

# Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387  
E-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

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

## February 2017 Newsletter Summary



- 02/03/17 - Advanced Sabre class start.
- 02/04/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 02/11/17 - Kung Fu rank test.
- 02/13/17 - Kung Fu rank test.
- 02/18/17 - February Birthday Party.

On Saturday, January 21, 2017, Wang's Martial Arts held its 15th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The buffet style vegetarian meal was prepared for the health of all guests, & kindness to animals.

After enjoying a delicious and filling meal, Victor Makris playing on guitar - very impressive! There was Chinese Fashion show, WMA students, family and friends showed off lovely silk like garments.

The MC for the evening, Mr. Victor Makris, warmly welcomed everyone to the festivities and honored the present black belts (Rafael Gonzalez, Allen DeWoody, Marvin Henderson, Daniel Thibodeaux, David Barnes, Abel Martinez, Ed Green, Mariyn Kidd, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Jeannette Adams, Padraic Gilbert, Polly Ferguson, Doug Jasper, Lisa Jasper, Margaret Swavely, Jack Santos, Chantel Barnes, Karen Clarke, Roberto Avarez, ) with large Chinese greeting card for their time and effort at the studio. Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! There were numerous smiles and flashes of the camera.

The entertainment program started with fabulous Chinese Lion Dance with three lions and music team by Shaolin Kung Fu Academy. There were many smiles and joyful children. Kung Fu demonstration by Wang's Martial Arts students. There are Chinese custom with red envelopes and many nice door prizes. Once again the banquet was a great success thanks to everyone at WMA, their family and friends.



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  
Marilyn Kidd (9/1/16) - \$200.00  
Padraic Gilbert (1/21/17) - \$100

**Total - \$3823.98 - \$300 - \$300 - \$1000 - \$2000 = \$223.98**

**\$300 scholarship to Ms. Megan Payne on 06-04-12**  
**\$300 scholarship to Mr. Wilfred Hung on 06-24-13**  
**\$1000 scholarship to HISD student on 01-30-2016.**  
**\$1000 scholarship to HISD student on 01-21-2017.**  
**\$1000 scholarship to HISD student on 01-21-2017.**

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

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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

#### 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.

#### **Black Belt Club & Accelerated Program**

##### **Tournament Competition Class:**

Date: 2-20-17 (Monday)  
Time: 8:00 – 9:00 pm

##### **Conditioning & Reaction Drill Class:**

Age 5 – 14 years old  
Date: 2/9/2017 (Thursday)  
Time: 8:00 – 9:00 pm

Age 15 – 98 years old  
Date: 2/02/2017 (Thursday)  
2/09/2017 (Thursday)  
2/16/2017 (Thursday)  
2/23/2017 (Thursday)

Time: 8:00 – 9:00 pm

#### **New Student:**

Sergzo Gonzalez,	Mohamed Elalfy,
Monica Johnston,	Richard Olson,
Gwendolyn Doan,	Charbel Bechara,
Juan Ceja,	Bruce Varley.

**Welcome!**

#### **Kung Fu Rank Test**

Date: 5-14 yrs: 2-11-2017, Saturday, 1:30-3:30 pm  
15 yrs +: 2-11-2017, Saturday, 3:30-5:30 pm  
5 - 108 yrs: 2-13-2017, Monday, 6:00-8:30 pm

Must register on or before 2-9-2017.  
Test fee : \$40.00 and up

#### **Brown and Black rank test**

April 11, 2017 (Tue.) 6 – 8 pm  
April 14, 2017 (Fri.) 6 – 8 pm  
April 15, 2017 (Sat.) 9 am – 3 pm

#### **Red, Brown and Black Belt Class**

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

#### **February Birthday**

Padraic Gilbert 2-11  
Remi Dickinson 2-13  
Mark Limones 2-17  
Samuel Papa 2-9  
Conner Roll-Bush 2-14  
Laura Dore 2-4  
Jackson Robinson 2-10  
Julie Kerr 2-10  
Esperanza Saucedo 2-1  
Allison Golla 2-4  
Diogo Ordonez 2-8  
Jerod Rosenbarker 2-12  
Affryea Charles 2-17  
Santiago Aquino 2-7  
Brandon Gordon 2-9  
Pamela Alcaine 2-16  
Michael Redic 2-24  
Nickelus Moreno 2-6  
Delvin 2-19  
Conner Roll-Bush 2-14  
Kamrie Abbs 2-17

***Happy Birthday***



#### **Tai Chi Rank Test**

Date: 3-18-2017 ( 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.





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e-mail: wang3888@embarqmail.com  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Birth Day Party for Wang's martial Arts students

Date: February 18, 2017 (Saturday)  
Place: Wang's Martial Arts  
5311 FM 1960 E. #J  
Humble, TX 77346  
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of February. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

Time: 2:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),  
3:00 pm - Veggie lunch (Veggie Fish, Veggie Egg Roll, Veggie Dumpling, Organic spinach Cheese Quesadilla. No soft drink/replace with Bottled water).

