

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

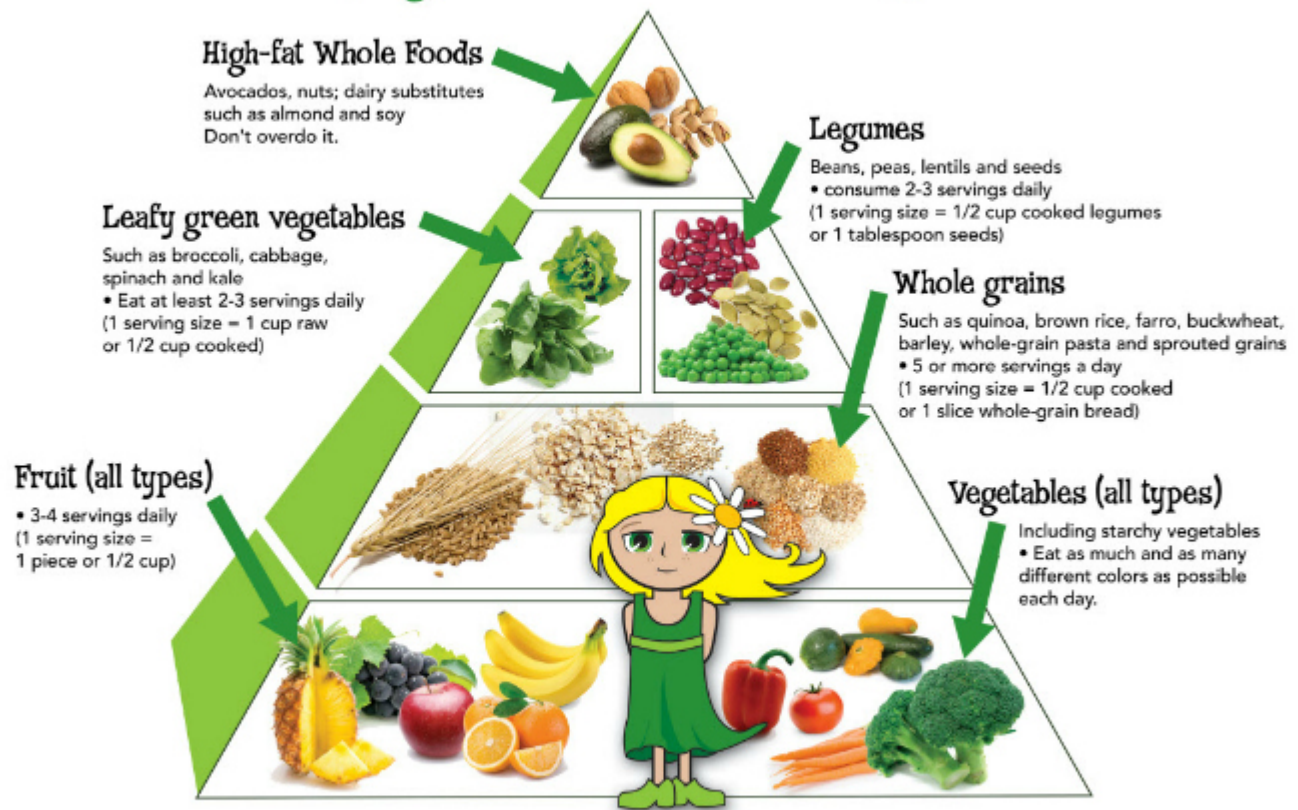
School Phone number:
281-548-1638,
281-682-3387 (Cell)

May 2017 Newsletter Summary



- 05/05/17 - Basic Bo class start.
- 05/06/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 05/08/17 - Guest instructor (Master Jia) class for Adv. level students.
- 05/14/17 - Comicipalooza 2017 Kung Fu panel.
- 05/19/17 - Accelerated program rank test 6 pm to 8 pm.
- 05/20/17 - Octavia Fields Branch Library Asian Festival & May Birthday party 9 am to 1:30 pm.
- 05/27/17 - Lucky Land demonstration.
- 05/29/17 - No class due to Memorial Day.

An Ordinary Vegan, Whole-Food, Vegan, Plant-Based Diet



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements

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.
Wang's Martial Arts (Jan. to Apr.) - \$400.
Wang's Martial Arts (May) - \$100.

Total - \$4568.98 - \$300 - \$300 - \$1000 - \$2000 = \$968.98

\$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 U of H 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

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 .

