughout the world in a group demonstration. Learn the health benefits of tai chi and qigong. Free activities include tai chi and qigong workshops and demonstrations by local schools.

The Lodge at Rob Fleming Park

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www.taichidaythewoodlands.org

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call 281-210-3950 or email recreation@thewoodlandstowndship-tx.gov



Kung Fu Rank Test Results - 2/8/14

Age 5 - 8 years old

Kim Limones - Yellow
Alfred Kai Marayag - Yellow/Stripe
Kawaku Charles - Yellow/Stripe
Jarrett Almond - Yellow/Stripe
Aiden Trayal - Orange
Noe Zelaya - Orange/Stripe
Santiago Guerrero - Green
Jack Robinson - Green
Hugo Campa - Green/Stripe
Nick Limones - Purple
Ethan Fu - Blue



Age 9 - 14 years old

Mathilde LeBon - Yellow/Stripe
Anne Guterrez - Yellow/Stripe
Kendall Peoples - Yellow/Stripe
Francisco Zelaya - Orange/Stripe
Dezie Hellsten - Green
Joseph Hellsten - Green
Daniel Rosendo - Green
Gregory Strickland - Purple/Stripe
Madeline Briles - Purple/Stripe
Brandon Sarton - Purple/Stripe
Ian Fu - Blue
Jerod Rosenbarker - Red
Libeth Nunez - Red
Luis Nunez - Red
Brandon Bush - Red/Stripe



Age 15 - 108 years old

Ruby Abbott - Yellow
Therese Harris - Yellow
Michael Gamoras - Yellow
Joel LeBon - Yellow/Stripe
Mara Contreras - Yellow/Stripe
Cleveland Glen - Yellow/Stripe
Clemend Lebon - Orange
Laura Dore - Orange/Stripe
Chantel Moody - Orange/Stripe
Francisco Espinoza-Rocha - Orange/Stripe
Liliana Campa - Green/Stripe
Dennis Cruz - Purple/Stripe
Roberto Alverado - Blue/Stripe
Charles Cates - Blue/Stripe



Congratulations!

Kung Fu Rank Test Result - 3/22/14

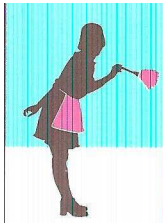
Age 15 - 108 years old

- Ruby Abbott - Yellow/Stripe
- Therese Harris - Yellow/Stripe
- Francisco Espinoza-Rocha - Green
- Chantel Moody - Green
- Dennis Cruz - Blue
- Roberto Alvarado - Red

Age 9 - 14 years old

- Joseph Hellsten - Green/Stripe
- Dezie Hellsten - Green/Stripe





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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

Baisc Sabre



Date: May 09, 2014 (Friday)
May 16, 2014 (Friday)
May 23, 2014 (Friday)

Time : 8:00 - 9:00 PM

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

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.)

Fee : \$39.00
\$19.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

LEGENDS OF KUNGFU

World Martial Arts Championship
世界武林名劍大會武術錦標賽

July 18 - 20, 2014

Hilton DFW Lakes
Executive Conference Center
Dallas - Fort Worth Airport Area, Grapevine, TX



Greetings!

We would like to invite you to the 2014 LEGENDS of Kung Fu World Martial Arts Championship. This will be the 16th annual LEGENDS Main Event and will be in conjunction with the USA Chin Woo Federation's 27th Anniversary!

Come see and be a part of all styles of Kung Fu & Taiji from around the world, experience demonstrations by Masters & Grandmasters and a Lion Dance show. Hosted by the USA Chin Woo Federation and sanctioned by the US Traditional Kung Fu Wushu Federation, we aim to make your visit to Dallas pleasant & memorable, and to present you with another immensely challenging competition that you will enjoy! We hope to see ya'll there!