3:45 pm - Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.  
4:00 pm – Party end.

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REGISTRATION FORM - Reservation before February 16, 2017. No late registration.

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

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

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

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

Phone (cell): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

Number of guest: \_\_\_\_\_, Amount Paid: \$ \_\_\_\_\_.

# Family Special

## Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b> (12 to 13 lessons in a month)	<b>\$149.00</b>	<b>\$134.00</b>	<b>\$74.50</b>	<b>\$74.50</b>	<b>Free</b>
<b>Uniform</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

### KUNG-FU class schedule

Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri.  Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM  10:00 - 11:00 AM

### TAI CHI CHUAN

All ages	Tue. Sat. Mon./Wed./Fri. Wed. Tue.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
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### Wang's Martial Arts

5311 FM 1960 E. #J  
at Timber Forest Dr.  
Humble, TX 77346

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

[www.WangsMartialArts.com](http://www.WangsMartialArts.com)

**Free Uniform by bringing in this flyer before March 1, 2017.**



Guest Name: \_\_\_\_\_, by student \_\_\_\_\_

Date: \_\_\_\_\_ (Current student will receive One Hour Private Lesson).



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

**INNER SCHOOL TOURNAMENT**

Date: 3-11-2017 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
5311 FM 1960 Road E. #J  
Humble, TX 77346  
(281) 548-1638, (281) 682-3387  
Entry Fee: \$45.00 up to two events  
\$5.00 additional event  
\$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

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 \_\_\_\_\_

# Kung Fu Rank Test Results - 12/12/16

Age 15 year old and +

Miguel Cacanoin - Yellow  
 Joshua Stockton - Yellow/stripe  
 Harry Eugene - Green  
 Joanna Mayo - Green/stripe  
 Mathilde Le Bon - Green/stripe  
 Jeffrey Villarde - Purple  
 James Mayo - Blue  
 Magdelan Arce - Blue/stripe  
 Clement Le Bon - Blue  
 Cleotis Washington - Blue/stripe



Age 9 - 14 years old

Elyse Fu - Yellow  
 Jeremy Rangel - Yellow/stripe  
 Tori Archinal - Orange/stripe  
 Julius Herron, II - Red/stripe

Age 5 - 8 years old

Paul Tang - Yellow/stripe  
 Danna Caceres - Yellow/stripe  
 Nickelus Moreno - Green  
 Jordyn Mayo - Blue

Brown & Black Belt Test - 10/15/2016

Alfred Kai Marayag - Brown,  
 Ruby Abbott - Brown/stripe,  
 Joel Le Bon - Brown/stripe,  
 Deztanie Hellsten - Brown/stripe,  
 Joseph Hellsten - Brown/stripe,  
 Adela Limones - Brown/stripe,  
 Chantel Barnes - Black (1st),  
 Padraic Gilbert - Black (2nd).



Tai Chi test Result - 12/17/2016.

Bill Campbell - Yellow  
 Chris Duffy - Yellow  
 Richard Sibley - Yellow  
 Sean Moore - Yellow  
 Cynthia Pate - Green  
 Sammie Pate - Green  
 Ruby Abbott - Purple



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## Sabre Class

Date : March 10, 2017 (Fri.)  
March 17, 2017 (Fri.)  
March 24, 2017 (Fri.)  
March 31, 2017 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts  
5311 FM 1960 Rd. E. #J  
Humble TX, 77338  
(281) 548-1638  
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

(15-80 years old, Yellow belt & above.)  
( 9-14 years old, Green belt & above)



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### REGISTRATION FORM

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

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

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

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

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

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_



# Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

**To celebrate**

**New Year.**

**Buy American Made.**





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## Avon

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Sales Associate  
Monicapiel23@gmail.com

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Humble Tx 77347

832-445-8715

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twitter: @bizzymamas





Wang's Martial Arts

**For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.**

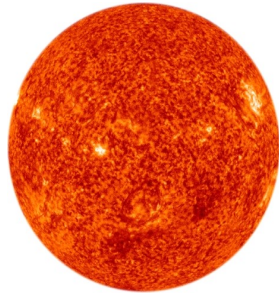


**Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.**

**Wang's Martial Arts is caring for & feeding these animals.**







# TRUE SOUTH ENERGY

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100% Clean & Sustainable Solar Energy!*

## **YOU CAN**

- **Generate Your Own Electricity**
- **Offset up to 100% of your kWh Charges on your Electrical Bill**
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- **Qualify for Property Tax & Franchise Tax Exemptions**
- **Take Advantage of Federal Income Tax Credits (30% of System Cost in 2016)**
- **Contribute to National Security through Energy Independence**
- **Reduce your Carbon Footprint**

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- **Turn-Key Systems**  
**Professional Design, Engineering, Permitting and Installation**

**Call (512) 909-3515 Today for a Free Solar Consultation**

We will:

- Assess your energy needs** based on past utility bills
- Determine the ideal location** for solar energy production
- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical bills

*Mention this ad for special pricing available only to  
**Wang's Martial Arts**  
students and families*

For the benefit of everyone's health, eat Organic vegetables, fruits, grains and be kind to all animals.