- 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.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 5-22-17 (Monday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
Date: 5/11/2017 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 5/04/2017 (Thursday)
5/11/2017 (Thursday)
5/18/2017 (Thursday)
5/25/2017 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Damian Tinajero, Karla Tinajero.
Roy Tinajero, Guillermo Slack,
Desmond Little, Clifton Powell,
Rosel Rodriguez, Sr.

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 6-24-2017, Saturday, 1:30-3:30 pm
15 yrs +: 6-24-2017, Saturday, 3:30-5:30 pm
5 - 108 yrs: 6-26-2017, Monday, 6:00-8:30 pm

Must register on or before 4-20-2017.

Test fee : \$40.00 and up

Accelerated program rank test

May 19, 2017 (Friday) 6 – 8 pm

Red, Brown and Black Belt Class

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

* 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.

May Birthday

Clifford Reynolds	5/12
Paul Turk	5/23
Roberto Matsumura	5/20
Steve Castelo	5/29
Emmory Leach	5/14
J.R. Phillips	5/7
Virginia Gordman	5/15
Gina Payne	5/15
Philip Spruell	5/20
Chris Castillo	5/25
Julius Herron	5/29
Justyn Davis	5/27
Deztanie Hellsten	5/00
Brian peveto	5/10
Tri Tran	5/27
Ian Ramirez	5/29
Nicholas Hung	5/1
Myriah Jones	5/4
Guillermo Slack	5/6
Kelly Sibley	5/9
Dana Rose	5/10
Bruce Varley	5/11
Jared Boullion	5/13
Miguel Angelo Cacanindin	5/13
Jeremy Rangel Rangel	5/18
Matthew olmsted	5/19
Andrew Guzman	5/28

Happy Birthday



Tai Chi Rank Test

Date: 6-17-2017 (Sat.)
Time: 12 noon – 2:00 pm



Wang's Martial Arts

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

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

Birth Day Party & Outdoor Training

Date: May 20, 2017 (Saturday)
Place: Humble Octavia Fields Branch Library
1503 S Houston Ave at Will Clayton Parkway
Humble, TX 77338
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of May. **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.

Time: 9:00 am - 11:30 am Outdoor Training Class in Kung Fu & Tai Chi.
11:30 am - 12:00 noon Demonstration
12:00 noon – 12:30 pm Veggie lunch for Health & Kindness to all animals.
(Veggie Chicken, Veggie Meatball, Veggie Egg Roll,
Veggie Dumpling, No soft drink/replace with Bottled water).
Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.
12:30 pm – 1:30 pm Games & Activities.

Strong man arm competition by holding two of 1 gallon water jar.
Shuttle run - 30 feet run back & forth one leg.
Iron man push up contest.
Kicking contest - most kicks in 10 seconds.
White Crane one leg balance contest.
Floating Lucky Ducky.
Ping pong ball in a plastic spoon run contest.
Chinese Brush writing
Board breaking.
Water balloon fight
Cup of water

REGISTRATION FORM - Reservation before May 18, 2017.

NAME: _____, DATE: _____

Number of your guest: _____.

Family Special

Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month <small>(12 to 13 lessons in a month)</small>	\$159.00	\$143.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

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

Call for a Free Lesson



Guest Name: _____, by student _____

Date: _____

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

INNER SCHOOL TOURNAMENT

Date: 6-10-2017 (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 - 04/24/17

Age 15 year old and +

Rosel Rodriguez - Yellow
 Jackie Rodriguez - Yellow
 Sarah Szczpaniec - Yellow
 Mathew Trimm - Yellow/stripe
 Ricky Shepherd - Yellow/stripe
 Mathilde Le Bon - Purple/stripe
 Jeffrey Villarde - Blue
 Clement Le Bon - Red
 Magdelan Arce - Red/stripe
 Cleotis Washington - Red/stripe
 Charles Moore - Red/stripe



Age 9 - 14 years old

Christopher Muniz - Yellow
 Jozlyn Rodriguez - Yellow
 Makinzi Rodriguez - Yellow
 Anthony Zorrilla - Yellow
 Sergio Gonzalez - Yellow/stripe
 Jeremy Rangel - Orange/stripe
 Tori Archinal - Green/stripe
 Brandon Figueroa - Purple/stripe
 Hunter Figueroa - Purple/stripe

Brown & Black Belt Test - 4/15/2017

Susan Fischman - Black (2nd),
 Ruby Abbott - Black (1st),
 Joel Le Bon - Black (1st),
 Deztanie Hellsten - Jr. Black,
 Joseph Hellsten - Jr. Black,
 Joseph Alonso - Jr. Black (1st),
 Madeline Briles - Jr. Black (1st),
 Alfred Kai Marayag - Brown/stripe,

 Age 5 - 8 years old

Juan Ceja - Yellow
 Avairya Rodriguez - Yellow
 Paul Tang - Orange/stripe
 Nickelus Moreno - Purple
 Jordyn Mayo - Red



Tai Chi test Result - 3/18/2017.