Jimmy Wong
Tournament Chairman & Chief Organizer
President, USA Chin Woo Federation



Mailing Address for Registration Forms & Inquiries:

Chin Woo Tournament Inc.
1778 N. Plano Rd. Ste. 108
Richardson, TX 75081

Phone: (214) 878-4598
Email: legendsofkungfu@gmail.com



WWW.LEGENSOFKUNGFU.COM



Wu Martial Arts Association

9777 Harwin Dr., #509 • Houston, TX 77036
(713) 780-4007 • www.wumartialarts.org

Dear Shifu:

Please post the following information to your students to encourage them to continue their hard working in the martial arts field.

The purpose of the scholarship:

Over the years, we have seen the positive benefits and effects of Chinese martial arts on adolescents and adults alike. We find that it enhances physical strength and mental well-being. We also find that the art brings people together. Relationships are formed, and friendships are forged. The practice of the art also promotes the preservation of an ancient art, a culture, and the countless virtues that come with it.

So Wu martial Arts Association decided to offer scholarship to college or college bound students, in order to award their **persistence** and **dedication** in Chinese Martial Arts. We take application for 2014 from Feb.1 - May 30. Please check detail and get application form from our website: www.wumartialarts.org.

Sincerely,
Ernie Wu

宏武協會基金會鼓勵青年學子申請獎學金

宏武協會秉持中華武術真正價值是宏揚武德，文化薪火相傳，而武術修行法則在於「動靜並修、內外兼養」，增進國民身心健康，培育文武兼備優秀人才，尊師重道，謙恭待人，熱誠服務，慈悲為懷，提升身心靈整體的健康，培養出圓融無礙的健全人格，和衷共濟，促進社會祥和。

為鼓勵海外學生們更好的學習中華文化和中華武術功夫，特別成立基金會，提供獎學金子高中應屆畢業生及大一至大三學生，以臻達構建多民族文化元素的和諧社會。

獎學金申請自 2014 年 2 月 1 日 至 5 月 30 日，申請資格須要練習武術四年以上，在武術上有優良表現及貢獻，學業平均在 B 以上，尊師重道嚴守武德，表格寄至宏武協會(Wu Martial Arts Association) 9777 Harwin Dr. #509, Houston, TX 77036。凡申請獎學金事項，請至網站 www.wumartialarts.org 查閱下載或電話聯絡(713)780-4007。

宏武協會會長吳而立

Eligibility:

Applicants to the Scholarship Program must, at the time of the application:

- ▲ Be a U.S. citizen;
- ▲ Plan to enroll full-time as an undergraduate at an accredited U.S. four-year college or university for the entire upcoming academic year;
- ▲ Have studied one or more styles of Chinese Martial Arts – Kung Fu, Wu Shu, Tai Chi, or Shuai Jiao – for a minimum of four (4) years; and
- ▲ Have a minimum average GPA of 3.0 on a 4.0 scale (average B); and
- ▲ Be able to provide necessary proof for the above.

Selection Process:

Scholarship recipients are selected based on the following factors:

- ▲ Achievements in martial arts (e.g., tournament participation and medals, contribution to the advancement of martial arts);
- ▲ Academic achievement;
- ▲ A one to two page essay explaining what the study of martial arts has meant to the applicant (double-spaced, 12 pt, Times New Roman font) ; and
 - *The applicant consents to the publication and use of the essay by WMAA.
- ▲ Two recommendation letters.

Award Amount

Awards are for undergraduate study and pertain to a single academic year. For the year 2014, the Wu Martial Arts Scholarship will make awards of \$1000 to one male and one female students.

Application Procedure:

All applications must be submitted in writing on or before May 31, 2014 to:

Wu Martial Arts Association Scholarship
9777 Harwin Drive, #509
Houston, TX 77036

Applicants are responsible for submitting all materials on time and in ONE ENVELOPE.

Incomplete applications will not be evaluated. Applications are complete and valid only when all of the following materials have been received:

Applicants should submit the following:

- ▲ Completed application form,
- ▲ Copy of your college acceptance letter (for entering Freshmen only),
or other documentations reflecting an intent to enroll for college/university admission in the upcoming academic year.
- ▲ Proof of enrollment and/or participation in Chinese martial arts for the past four (4) years.
- ▲ School transcript for the past academic year.
- ▲ Two recommendation letters.
- ▲ A one to two page essay explaining what the study of martial arts has meant to the applicant

Selection of recipients is made at the discretion of the Wu Martial Arts Association upon consideration of the above factors. Family members of the Association are ineligible to participate.