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Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Schedule:

- 02/03/17 - Advanced Sabre class start.
- 02/04/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 02/11/17 - Kung Fu rank test.
- 02/13/17 - Kung Fu rank test.
- 02/18/17 - February Birthday Party.
  
- 03/04/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 03/10/17 - Basic Sabre class start.
- 03/11/17 - Wang's Martial Arts inner-school tournament.
- 03/18/17 - Tai Chi Rank Test.
- 03/18/17 - March Birthday Party.
- 03/24/17 to 03/26/17 - World Star Chinese Martial Arts Competition.





T-Shirt days  
Wednesday & Saturday class  
(Unless if we have special event, rank test, demonstration  
need to be in full uniform).



\$12.00



 **WORLD STAR**  
**CHINESE MARTIAL ARTS COMPETITION**  
**世界之星中華武術錦標賽**

Date: **March 24 - 26, 2017**  
Place: Westchase Marriott, Houston, Texas



**GRAND CHAMPION  
CUPS**

Honor medals will be awarded  
to all kids 12 and under  
who place after 3rd.

**More than 400 Divisions**

Tradition Kung Fu  
Wushu  
Taichi  
Xing Yi  
Bagua  
Wing Chun  
Chi Sao  
Sparring  
Push Hands  
& Much More ...

**EVENT SCHEDULE**

**FRIDAY, MARCH 24, 2017**

6 - 8 p.m. *On-Site Registration*

**SATURDAY, MARCH 25**

8:00 a.m. *On-Site Registration*

9:30 a.m. *Open Ceremony*

10:00 a.m. *Competition Starts*

**SUNDAY, MARCH 26**

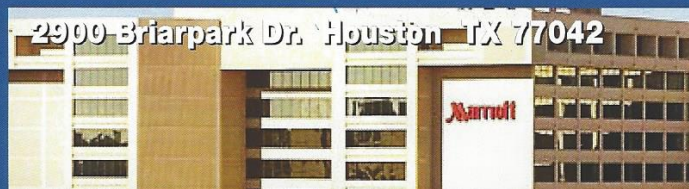
7:30 a.m. *Seminars*

**10:00 a.m.**

★ Chinese Martial Arts EXPO

★ GRAND CHAMPION Award Ceremony

★ Wu Martial Arts SCHOLARSHIP Award Ceremony



2900 Briarpark Dr. Houston TX 77042

To make reservations please call **800-452-5110**  
and mention **"Kung Fu Competition"**

Registration and more details, please check: [www.kungfuppetition.com](http://www.kungfuppetition.com)

Contact: **Wu Martial Arts Association / Ernie Wu**

**713-780-4007** • E-mail: [wumartialartsassociation@gmail.com](mailto:wumartialartsassociation@gmail.com)

# World Star Chinese Martial Arts Competition (WSCMAC)

www.kungfupetition.com

Phone (713) 780-4007  
 Fax (713) 780-8684  
 wumartialartsassociation@gmail.com

## Registration Form / Mar. 24-26, 2017

Date: \_\_\_\_\_ /2017

(Please Print Clearly)

Name: \_\_\_\_\_  
Last Name MI First Name

Birthday: \_\_\_\_\_ Weight: \_\_\_\_\_ Years of Training: \_\_\_\_\_

Home Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Martial Arts School: \_\_\_\_\_ Instructor: \_\_\_\_\_

School Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

School Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### DIVISION

Enter competition division number below. (\*check www.kungfupetition.com for division number)

• **First register last compete.**

★ **Honor medals will be awarded to all kids 12 and under who place after 3rd.**


**Fee** \$65 (includes 1st event) **Early Registration** - must be received by 3/10/17 ..... \$ \_\_\_\_\_

\$85 (includes 1st event) **Registration** if received **after 3/10/17** ..... \$ \_\_\_\_\_

\$20 per additional event after the 1st event ..... ( \_\_\_\_\_ x \$20) .. \$ \_\_\_\_\_

the box, **\$20 for each Grand Champion (Level IV only\*\*)** .. ( \_\_\_\_\_ x \$20) .. \$ \_\_\_\_\_

**Spectator:** Adult ( \_\_\_\_\_ x \$20), Kids (7-12) ( \_\_\_\_\_ x \$10), Kids (6 & under) **Free** .. \$ \_\_\_\_\_

**Chinese Martial Arts EXPO (Sunday, March 26 10 AM)** ..... \$ \_\_\_\_\_

*Admission \$10; FREE for kids (12 & under), FREE for competitor or with spectator ticket*

\*\*\* All fees paid are non-refundable \*\*\*

Cash  Check# \_\_\_\_\_ **TOTAL \$** \_\_\_\_\_

**Register before 3/10/2017**, Online or paid by money order or check payable to **WMAA** (Wu Martial Arts Association)

Send **signed** registration form and **payment** to: **WMAA**

9777 Harwin Dr. #509, Houston, TX 77036

### CASH ONLY on Mar. 24-26

\*Check division number & special note in www.kungfupetition.com under Registration.