Hai Deng - Yellow
 Charbel Bechara - Yellow
 Richard Olson - Yellow
 Bill Campbell - Orange
 Chris Duffy - Orange
 Richard Sibley - Orange
 Tania Myers - Green
 Cynthia Pate - Purple
 Sammie Pate - Purple
 Ruby Abbott - Blue



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

Baise Bo



Date: May 05, 2017 (Friday)
May 12, 2017 (Friday)
May 19, 2017 (Friday)
May 26, 2017 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 Road E. #J
Humble TX, 77346
(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.

Fee : \$49.00
\$24.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .



Rotary



Rotary Club of Humble

**Would you "buy" chances to win a prize
if you knew who the winners were going to be?
Before you "buy" those chances
Let me tell you who are going to be the winners.....**

- Battered women and their children
- Individuals with learning disabilities
- Families unable to feed or cloth their children
- Emergency housing for families in need
- Parenting education and legal advocacy for those in need
- Counseling and support groups for abuse
- Employment and internship opportunities
- Assistance toward self sufficiency
- Scholarships for FFA and Humble ISD students
- Food for needy families
- Opportunities for Rotary Exchange Students
- Promote world peace thru cultural exchange students and host families
- Adult education to improve job opportunities
- Developmental learning opportunities
- Open children's' eyes to learning opportunities
- Provide water to foreign rural communities"
- Eradicate polio in the world
- Provide the opportunity for a local student to extend Diplomatic Studies
- Eye and deformity operations for poor Mexican children

The acquisition of a \$100.00 "Chance" to WIN a new 2017 Chevy Camaro or Chevy Colorado & many additional prizes will provide the opportunity for someone in need.

All the proceeds are given way with 90% of the proceeds given locally.

Drawing is Saturday, April 29, 2017 – at our HUMBLE ROTARY FESTIVAL, CAR SHOW, at the Humble Civic Center Arena 10AM to-6PM

You do not need to be present to win BUT YOU MIGHT NOT WANT TO MISS THIS FUN DAY.

Buy your chances to "Change Lives".

**30 minutes private lesson with a purchase of car raffle ticket before
4/20/17.**

(at Wang's Martial Arts)

**Contact Yun Yang Wang,
e-mail: yyw3888wma@gmail.com call 281-682-3387**

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.





No Place Like A Clean Home
Professional Home Detailing Service

Ashley Parker

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Spring/Woodlands/Conroe

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☎ 713-931-6100

🌐 www.LastOrganicOutpost.com



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Sales Associate
Monicapiel23@gmail.com

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832-445-8715

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Wang's Martial Arts

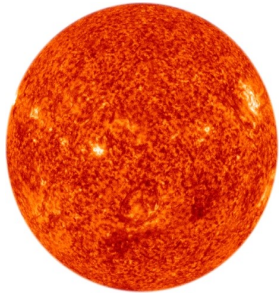
For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.



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

*Power your Home or Business with
100% Clean & Sustainable Solar Energy!*

YOU CAN

- **Generate Your Own Electricity**
- **Offset up to 100% of your kWh Charges on your Electrical Bill**
- **Start Saving Money right away**
- **Achieve a Return on your Investment**
- **Receive Credit for Excess Energy you produce**
- **Increase the Value of your Property**
- **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.



Wang's Martial Arts

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

Web site: www.WangsMartialArts.com

Schedule:

05/05/17 - Basic Bo class start.
05/06/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
05/08/17 - Guest instructor (Master Jia) class for Adv. level students.
05/14/17 - Comicpalooza 2017 Kung Fu panel.
05/19/17 - Accelerated program rank test 6 pm to 8 pm.
05/20/17 - Octavia Fields Branch Library Asian Festival & May Birthday party 9 am to 1:30 pm.
05/27/17 - Lucky Land demonstration.
05/29/17 - No class due to Memorial Day.