Wu Martial Arts Association

9777 Harwin Dr., #509 • Houston, TX 77036

(713) 780-4007 • www.wumartialarts.org

Application Form

2014

1. Application Data

Last Name _____ First Name _____ Middle Initial _____

Permanent Home Mailing Address _____ Apt. # _____

City _____ County _____ State _____ Zip _____

Home phone _____ Cell phone _____

Email address _____

Date of Birth: Month _____ Day _____ Year _____

Are you a U.S. Citizen? Yes No (You must be a U.S. citizen to apply)

Gender: Male Female

Race/Ethnicity: American Indian/Alaska Native African American Multi-Racial

(optional) Caucasian Asian Hispanic/Latino Native Hawaiian/Pacific Islander

Where did you hear about the Wu Martial Arts Scholarship Program

2. Family / Household Information

With whom do you live?

Name	Relation to you	Age

Total Household Income \$0-\$24,999 \$25,000-\$49,999 \$50,000-\$74,999 \$75,000-\$99,999 \$100,000+

Where were you born? (Country) _____ How long have you lived in the U.S.? _____

Is English your first language? Yes No If not, what is your first language? _____

Are you among the first generation in your immediate family to attend college? Yes No

3. High School and College Data

School Name _____ City _____ State _____

Graduation Date: Month _____ Year _____

If you are in the high school, please list the college you plan to attend in 2014.

School Name _____ City _____ State _____

Expected Year in School: Fresh Soph. Jr. Sr.

List all special awards and honor you have received in the past four years (in high school or college).

Special Awards/Honors	Received From	Date Received

4. School Activities

List all school activities in which you have participated in the past four years (e.g. student government, music, sports, etc.) Note all offices held.

Activity	Number of Years	Offices held

5. Community Service / Volunteer Activities

List all community activities in which you have participated without pay during the past four years.

Organization	From (mo/yr)	To (mo/yr)	Activities

5. Martial Arts Experience (attach additional sheets ads needed)

List all martial arts activities in which you have participated,

Organization/Sifu	From (mo/yr)	To (mo/yr)	Style/Description

6. Martial Arts Competition (attach additional sheets as needed)

List all martial arts tournaments attended and any medals and awards received if applicable.

Organization	Tournament Name/Location	National, Regional or Local	Date	Award / Medal

7. Rank, GPA and Test Score Information from School Official for Entering Freshmen

Please have this section completed by the appropriate school official. In addition, an official transcript of grades **MUST** be sent with this application. **A clear explanation of the school's grading scale must also be submitted.** Grade reports are not acceptable.

Class Rank	Cumulative GPA	SAT			ACT				
		Critical Reading	Math	Writing	English	Math	Reading	Science	Comp
Applicant Ranks _____	Weighted _____ /4.0								
On a class of _____	Unweighted _____ /4.0								

School Official's Signature _____ Date _____ Title _____

8. Required Attachments

- Copy of your college acceptance letter (for entering Freshmen only) or other documentations reflecting an intent to enroll for college/university admission in the upcoming academic year.
- Proof of enrollment and/or participation in Chinese martial arts for the past four (4) years.
- School transcript for the past academic year.
- Two recommendations letters.
- A one to two page essay explaining what the study of martial arts has meant to the applicant (double-spaced, 12 pt, Times New Roman font). *The applicant consents to the publication and use of the essay by WMAA.

9. Statements and Signatures

I acknowledge all decisions are made by the Wu Martial Arts Association. I certify that I meet the eligibility requirements of the program as described in the guidelines and the information provided is true, complete and correct to the best of my knowledge. If requested, I will provide proof of information such as the first two pages of my parent(s)/guardian(s)' most recent IRS Form 1040. Falsification of information may result in termination of any award granted.