\*\*See web site for Grand Champion requirements.

### Waiver

I \_\_\_\_\_ the undersigned, knowingly and voluntarily submit my entry in the World Star Chinese Martial Arts Competition (the Competition). I assume all risk of physical and mental injuries, disabilities, and losses that may result from or in connection with my participation in the Competition. Acting for myself, heirs, personal representatives, and assignees, I do hereby release the World Star Chinese Martial Arts Competition, the Houston Marriott Westchase, its agents, officers, representatives, sponsors, volunteers, and all other related members from all claims, actions, suits, and controversies at law by reason of a matter or cause sustained by me as a result of or in connection with my participation in the Competition. I understand that participation in the Competition, especially but not limited to sparring, grappling, Sanda (Kickboxing), Sport Sanda, Shuai Jiao (Chinese wrestling), Chi Sao, push hands and other reaction skills events, entails a risk of injury, and I assume full responsibility for my actions intentional or otherwise. I fully understand that any medical attention or treatment afforded to me on site by the Competition will be of a first-aid nature only, and I release its agents, officers, representatives sponsors, volunteers, and other related members and entities from any liability from such aid. I consent that any pictures or video furnished by me or taken of me at the tournament can be used for publicity, promotion, or media showing now or in the future and I waive compensation in regards thereto. I have read and fully understand the rules, regulations, and general information published by the Competition and agree with them in their entirety. I understand that I may be dismissed from the Competition for unsportsmanlike conduct without refund of my entry fees. I have read and fully understand the above waiver.

X \_\_\_\_\_ DATE \_\_\_\_\_

Signature of Competitor (or Parent/Legal Guardian if competitor is under 18)