06/02/17 - Crescent Knife class start.
06/03/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
06/10/17 - Inner-school tournament 2 pm to 5 pm.
06/17/17 - Tai Chi rank test 12 noon - 2 pm.
06/17/17 - June Birthday party
06/24/17 - Kung Fu rank test.
06/26/17 - Kung Fu rank test.
06/24/17 - Lucky Land demonstration.
No class from 6/30/17 (Friday) to 7/5/17 (Wednesday) due to July 4th holidays.



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



\$12.00

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
		Tue./ Fri.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 pm (New)
		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
		Tue./Fri.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 PM (New)
		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

Wang's Martial Arts

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Phone (281) 548-1638
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Web site www.WangsMartialArts.com

Sabre Class



Date : July 07, 2017 (Fri.)
July 14, 2017 (Fri.)
July 21, 2017 (Fri.)
July 28, 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)

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

Top 20 Uses For Apple Cider Vinegar



1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and infection
12. Lowers blood pressure
13. Lowers cholesterol
14. Kills cancer cells or slow their growth
15. Reduces inflammation, relieve arthritis
16. Gets rid of buildup on scalp
17. Gets rid of fingernail or toenail fungus
18. Soothes bug bites
19. Gets rid of warts
20. Clears skin



Believe It Or Not, But This Treats Diabetes, Asthma, Cholesterol And Kidney Issues Used Together With Okra Water – Now You Will Be Able To Prepare It Yourself

Believe It Or Not, But This Treats Diabetes, Asthma, Cholesterol And Kidney Issues Used Together With Okra Water – Now You Will Be Able To Prepare It Yourself

Healthy Drinks, Natural Remedies

This is a tropical fruit from the area of North- East Africa. People may find it and consume it during the whole year. People should use it stewed, fried and believe it or not boiled or pickled, it is all up to you. This fruit it is called Okra.



21 milligrams of vitamin C, 80 micrograms of foliate, magnesium of approximately 60 milligrams, 2 grams of protein, 7.6 grams of carbohydrates and 3 grams of dietary fiber, are all nutritious substances of which the okra is consisted of. Calories do not exist in this fruit and it has little fat.

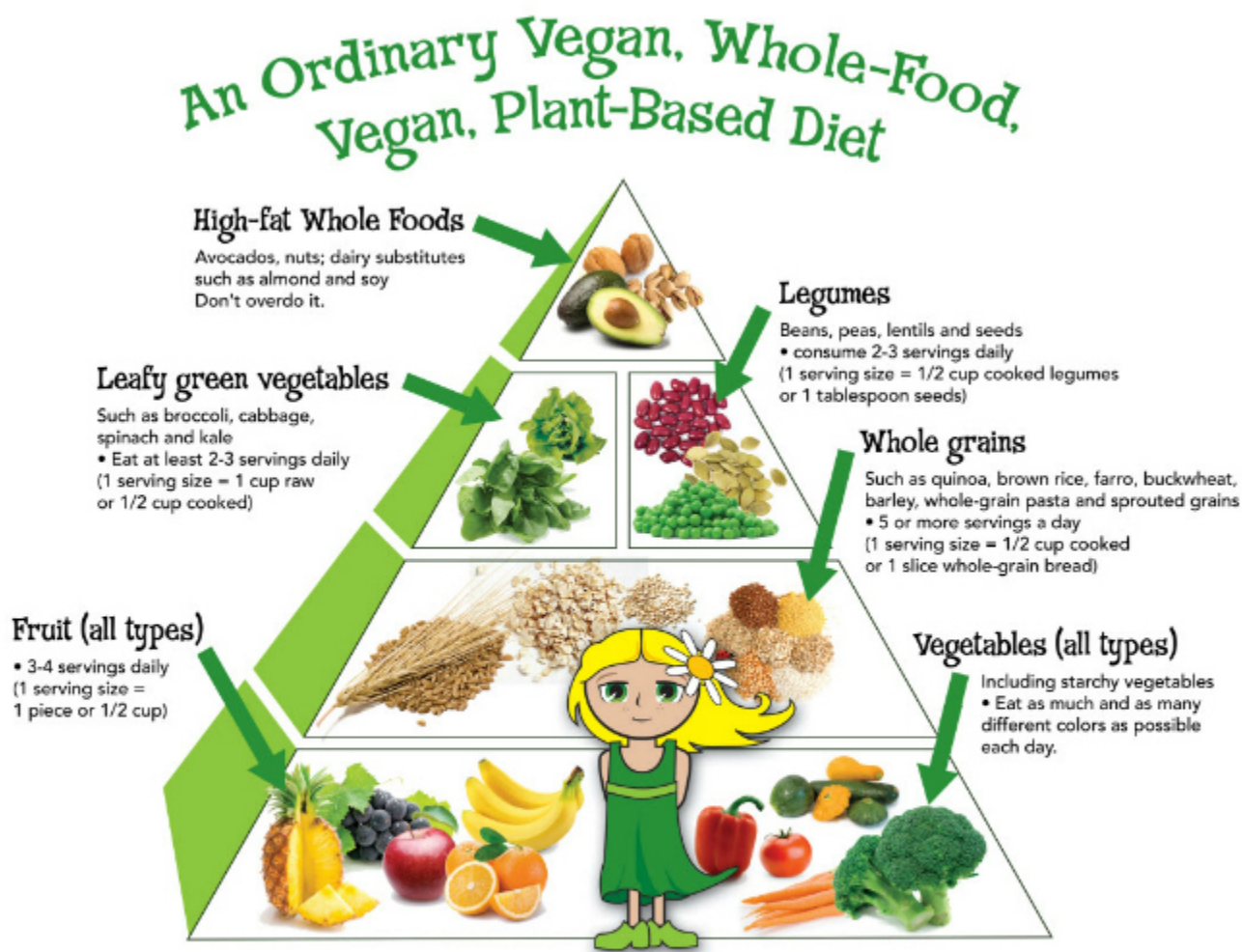
The most essential thing about it is that it makes better the condition of the immune system and it makes it stronger. It lowers the cholesterol, controls diabetes, forbids various kidney issues and lowers glucose.