Applicant's Signature _____ Date _____

Parent's or Guardian's Signature _____ Date _____

(Required if applicant is under age 18)

Inner-school tournament result - 3/29/14

Kung Fu FORM

Ages 5-8 Beg. - 1st. Alfred Marayag, 2nd Charles Kwaku, 3rd Aiden Trayal

Int. - 1st. Melanie Campa, 2nd Joseph Alonso

Ages 9-14 Int. - 1st. Madeline Briles, 2nd. Liliana Campa, 3rd. Ayden Sowers.

Adv. - 1st. Kevin Papa, 2nd. Valerie Campa

Ages 15-80

Beg. - 1st. Therese Harris , 2nd. Chantel Moody 3rd. Ruby Abbott

Adv. - 1st. Susan Fischman, 2nd. Tennis Oliphant

Kung Fu/Tai Chi WEAPON

Ages 5 - 14 Int. - 1st. Kevin Papa , 2nd. Madeline Briles, 2nd., 3rd. Valerie Campa

Ages 15-80 Beg. - 1st. Susan Fischman 2nd. Paul Greenwood 3rd. Andie Nicholls

Tai Chi FORM -

Adv. 1st. Susan Fishman, 2nd. Paul Greenwood 3rd. Andie Nicholls

SPARRING

Ages 5-8 Beg. - 1st. Alfred Marayag 2nd. Charles Kwaku, 3rd. Aiden Trayal

Int. - 1st. Joseph Alonso, 2nd. Melaine Campa

Ages 9-14 Int. - 1st. Liliabna Campa, 2nd Madeline Briles, 3rd. Liliana Campa

Adv. 1st. Ayden Sowers, 2nd Kelvin Papa

Ages 15-80 Beg. - 1st. Ruby Abbott, 2nd. Chantel Moody

Brown/Black - 1st. Marvin Henderson 2nd. Tennis Oliphant



Gluten Epidemic Spread

Sensitivity Affects Everyone



Researchers have confirmed what many people know from practical experience. Although one might not have wheat allergy or celiac disease, detectable through standard testing, consuming foods with gluten wipes them out, causing muscle pain, indigestion, nausea and other gastrointestinal symptoms such as irritable bowel syndrome. In fact, this realization, now confirmed by science, among a growing number of otherwise normal consumers is one reason sales of gluten-free foods are increasing. Clear-cut celiac disease affects less than one % of Americans, but “a significant percentage of the general population reports problems caused by wheat and/or gluten ingestion even though they do not have celiac disease or wheat allergy,” says the February 2014 report in the *Journal of the American College of Nutrition*. “Most patients report both gastrointestinal and non-gastrointestinal symptoms and all report improvement of symptoms on a gluten-free diet.” This clinical condition has been named nonceliac gluten sensitivity (NCGS). Gluten intolerance, also known as celiac disease, involves sensitivity to the protein gluten, found in wheat, barley and rye. According to a recent survey by Packaged Facts, a consumer market research company, the two most common reasons for purchasing gluten-free products are the perception that they are healthier and can be used to manage weight, despite any evidence proving that such foods result in loss of pounds. But the new research suggests that people may be smarter than this and they just feel better going gluten-free.

- Article from Healthy Living Magazine on line



Published: April 1, 2014 Updated: 06:32 April 1, 2014

Eat Plants, Lose Weight

Vegans and vegetarians drop more pounds in obesity study.

By: Darren Garnick

A recent eight-week pilot study at the University of South Carolina concluded that vegans and vegetarians lost an average of 8.2 to 9.9 pounds compared to an average of 5.1 pounds for dieters who ate at least some meat.

The study, “How Plant-Based Do We Need to Be to Achieve Weight Loss?” divided overweight participants into five dietary groups: vegan, vegetarian, pesco-vegetarian, semi-vegetarian, and omnivorous.

All of the diets emphasized low fat and low -glycemic-index foods but did not require participants to restrict their calorie intake. Here’ s how the groups compared in terms of mean percent loss of body weight:

- Vegan: -4.8 percent
- Vegetarian: -4.8 percent
- Pesco-Vegetarian: -4.3 percent
- Semi-Vegetarian: -3.7 percent
- Omnivore: -2.2 percent

Following up after six months, the vegans and vegetarians had lost 8 percent and 6 percent total body weight respectively compared to 3 percent for the dieting omnivores. A semi-vegetarian, also called a “flexitarian,” is someone who eats mostly plants and dairy but will occasionally eat meat.