2017 WSCMAC Divisions - Houston, TX

LEVEL I: under 1 year of training ; LEVEL II: under 2

TRADITIONAL KUNGFU		TRADITIONAL KUNGFU		TRADITIONAL KUNGFU		WUSHU	
Pee-Wees 6 & under		Teens 13-17*		Adults 36-45		Juniors 10-12	
Hand Forms		Hand Forms		Hand Forms		Hand Forms	
K001	Level I boys & girls	K101	Level I boys & girls	K201	Level I men & women	W051	Level I boys & girls
K002	Level II boys & girls	K102	Level II boys	K202	Level II men & women	W052	Level II boys
	Weapons	K103	Level II girls	K203	Level III men	W053	Level II girls
K003	All levels boys & girls	K104	Level III boys	K204	Level III women	W054	Level II Elem.Chang Quan #1-3 boys
	Kids 7-9	K105	Level III boys open	K205	Level IV men	W055	Level II Elem.Chang Quan #1-3 girls
	Hand Forms	K106	Level III girls	K206	Level IV women	W056	Level III boys
K011	Level I boys & girls	K107	Level III girls open		Weapons	W057	Level III girls
K012	Level II boys	K108	Level IV boys	K211	Level I men & women	W058	Level IV boys
K013	Level II girls	K109	Level IV boys open	K212	Level II long	W059	Level IV girls
K014	Level III boys	K110	Level IV girls	K213	Level II short		Weapons
K015	Level III boys open	K111	Level IV girls open	K214	Level III men long	W071	Level I boys & girls
K016	Level III girls		Teens 13-17	K215	Level III women long	W072	Level II boys long
K017	Level III girls open		Weapons	K216	Level III men short	W073	Level II girls long
K018	Level IV boys	K121	Level I boys & girls	K217	Level III women short	W074	Level II boys short
K019	Level IV boys open	K122	Level II boys long	K218	Level IV men long	W075	Level II girls short
K020	Level IV girls	K123	Level II girls long	K219	Level IV women long	W076	Level III boys long
K021	Level IV girls open	K124	Level II boys short	K220	Level IV men short	W077	Level III girls long
	Weapons	K125	Level II girls short	K221	Level IV women short	W078	Level III boys short
K031	Level I boys & girls	K126	Level III boys long	K222	Level IV men other	W079	Level III girls short
K032	Level II boys long	K127	Level III girls long	K223	Level IV women other	W080	Level III boys other
K033	Level II girls long	K128	Level III boys short		Adults 46 & over	W081	Level III girls other
K034	Level II boys short	K129	Level III girls short		Hand Forms	W082	Level IV boys long
K035	Level II girls short	K130	Level III boys other	K231	Level I & II men & women	W083	Level IV girls long
K036	Level III boys long	K131	Level III girls other	K232	Level III & IV men & women	W084	Level IV boys short
K037	Level III girls long	K132	Level IV boys long		Weapons	W085	Level IV girls short
K038	Level III boys short	K133	Level IV girls long	K233	Level I & II men & women	W086	Level IV boys other
K039	Level III girls short	K134	Level IV boys short	K234	Level III & IV men & women	W087	Level IV girls other
K040	Level III boys other	K135	Level IV girls short				Teens 13-17
K041	Level III girls other	K136	Level IV boys other				Hand Forms
K042	Level IV boys long	K137	Level IV girls other			W101	Level I boys & girls
K043	Level IV girls long		Adults 18-35			W102	Level II boys
K044	Level IV boys short		Hand Forms		WUSHU	W103	Level II girls
K045	Level IV girls short	K141	Level I men & women		Pee-Wees 6 & under	W104	Level III boys
K046	Level IV boys other	K142	Level II men		Hand Forms	W105	Level III girls
K047	Level IV girls other	K143	Level II women	W001	Level I & II boys & girls	W106	Level IV boys
	Juniors 10-12	K144	Level III men	W002	Level III & IV boys & girls	W107	Level IV girls
	Hand Forms	K145	Level III women		Weapons		Weapons
K051	Level I boys & girls	K146	Level IV men Northern long fist	W003	All levels boys & girls	W121	Level I boys & girls
K052	Level II boys	K147	Level IV women Northern long fist		Kids 7-9	W122	Level II boys long
K053	Level II girls	K148	Level IV men Northern open		Hand Forms	W123	Level II girls long
K054	Level III boys	K149	Level IV women Northern open	W011	Level I boys & girls	W124	Level II boys short
K055	Level III boys open	K150	Level IV men Northern other	W012	Level II boys	W125	Level II girls short
K056	Level III girls	K151	Level IV women Northern other	W013	Level II girls	W126	Level III boys long
K057	Level III girls open	K152	Level IV men N. Praying Mantis	W014	Level II Elem.Chang Quan #1-3 boys	W127	Level III girls long
K058	Level IV boys	K153	Level IV women N. Praying Mantis	W015	Level II Elem.Chang Quan #1-3 girls	W128	Level III boys short
K059	Level IV boys open	K154	Level IV men Southern	W016	Level III boys	W129	Level III girls short
K060	Level IV girls	K155	Level IV women Southern	W017	Level III girls	W130	Level III boys other
K061	Level IV girls open		Weapons	W018	Level IV boys	W131	Level III girls other
	Weapons	K161	Level I men & women	W019	Level IV girls	W132	Level IV boys long
K071	Level I boys & girls	K162	Level II men long		Weapons	W133	Level IV girls long
K072	Level II boys long	K163	Level II women long	W031	Level I boys & girls	W134	Level IV boys short
K073	Level II girls long	K164	Level II men short	W032	Level II boys long	W135	Level IV girls short
K074	Level II boys short	K165	Level II women short	W033	Level II girls long	W136	Level IV boys other
K075	Level II girls short	K166	Level III men long	W034	Level II boys short	W137	Level IV girls other
K076	Level III boys long	K167	Level III women long	W035	Level II girls short		Adults 18-35
K077	Level III girls long	K168	Level III men short	W036	Level III boys long		Hand Forms
K078	Level III boys short	K169	Level III women short	W037	Level III girls long	W141	Level I men & women
K079	Level III girls short	K170	Level III men other	W038	Level III boys short	W142	Level II men
K080	Level III boys other	K171	Level III women other	W039	Level III girls short	W143	Level II women
K081	Level III girls other	K172	Level IV men long	W040	Level III boys other	W144	Level III men
K082	Level IV boys long	K173	Level IV women long	W041	Level III girls other	W145	Level III women
K083	Level IV girls long	K174	Level IV men short	W042	Level IV boys long	W146	Level IV men Chang Quan
K084	Level IV boys short	K175	Level IV women short	W043	Level IV girls long	W147	Level IV women Chang Quan
K085	Level IV girls short	K176	Level IV men other	W044	Level IV boys short	W148	Level IV men Nan Quan
K086	Level IV boys other	K177	Level IV women other	W045	Level IV girls short	W149	Level IV women Nan Quan
K087	Level IV girls other	K178	Level IV men Southern long	W046	Level IV boys other	W150	Level IV men Other Styles
		K179	Level IV women Southern long	W047	Level IV girls other	W151	Level IV women Other Styles
		K180	Level IV men Southern short				
		K181	Level IV women Southern short				
		K182	Level IV men Southern other				
		K183	Level IV women Southern other				