First of all, pick one fresh okra, then begin with cutting of the head and after that the part of the tail. Chop approximately 2 to 3 slices of the fruit, then add them into a glass of water and at the end let it stay like that during the night. When you wake up in the morning, previously having breakfast drink the beverage.

THIS RECIPE IS FAMOUS BECAUSE OF ITS EFFECT IN KEEPING NORMAL THE BLOOD SUGAR LEVELS.

Believe me when I tell you that it is very helpful when it comes to the problems mentioned before.

Source and image source: healthyfoodworld.net



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements

The Raw Food Pyramid

Medicinal Foods:
Eat Sparingly



Sea Weed, Nutritional Yeast



Herbs, Microgreens &
Juicing Grasses

Proteins &
Amino Acids:
Eat Moderately



Nuts & Seeds



Sprouts & Legumes

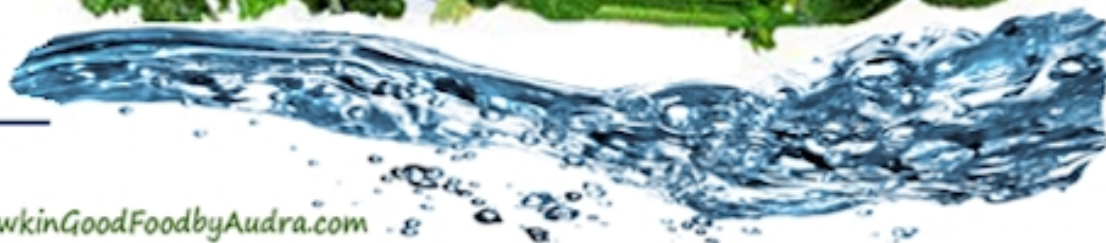
Foundation
Foods: Eat
Generously



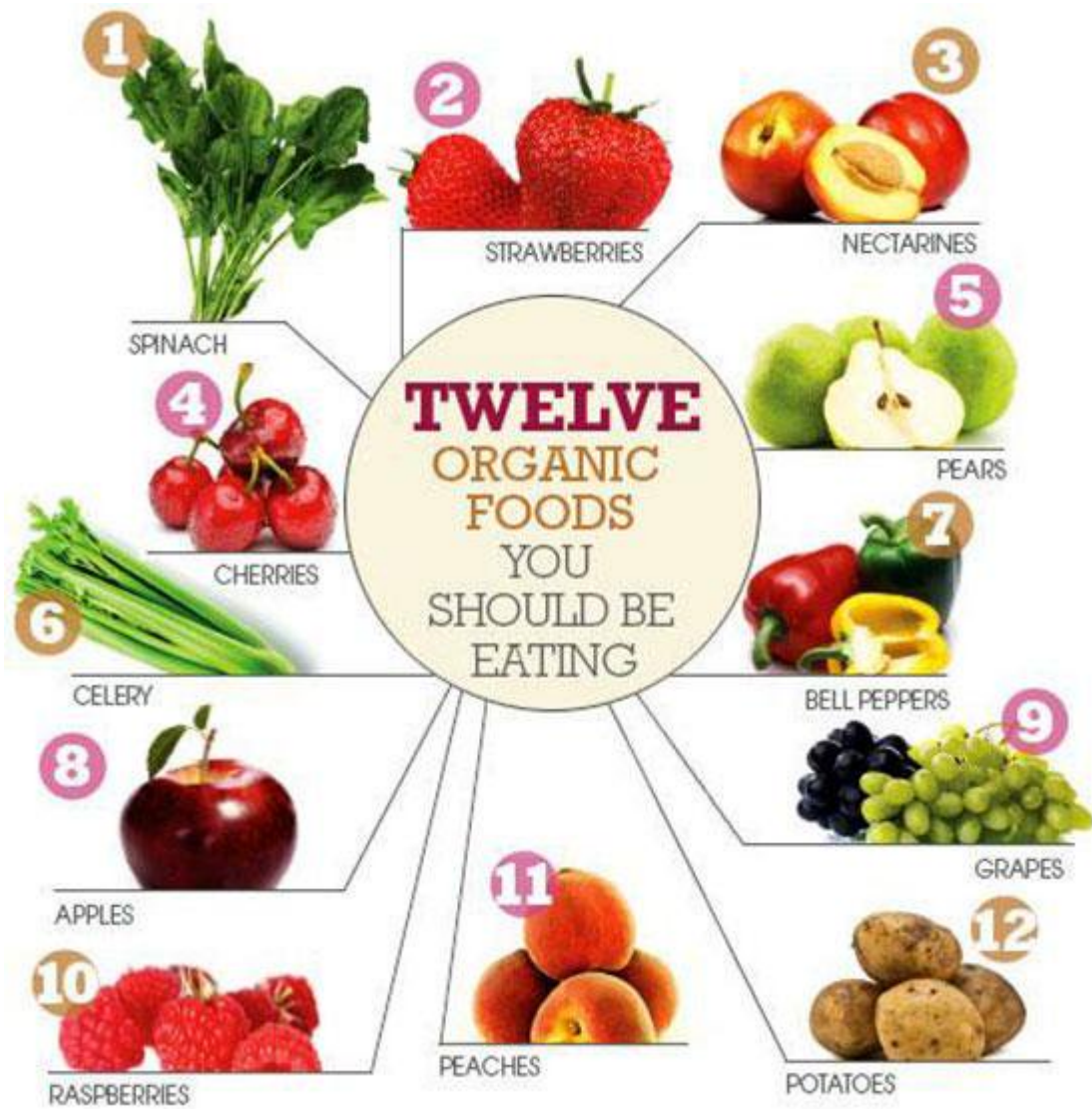
Fruits & Vegetables



Leafy Greens



Water



BENEFITS OF ORGANIC FOOD

Organic  Facts
www.organicfacts.net

Prevents premature
aging



Reduces risk of
heart diseases

Boosts immune
system



Promotes animal
welfare

Ensures safe & healthy
world for future
generation



Reduces presence
of pesticides

Tastes better than