Lead researcher Brie Turner-McGrievy, PhD, said that because the nonmeat meals were already less caloric (and contain less saturated fat), some dieters may find vegan and vegetarian eating patterns easier to adopt for weight loss without the burden of obsessively counting calories.

Dr. Turner-McGrievy noted that only 50 percent of the participants in the study were able to strictly adhere to their designated diets, but she described the “cheating” as minimal.

“Our vegan group said they just wanted a little bit of Parmesan cheese. The vegetarian group said they just wanted to add a little fish. The semi-vegetarians said they just wanted to add a little red meat,” she said. “Everyone wanted to bump up just a little bit more.”

Dr. Turner-McGrievy hypothesized that initially aiming for a strict vegan or vegetarian lifestyle will ultimately result in more plant consumption than before—even if there is cheating.

"The thinking is that if you're a nonadherent semi-vegetarian, you'll move back over to being omnivorous," she said. "But if you're a nonadherent vegan, you may go back over to pesco-vegetarian."





Published: August 24, 2009 Updated: 09:12 January 27, 2014

Looking For An Energy Boost?

The Top 10 Foods To Power Your Workout And Your Life

By: Annie Graves

It's easy to get caught up in the latest nutrition fads—magic bullets, designer foods, snappy supplements.

It seems like we're always looking for a faster, easier way to be healthy, get fit, lose weight, tone up, and feel good. We can send a man to Mars, but we can't make a food that transforms our lives? What gives? The truth is that—like most truths—it's simple.

Some basic, high-energy foods can give us the power we need to fuel our workouts and our lives, and, seemingly magically, transform our health in the process.

Here, along with a quick look at some nutrition basics, is a list of the top ten foods we'd take along with us to a desert (no, not dessert) island health club.

Back to Basics

A good workout diet includes the four basic nutrients:

- carbohydrates
- proteins
- fats
- water

Carbs supply the fuel we need to function, and they come wrapped up in fruits, vegetables, beans, whole grains, and dairy. Both simple carbs (fruits, lactose, and sucrose) and complex

carbs (starches and fibers from whole grains, veggies, and beans) convert into glucose, the main fuel for all cells, and the only energy source for the brain.

Complex carbs take longer to convert, and the fiber in carbs resists digestion as it moves through the gastrointestinal tract, cleansing as it goes, reducing the risk of colon cancer, and lowering cholesterol.

Dark-green leafy vegetables

Spinach, kale, and baby greens are good sources of free-radical-fighting antioxidants and calcium, which plays an important role in keeping muscles tuned during exercise. It also helps maintain peak bone mass. Cruciferous veggies like broccoli, cabbage, and Brussels sprouts are loaded with antioxidants that pack a punch against aging and may prevent cancer.

Whole grains

Whole-wheat breads and crackers are good sources of fiber and B vitamins. Fiber-rich grains release energy to working muscles, giving you a sustained workout fuel when combined with protein and fat. These tan-colored carbs also help balance hormones. Make sure the word “whole” is included in the names of the grains listed on the label.

Beans

Kidney, navy, black, and garbanzo beans are packed with fiber and protein, and they provide high-quality fuel to keep you moving through your paces.

Tomatoes

A good source of iron, this fruit that’s usually grouped with vegetables helps prevent certain types of cancer and heart disease, but the good news for athletes is that it also fights fatigue. Tomatoes’ antioxidant properties may be linked to their abundance of lycopene.

Garlic (and onions)

Rich in antioxidants, this dynamic duo prevents injuries and keeps the heart in peak condition. Garlic lowers cholesterol, while the components in onions may help the liver detoxify waste products. Sautéed, they make everything else taste better, too.

Berries

Antioxidant-packed berries, like blueberries and cranberries, are loaded with vitamins C and E and carotenoids, which are good for the heart and help to prevent injuries and protect against

cancer. These minuscule fruits are also filled with iron, which helps red blood cells carry oxygen and prevents fatigue.