To qualify for the Grand Champion,  
For **Traditional and Wushu** - one  
For **Tai Chi and Other Internal** - tw

ears of training; LEVEL III: under 4 years of training; LEVEL IV: over 4 years of training

WUSHU		TRADITIONAL TAICHI		** Taichi 32 Sword		CONTINUOUS SPARRING	
	<b>Adults 18 -35</b>		<b>Taichi Hand Forms (45 &amp; under)</b>	T161	Level I		<b>Pee-Wees 6 &amp; under</b>
	<b>Weapons</b>	T001	Level I	T162	Level II	Sp	All Levels boys & girls
W161	Level I men & women	T002	Level II Men	T163	Level III		
W162	Level II men long	T003	Level II Women	T164	Level IV men		<b>Kids 7-9</b>
W163	Level II women long	T004	Level III Men	T165	Level IV women	S001	Level I & II boys
W164	Level II men short	T005	Level III Women		<b>Taichi 42 Sword</b>	S002	Level I & II girls
W165	Level II women short	T006	Chen Level IV men	T171	Level I	S003	Level III boys
W166	Level III men long	T007	Chen Level IV women	T172	Level II	S004	Level III girls
W167	Level III women long	T008	Yang Level IV men	T173	Level III	S005	Level IV boys
W168	Level III men short	T009	Yang Level IV women	T174	Level IV men	S006	Level IV girls
W169	Level III women short	T010	Other Style Level IV men	T175	Level IV women		
W170	Level III men other	T011	Other Style Level IV women				<b>Juniors 10-12</b>
W171	Level III women other		<b>Taichi Weapons (45 &amp; under)</b>		<b>OTHER INTERNAL STYLES</b>	S011	Level I & II boys
W172	Level IV men long	T021	Level I weapons		<b>Xing Yi</b>	S012	Level I & II girls
W173	Level IV women long	T022	Level II men weapons	N001	Level I men & women	S013	Level III boys
W174	Level IV men short	T023	Level II women weapons	N002	Level II men & women	S014	Level III girls
W175	Level IV women short	T024	Level III men straight sword	N003	Level III men & women	S015	Level IV boys
W176	Level IV men other	T025	Level III women straight sword	N004	Level IV men	S016	Level IV girls
W177	Level IV women other	T026	Level III men other weapon	N005	Level IV women		
W178	Level IV men Southern long	T027	Level III women other weapon				<b>Teens 13-15</b>
W179	Level IV women Southern long	T028	Level IV men straight sword		<b>Bagua</b>	S021	Level I & II boys
W180	Level IV men Southern short	T029	Level IV women straight sword	N011	Level I men & women	S022	Level I & II girls
W181	Level IV women Southern short	T030	Level IV men broadsword	N012	Level II men & women	S023	Level III boys
W182	Level IV men Southern other	T031	Level IV women broadsword	N013	Level III men & women	S024	Level III girls
W183	Level IV women Southern other	T032	Level IV men other weapon	N014	Level IV men	S025	Level IV boys
		T033	Level IV women other weapon	N015	Level IV women	S026	Level IV girls
			<b>Taichi Hand Forms (46 &amp; over)</b>				
	<b>WING CHUN</b>	T041	Level I		<b>Liuhe Bafa</b>		<b>Teens 16-17</b>
	<b>Hand Forms</b>	T042	Level II Men	N021	Level I men & women	S031	Level I & II boys
	<b>Youth 12 &amp; under</b>	T043	Level II Women	N022	Level II men & women	S032	Level I & II girls
C001	Level I & II	T044	Level III Men	N023	Level III men & women	S033	Level III boys
C002	Level III & IV	T045	Level III Women	N024	Level IV men	S034	Level III girls
		T046	Chen Level IV men	N025	Level IV women	S035	Level IV boys
	<b>Teens 13-17</b>	T047	Chen Level IV women			S036	Level IV girls
C003	Level I & II	T048	Yang Level IV men		<b>Other Internal Handform</b>		
C004	Level III & IV	T049	Yang Level IV women	N031	Level I men & women		<b>Level I &amp; II Adults (18 &amp; over)</b>
		T050	Other Style Level IV men	N032	Level II men & women	S041	Men < 165 lbs
	<b>Adults 18 &amp; over</b>	T051	Other Style Level IV women	N033	Level III men & women	S042	Men 165-185 lbs
C005	Level I & II		<b>Taichi Weapons (46 &amp; over)</b>	N034	Level IV men	S043	Men 186 lbs & over
C006	Level III & IV	T061	Level I weapons	N035	Level IV women	S044	Women <135 lbs
		T062	Level II men weapons			S045	Women 135 lbs & over
	<b>Weapons</b>	T063	Level II women weapons		<b>Other Internal Weapons</b>		
	<b>Youth 12 &amp; under</b>	T064	Level III men straight sword	N041	Level I men & women		<b>Level III Adults (18 &amp; over)</b>
C011	Level I & II	T065	Level III women straight sword	N042	Level II men & women	S051	Men < 165 lbs
C012	Level III & IV	T066	Level III men other weapon	N043	Level III men & women	S052	Men 165-185 lbs
		T067	Level III women other weapon	N044	Level IV men	S053	Men 186 lbs & over
	<b>Teens 13-17</b>	T068	Level IV men straight sword	N045	Level IV women	S054	Women <135 lbs
C013	Level I & II	T069	Level IV women straight sword			S055	Women 135 lbs & over
C014	Level III & IV	T070	Level IV men broadsword				
		T071	Level IV women broadsword		<b>*** PUSH HANDS (18 &amp; over)</b>		<b>Level IV Adults (18 &amp; over)</b>
	<b>Adults 18 &amp; over</b>	T072	Level IV men other weapon	**	<b>Fixed Step</b>	S061	Men < 165 lbs
C015	Level I & II	T073	Level IV women other weapon	T201	Men < 145 lbs	S062	Men 165-185 lbs
C016	Level III & IV		<b>COMPETITION TAICHI</b>	T202	Men 145-175 lbs	S063	Men 186 lbs & over
			<b>Taichi 24 Hand Form</b>	T203	Men 176-205 lbs	S064	Women <135 lbs
	<b>Chi Sao Level I &amp; II</b>	T101	Level I	T204	Men > 205 lbs	S065	Women 135 lbs & over
C031	Men < 160 lbs	T102	Level II	T205	Women < 135 lbs		
C032	Men 160-185 lbs	T103	Level III	T206	Women 135-160 lbs		
C033	Men > 185 lbs	T104	Level IV men	**	<b>Restricted Step</b>		
C034	Women < 135 lbs	T105	Level IV women	T211	Men < 145 lbs		
C035	Women 135 lbs & over		<b>Taichi 42 Hand Form</b>	T212	Men 145-175 lbs		
		T111	Level I	T213	Men 176-205 lbs		
	<b>Chi Sao Level III &amp; IV</b>	T112	Level II	T214	Men > 205 lbs		
C036	Men < 160 lbs	T113	Level III	T215	Women < 135 lbs		
C037	Men 160-185 lbs	T114	Level IV men	T216	Women 135-160 lbs		
C038	Men > 185 lbs	T115	Level IV women				
C039	Women < 135 lbs		<b>Taichi other Hand Form</b>				
C040	Women 135 lbs & over	T121	Level I				
		T122	Level II				
		T123	Level III				
		T124	Level IV men				
		T125	Level IV women				