non-organic food



Prevents cancer



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

Crescent Knife Class



Date : June 02, 2017 (Fri.)
June 09, 2017 (Fri.)
June 16, 2017 (Fri.)
June 23, 2017 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Sabre or Basic Bo)

(9-108 years old, Red, Brown & Black)

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00						Kids Family
11:00		Adult				Adult
12:00		Tai-Chi				Tai-Chi
1:00-3:00						
4:00		Adult		Adult		
5:00	Tai-Chi	Kids Family	Tai-Chi	Kids Family	Tai-Chi	
6:00	Kids Family	Kids Family	Kids Family	Kids Family	Kids Family	
7:00	Adult	Adult Kids Family	Tai-Chi	Adult	Adult Kids Family	
8:00	Adult Kids Family	Tai-Chi	Adult	Tai-Chi		

# of classes per week	Adult	Kids	Family	Tai-Chi
	10	11	11	8

- Kung Fu (Red, Brown, Black) - Saturday 9:00 am to 10:00 am.
- Conditioning & Reaction Drill class - Thursday 8:00 to 9:00 pm.
- Guest Instructor class - to be announced.
- Weapon class - to be announced.
- Tournament practice class - to be announced.



Grape Seed Extract May Lower Blood Pressure

(Article from Energy Times)

People who took grape seed extract in a recent study experienced reductions in systolic blood pressure, according to a study in the *British Journal of Nutrition*.