Dried fruits

Dried figs and apricots pack a fiber punch, contain iron, and are convenient to carry for a quick pick-me-up. Drink plenty of water to accommodate the extra fiber you'll get. Protein is key to growth—we use it to make hormones, enzymes, and tissues, and it gives us energy. Our bodies break down the protein we eat into amino acids, the building blocks of all proteins. Complete proteins, like meat, chicken, fish, tofu, eggs, cheese, yogurt, and milk contain all of the essential aminos, while incomplete proteins, like leafy greens, grains, and most legumes, contain only some.

Eggs

A great source of high-quality protein, eggs are one of the few foods that contain vitamin D, along with a slew of essential vitamins and minerals, including iron for stamina, and all of the essential amino acids. Fats are essential for good health, brain development, and energy. The three major types of fatty acids include saturated, found mostly in dairy foods and fatty meats; polyunsaturated, in safflower, corn, and sunflower oils, and certain fish; and monounsaturated, in nut and vegetable oils like olive and canola.

Nuts

Protein-rich nuts provide important vitamins and minerals needed for muscle recovery and repair, as well as healthful fats.

Olive oil

Fundamental to the Mediterranean diet, this delicious oil partners naturally with tomatoes, enhancing their antioxidant qualities. Choosing olive oil as your major source of dietary fat may protect against colon, breast, and skin cancer, as well as coronary heart disease, diabetes, and aging, while helping to reduce blood pressure levels. We all know that a healthy heart is a prerequisite to a happy workout!



Published: October 30, 2013 Updated: 11:58 March 25, 2014

Clean With Safe, Natural Products

Isn't your health worth a little extra effort?

By: Carol Ferguson

One New York mother recently tossed out her commercial cleaners after her child's school started using environmentally friendly cleaning products. "You could tell the difference" between natural cleaners that use biodegradable surfactants, citrus oil, food-grade nontoxic oxygen stabilizers, hydrogen peroxide, and water and the standard cleaning products "our moms used," she explained.

Why Clean Green?

"Only about 2,000 of the chemicals in commercial use have been evaluated by the National Toxicology Program," says Ann Louise Gittleman, PhD, CNS. Some spray glass cleaners, for example, contain the neurotoxin butyl cellosolve, which can be absorbed by the skin. Carpet shampoos and upholstery cleaners emit ammonia, ethanol, and perchloroethylene that can disrupt endocrine and nervous system activity. Many detergents and fabric softeners can cause allergies and eye irritations, while some air fresheners contain toxins that can disrupt liver metabolism and lung capacity.

An Environmental Protection Agency study finds that toxins in household cleaners are three times more likely to cause cancer than outdoor air. Children, the elderly, and persons with chronic conditions are most at risk from household toxins.

If that's not reason enough to switch to natural cleaners, consider that many of the toxins are petroleum based, meaning that their use helps contribute to global warming. Approximately 500,000 tons of commercial cleaners are washed down American drains every year, contributing to water pollution.

Try Natural Alternatives

To avoid petroleum products, use vegetable-based castile soaps. Dr. Gittleman recommends mixing 1 c liquid castile soap with 1/4 tsp baking soda, 1/4 tsp tea tree extract, 2 Tbsp witch hazel extract, and (if you prefer) 4 drops of your favorite essential oil. Other safe, natural cleaning substances include vinegar, Borax, liquid jojoba wax, and lemon juice.

Natural cleaning products may require a bit more elbow grease to replace toxic chemicals, and you may have to repeat applications to remove stains. But isn't your health—and that of your family's—worth a little extra effort?



Published: March 20, 2014 Updated: 05:56 March 20, 2014

What's The Difference Between Salt and Sodium?

How much is too much when it comes to salt?

Most people think salt and sodium are the same thing, but they're not. While both are minerals, the salt we put in shakers is sodium (Na) plus chloride (Cl). Typically, the ratio in the salt we use is 40 percent sodium and 60 percent chloride.