\*\*\* Any competitor may compete at a higher level or different division pending approval by WSCMAC

\*\* Not rated for Grand Champion

\* check more details in [www.kungfupcompetition.com](http://www.kungfupcompetition.com)

competitors must compete minimum in three divisions:

and Form, **one** short Weapon, **one** long Weapon, **one** other Weapon

> different style Hand Forms and **one** Weapon

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A competitor can not compete with the same form twice in different event in this case competitor will be disqualified for the second event without refund.

A competitor must register all events at the same age and level.

Unauthorized person is not allowed inside the ring when competition in progress will result violator been escort out of the site, if the violator is a coach, parent or related to a competitor, the competitor will be disqualified, no refund in this case.

**Traditional Northern Long Fist** includes Cha Quan, Hong Quan, Hua Quan, Pao Quan, Northern Shaolin, Northern Eagle Claw, Mizong and other Long Fist styles.

**Northern Open** includes Ditang, Drunken, Monkey and other acrobatic styles

**Northern Other** includes Piqua, Baji, Fanzi, Chuojiao and other forms not included in the categorized styles.

**Northern Praying Mantis** includes, Seven Star, Plum Flower, Long Fist, Six Harmony, Eight Step and other Northern Praying Mantis styles.

## **WEAPONS**

Short weapons (straight sword, broadsword)

Long weapons (staff, spear)

Other weapons, weapons not included in Long or Short.

Traditional weapon except flexible weapons, need to support its own weight, kid's & under age levels are exempt from this rule.

## **GRAND CHAMPIONS (Level IV only)**

To compete for Grand Champion must register in advance. To qualify for the Grand Champions, competitors must compete minimum in three divisions: For Traditional and Wushu, one Hand Forms and two Weapons (short and long), For Tai Chi and Other Internal, two different style Hand Forms and one weapon, competitor can register in their division as many events as possible.