A research team led by the Center for Nutritional Research at the Illinois Institute of Technology in Chicago gave juice with either grape seed extract or a placebo to 36 middle-aged volunteers with prehypertension, or numbers between normal at 120/80 and outright hypertension starting at 140/90. Only 29 completed the entire protocol and were included in the study results.

After six weeks, people who took the extract-enhanced juice saw their systolic blood pressure—the top number that measures pressure while the heart beats—drop by a “significant” 5.6%. Those with the highest readings to begin with experienced the greatest declines.

In addition, consumption of grape seed extract tended to lower fasting insulin levels, a sign that the body is responding better to blood sugar.

According to the American Heart Association, approximately 80 million Americans—roughly a third of the adult population—has high blood pressure, with only half of them controlling it successfully.

Higher Fiber Intake May Mean Lower Blood Pressure

(Article from Energy Times)

Trying to bring down your blood pressure numbers? You may want to try increasing your fiber consumption.

That’s the conclusion reached by a multinational study team writing in the *British Journal of Nutrition*.

Researchers from Imperial College London in the UK and Northwestern University in the US analyzed data from 2,195 American participants in the INTERnational study on Macro/micronutrients and blood Pressure (INTERMAP). The volunteers did four dietary recalls and went for medical testing four times between 1996 and 1999.

The study team found a link between increasing fiber intake by 6.8 grams per 1,000 kilocalories and a reduction in systolic blood pressure of 1.69 mmHg. The systolic reading, the top number, represents the pressure exerted against artery walls when the heart beats (the lower diastolic number represents pressure between beats).

The researchers cited a number of possible reasons for the findings, including the ability of fiber to improve blood vessel function by inhibiting absorption of sodium from the digestive tract and to help control blood sugar levels.

According to the Centers for Disease Control, 70 million Americans—one of every three—has high blood pressure (hypertension), a leading cause of stroke and heart disease.

Burgers That Go Beyond Beef

These veggie burger options put the cow out to pasture.



July/August 2015

By Michele Wojciechowski

Summer is upon us and so is one of its staples—cookouts. While a feature of a good cookout is a great burger, what do you do if you're vegetarian or vegan? Sure, you could buy a frozen veggie or vegan burger, but a homemade one would be so much better.

Vegetarian and vegan chefs say you can make and enjoy great meatless burgers. You just have to know what to do.

"If you can get away from the idea that it has to replicate meat and just have something that's tasty between a bun, then you've really opened yourself up to a trillion options," says Miyoko Schinner, vegan chef, founder and chief executive of Miyoko's Kitchen and author of *The Homemade Vegan Pantry: The Art of Making Your Own Staples* (Ten Speed Press). Lukas Volger, cookbook author and founder of Made by Lukas, a line of fresh- vegetable veggie burgers, agrees, saying, "For me, a veggie burger is an expression of vegetables." Roberto Martin—vegan chef (he was formerly Ellen DeGeneres and Portia de Rossi's personal chef), cookbook author and soon-to-be restaurant owner—says that vegan and veggie burgers won't pass a blind taste test as meat burgers, "nor should they."

The key is to start with tastes you like. If you like black beans, use them. If you don't, then don't.

Public Enemy #1

Sugar's health effects aren't so sweet.



October 2015 Energy times

By Jodi Helmer

Salad dressing, cereal, soda: It's hard to find foods and beverages that don't contain sugar, often cloaked by names such as dextrose, evaporated cane juice, or sucralose. "Sugar is everywhere," says Carolyn Dean, MD, ND, a Hawaii-based physician, naturopath and author, with Skye Alexander and Meera Lester, of Self-Care for Life (Adams Media).

The average American consumes 19.5 teaspoons (82 grams) of sugar every day, according to the Centers for Disease Control and Prevention, which adds up to a whopping 66 pounds of added sugar every year.

The biggest culprits are beverages sweetened with sugar, says the CDC. The American Heart Association recommends that men consume no more than nine teaspoons of added sugar, that which doesn't occur naturally in foods, per day. The daily limit for women is just six teaspoons. A can of regular soda contains eight teaspoons of sugar; gulping just one can would put a woman over her daily limit.

"Your body needs sugar," Dean says. "But consuming too much sugar throws your system out of whack and starts causing health problems."

Hazardous Sweetness

Our appetite for sugar is wreaking havoc on our well-being.

"Added sugar is only adding calories, nothing more. There is almost no nutrient benefit," explains dietitian Linda Van Horn, PHD, RD, associate dean in the department of Preventive Medicine at the Northwestern University Feinberg School of Medicine and spokesperson for the American Heart Association. "Your body has to cope with the extra sugar load, which challenges your insulin levels and contributes to risk of weight gain with no nutrients."

In addition to the empty calories that help pack on pounds, sugar has been linked to diseases that include obesity, type 2 diabetes and certain cancers. A 2014 study in JAMA Internal Medicine found that people who consumed 25% or more of their daily calories from sugar were more than two times more likely to die from heart disease than those who

consumed 10% or less, regardless of age or weight. In 2010, another JAMA Internal Medicine study found a link between high sugar consumption and elevated triglycerides (blood fats) and lower levels of HDL (good) cholesterol.

In addition, there appears to be a connection between fructose, one of the most abundant sources of sugar in the average diet, and a buildup of fat in the liver called nonalcoholic fatty liver disease (NAFLD), according to a 2013 study in Hepatology. (A 2014 meta-analysis in the European Journal of Clinical Nutrition asserts that too many calories, regardless of their source, were to blame for NAFLD.)

our Brain on Sugar

Overconsumption of sugar takes its toll on mental function, too.

“Sugar is our number one recreational drug of choice,” notes JJ Virgin, CNS, nutritionist and author of *The Sugar Impact Diet* (Grand Central Life & Style). “It has a morphine-like impact on our brains.”

In fact, drinking soda appears to alter brain chemistry, according to a 2015 study published in *The Journal of Clinical Endocrinology and Metabolism*. Researchers found that compared with those who drank soda sweetened with aspartame, women who drank three sugar-sweetened sodas per day for two weeks showed increased activity in the hippocampus, the brain region associated with emotions and memory; their levels of cortisol, a stress hormone, were also lower, leading researchers to conclude that drinking soda alters how the brain responds to stress.

Eating a lot of sugar seems to have a negative impact on brain structure and function. Research published in the journal *Neurology* in 2013 found that higher glucose levels were linked with poor memory and a smaller hippocampus, leading researchers to assert that higher blood sugar could disrupt memory. A 2013 study in the *New England Journal of Medicine* found that high glucose levels could be a risk factor for dementia.

Dean believes there is also a connection between sugar consumption and the production of yeast, which can trigger inflammation, low energy levels and brain fog. “If you eat too much sugar, you’ll feel almost hung over because the yeast creates alcohol in your intestines,” she says.

The more sugar we consume, the harder it is to kick the habit. “When you eat sweets, the sugar lights up the pleasure centers in your brain and makes your body crave sweeter and sweeter foods,” Virgin explains. “You lose appreciation for the natural sweetness in foods and crave sugar from processed sources.”

Hidden Sources

Even the most devoted label-readers might not recognize sugar hiding in their foods. In his lectures, Robert Lustig, MD, a pediatric endocrinologist and author of *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease* (Plume), notes that there are 56 different names for sugar—including cane sugar, molasses, maltodextrin, carob, cane juice, dextrose, diatase, caramel, beet sugar, sorghum syrup, barley malt and sucrose—which makes it difficult to eliminate sugar from our diets.

“No one sets out to eat that much sugar,” Virgin says. “But labels can be misleading.”

It may help to understand why you crave the sweet stuff. “To beat sugar addiction, first you’ll need to figure out which type of sugar addict you are,” says Jacob Teitelbaum, MD, chronic fatigue and fibromyalgia expert and author, with Chrystle Fiedler, of *The Complete Guide to Beating Sugar Addiction* (Fair Winds). In his experience, people crave

sugar for one of four reasons: They're looking for quick energy via sugar and caffeine; stress has zapped their adrenal glands, leading to irritation and fatigue; they're driven to seek sugar due to yeast overgrowth; or their cravings are driven by hormonal changes related to the menstrual cycle, or menopause or its male equivalent, andropause.

To get your sugar intake down to AHA-recommended limits, Van Horn suggests eliminating sugar-sweetened beverages and reading nutrition labels to understand how much sugar is in your favorite foods, steering clear of those items that contain more than 10 grams of sugar per serving. Beyond that first step, the simplest way to cut added sugar out of your diet, and avoid blood sugar crashes, is to eat more protein and healthy fats (see the recipe below for an example).

"We have to teach our bodies how to burn fat, not sugar, for a fuel source," Virgin says. "The less sugar you eat, the better you'll feel."