It's the 40 percent that concerns those in medicine when it comes to our diets, high blood pressure, stroke, and kidney disease.

How much do you need?

The Institute of Medicine sets adequate intake levels of sodium at 1,500 milligrams (mg) per day. By contrast, most Americans consume more than 3,000 mg per day.

If you're a healthy adult, one rule of thumb is to try not to go over 2,300 mg. 1,500 mg should remain the guideline for those 51 or older, African Americans, and those with high blood pressure, kidney disease, or diabetes. To give you a sense of scale, it only takes one teaspoon of table salt to reach 2,000 mg.

Some have argued that sea salt, because it offers a more robust taste that regular salt, requires less to provide that enhancement people seek in their food, and therefore allows people to consume less. But it's important to note that sea salt has the same sodium content as regular salt.

Why we need sodium

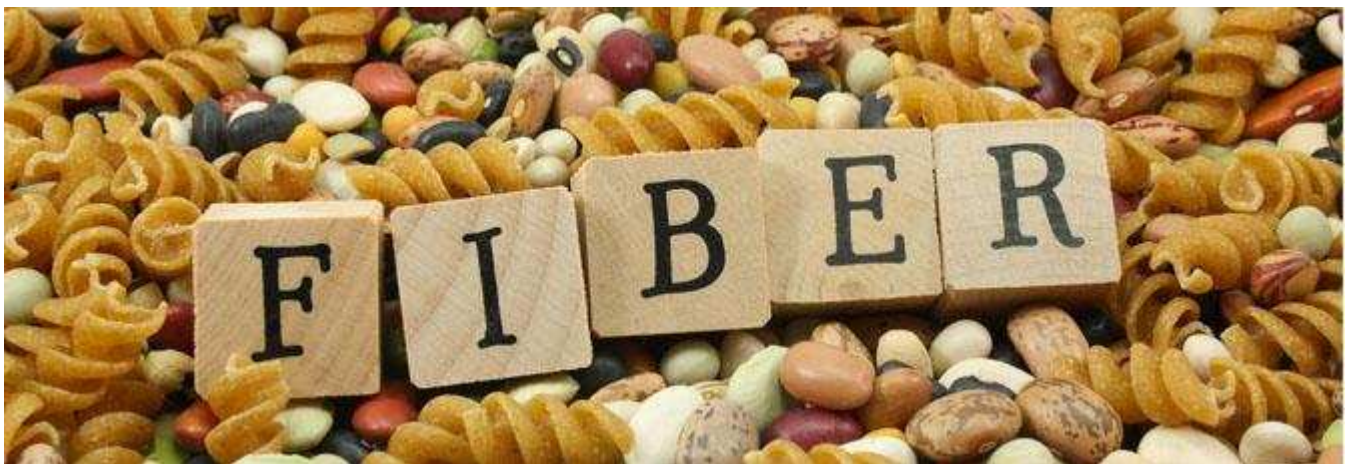
While we need to be mindful of our salt consumption, salt does play an important role in health. It's an essential element for nerve and muscle function and healthy cells; it also helps balance the body's pH, fluids, and electrolytes.

The good news is that you can easily achieve proper salt consumption by basic food selection.

The primary reason Americans ingest more salt than they should is because our diets can favor processed foods, which require more salt to preserve. The next time you're in the store, check out a can of soup or tomato sauce—the sodium levels are unusually high.

Same with cured meats, processed cheese, fast food, condiments, salted nuts, and more. By choosing foods like fresh fruits and veggies, you can take a dramatic leap toward reducing your salt consumption.

Want to see how salt savvy you are? Try this [quiz](#) from the American Heart Association.



Berried Treasure

By Neil Zevnik

Packed with antioxidants and bursting with flavor, berries are a wholesome summertime treat



They may be tiny, but bramble berries—raspberries, blackberries, boysenberries, youngberries, olallieberries, and the like—offer a serious dose of nutrients that can help protect against disease. First and foremost is ellagic acid, which is largely exclusive to these berries. Combined with the anthocyanins also found in berries, ellagic acid is a formidable fighter against the formation of cancer cells. These nutrients also have antimicrobial properties, which can help ward off maladies such as yeast infections and irritable bowel syndrome.

And it doesn't stop there. A remarkably high fiber content due to the aggregate structure of the fruit, combined with a massive dose of vitamin C and plenty of manganese and B-vitamins, contributes to placing these berries at the top of the fruit-heap for antioxidant strength. And remember that old adage, "The darker the berry, the sweeter the juice"? Well, it's "the healthier" too—those deep dark colors indicate the presence of an abundance of anthocyanins in every delectable mouthful.

Picking & Storing

When shopping for berries, always try to go organic. Berries are fragile, and washing them can be problematic, so it's especially important that they be free of pesticides. Berries should be dark-hued, firm, and plump-looking. Keep an eye out for mold, and make sure no berries are crushed, especially if you're buying a container—crushed fruit will deteriorate rapidly. If you see juice or wetness along the sides or bottom of a container, put it back and grab another one.

Use your berries quickly as possible, as they will keep in the fridge for only a day or two. If you wish to keep them longer, they can be frozen without loss of nutrients.



Healing Herbs

By Neil Zevnik

Ginger and lemongrass add zest to your meals and a boost to your health

Feeling a little short on cash these days? Plant some ginger in your yard and it will guarantee prosperity. Or maybe you're apprehensive about dragons and serpents? A few stands of lemongrass around your home should effectively repel them. Looking to attract and hold onto a lover? A bath perfumed with lemongrass should do the trick. Or so certain bits of folklore from around the world would have us believe.

Whether or not these tales are true (and I must confess to a slight skepticism), there are other benefits to be derived from these aromatic plants. And rather than nutritional, the benefits to be found here are largely medicinal, with ginger proving itself to be a serious aid in combating an array of ailments, and lemongrass (also known as "fever grass") being helpful with several common maladies.

Ginger's most prominent effect is gastrointestinal. Got an upset stomach? Get ginger. Suffering nausea from chemotherapy? Get ginger. Prone to motion sickness? Get ginger. Studies have proven that the ingestion of small amounts of ginger can eliminate intestinal gas and alleviate multiple symptoms of motion sickness; and because it has no known side effects, ginger is especially useful for morning sickness in pregnant women, as it poses none of the risks that nausea medicines might create.

And its usefulness doesn't stop there. Ginger contains powerful anti-inflammatory compounds called gingerols; in numerous studies, consumption of ginger has been linked to relief from arthritis symptoms. Some in-vitro studies have also suggested that gingerols may inhibit the growth of colorectal cancer cells and cause the death of ovarian cancer cells.

Lemongrass is a bit more mundane in its benefits, but no less desirable. In Ayurvedic medicine, it is used to treat coughs and nasal congestion. The essential oil derived from lemongrass is used to repel insects, employed in soaps as an antiseptic, and applied to the skin to combat fungal infections. And a friend of mine who grew up in the South informed me that whenever



she had a fever as a child, her grandmother invariably brewed a posset of “fever grass” to fight it.

Also, a recent study suggests that lemongrass may share one of the properties of ginger: research at Ben-Gurion University in Israel indicated that in vitro, the active ingredient in lemongrass, citral, caused the death of cancer cells while leaving normal cells untouched.

So whether you use them to treat an existing condition, or ward off a potential one, ginger and lemongrass are excellent additions to your culinary health arsenal. Maybe you won't get rich, or find a paramour, or even escape from dragons; but your body will thank you anyway.

The "Other" Ginger

If you're a fan of Asian cooking, you may have run across recipes calling for galangal, which usually suggest ginger as a substitute. That's because ginger and galangal come from the same family; and that being so, galangal has many of the same beneficial effects as ginger. They look similar, too, though galangal is paler and harder to cut. But the flavor of the galangal is more nuanced and intriguing. Rather than the aggressive bite of ginger, you'll find a milder heat with hints of citrus and notes of pine and earth.

So when a recipe calls for galangal, make an effort to find some—it's a unique culinary treat. Most Asian markets will have some on hand, and it makes an awesomely subtle tea that offers the same health benefits as ginger.