## **Grand Champion**

Kids 7-9 Boys Traditional

Kids 7-9 Girls Traditional

Juniors 10-12 Boys Traditional

Juniors 10-12 Girls Traditional

Teens 13-17 Boys Traditional

Teens 13-17 Girls Traditional

Adults 18-35 Men Traditional

Adults 18-35 Women Traditional

Adults 36-45 Men Traditional

Adults 36-45 Women Traditional

Kids 7-9 Boys Wushu

Kids 7-9 Girls Wushu

Junior 10-12 Boys Wushu

Junior 10-12 Girls Wushu

Teens 13-17 Boys Wushu

Teens 13-17 Girls Wushu

Adults 18-35 Men Wushu

Adults 18-35 Women Wushu

Adults 18-35 Men Wushu Southern

Adults 18-35 Women Wushu Southern

Traditional Taichi 45 & under Men

Traditional Taichi 45 & under Women

Traditional Taichi 46 & over Men

Traditional Taichi 46 & over Women

Competition Taichi

Other Internal Styles



Mike Geary is:

# The Nutrition Watchdog

Investigating nutrition, health, and fitness to keep you youthful, healthy, and fit!

## Baking Soda May Reduce Premature Death Risk



*Today's blog is republished from my friends at [TheAlternativeDaily](#), a leading publisher of daily alternative health tips that I personally read every day...*

By Stephen Seifert, [TheAlternativeDaily.com](#)

Research published this month in the Clinical Journal of the American Society of Nephrology found that having balanced baking soda, or bicarbonate, levels in your body could reduce your chances of an early death. The study examined data compiled in the Health, Aging and Body Composition Study for 2,287 participants.

Participants were healthy adults who, at the onset of the study in 1997, were between the ages of 70 and 79, and were followed for approximately 10 years. Survival data were gathered through February 2014.

**What did they find?** Study author Dr. Kalani Raphael, associate professor and nephrology and hypertension specialist at the University of Utah, and colleagues investigated pH, carbon dioxide and bicarbonate in association with long-term survival. According to the University of Utah press release, "Critically ill patients with severe acid-base abnormalities have a very low likelihood of surviving their illness, but it's unclear whether more subtle changes in the body's acid-base status have an effect on the longevity of reRaphael and colleagues found that low levels of bicarbonate may be linked to an increased risk for premature death by 24 percent. Sodium bicarbonate assists your body in balancing pH levels, possibly extending life. "What we found was that generally healthy older people with low levels of bicarbonate had a higher risk of death," Raphael said. "Adding the pH measurement into the equation didn't change the results, which is important because pH is not routinely measured." The study's findings may assist clinicians in better assessing a patient's risk of premature death by analyzing their blood bicarbonate concentrations more closely.

Clinicians can recommend dietary adjustments to patients with low bicarbonate concentrations to optimize health. **What does it mean for me?** How do you get more baking soda in your life? Surprisingly, the answer has nothing to do with that yellow box in your fridge fighting odors. If you want to balance your pH levels by getting more sodium bicarbonate in your diet, eating more fruits and [vegetables](#) is the key. Fruits and vegetables high in potassium and bicarbonate will have a negative potential renal acid load (PRAL) score. This represents the amount of acid produced by the kidneys after metabolism. The higher the negative, the more potassium and bicarbonate they will provide, potentially reducing your risk of premature death, according to the study. Apples, raisins, spinach, bananas, carrots, broccoli, lemons and even [coffee](#) are a few sources that will boost your potassium and bicarbonate levels. Are you eating enough fruits and vegetables to keep a healthy pH balance? —Stephen Seifert, [TheAlternativeDaily.com](#)

*Stephen Seifert is a writer, professor, adventurer and a health & fitness guru. His flair for travel and outdoor adventure allows him to enjoy culture and traditions different than his own. A healthy diet, routine fitness and constant mental development is the cornerstone to Stephen's life. (The original [article source is here](#))* Note from The Watchdog...

**Baking Soda and Exercise Performance:**

One last thing to mention here about the benefits of baking soda... There are many recent studies that reveal that taking baking soda mixed with water about 60-90 minutes before exercise shows significant improvements in exercise performance, which can equate to the results you get from exercise. The dosages in the studies were generally about 90-135 mg per lb of body weight, which would basically equate to about 2-3 teaspoons mixed in water for most people. However, it was noted that this quantity caused stomach upset for some people. If this is the case, you could test smaller amounts spaced out over time, such as 1 teaspoon 2 hrs before exercise and another teaspoon 1 hr before exercise. The theory as to why baking soda helps exercise performance is that it helps reduce the effects of lactic acid on the muscles and allows you to do more reps before fatigue sets in.

**CLASS SCHEDULE**  
**(Expanded class times effective on February 1, 2017)**

**KUNG-FU**

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		<b>Tue./ Fri.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 pm (New)</b>
		Saturday	10:00 - 11:00 AM
Tournament Competition Class		To be announced	
Family class	(Age 5-108)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		<b>Tue./Fri.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 PM (New)</b>
		Saturday	10:00 - 11:00 AM

**T'AI CHI CHUAN**

Adult	(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
		Tue.	8:00 - 9:00 PM
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM