

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

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



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

November 2019 Newsletter Summary

11/01/2019- Basic Bo Begins 8 pm.
11/02/2019- Octavia Fields Library Class
11/08/2019- Guest Instructor
11/16/2019- Kung Fu Birthday Party and Demonstration 1-2 pm.
11/16/2019- WMA Inner-school tournament 2-5 pm.
11/22/2019- Women's Self Defense Class 8-9 pm
11/23/2019- Kung Fu Rank Test 1 to 4:30 pm.
11/25/2019- Kung Fu Rank Test Make up for all ages 6- 8:30 pm
11/28/2019-11/30/2019- No Classes due to Thanksgiving Holiday

12/06/2019- Basic Sabre Begins 8 pm.
12/07/2019- Octavia Fields Library Class
12/14/2019- Tai Chi Rank Test
12/14/2019- Kung Fu Birthday Party and Demonstration
12/17/2019- Tai Chi Make up Test
12/23/2019- Kung Fu Accelerated Rank Test 6-8:30 pm.
12/24/2019-01/01/2020 No Class due to Christmas and New Year Holiday

Kung Fu Rank Test

Date: November 23, 2019
(Saturday)
Time: 1 - 4:30 pm
Cost: \$35 & up

Make up Test for all Ages

Date: November 25, 2019
Time: 6-8:30 pm. (Monday)
Cost: \$35 & up

Accelerated Program Rank Test

Date : December 23, 2019 (Monday)
Time: 6 - 8 pm

Tai Chi Rank Test

Date: December 14, 2019 (Saturday).
Time 12 noon to 2 pm.
Make up test on 12/13/2019.
8 to 9 pm.

Tournament Points

Joseph Alonzo	69
Nickelus Moreno	63
Jozlyn Rodriguez	60
Connor Sheridan	60
Levi Garcia	54
Allen DeWoody	54
Jeffrey Villarde	51
Makinzi Rodriguez	51
John Prewett	42
PJ Glasco	42
David Barnes	33
Avairya Rodriguez	30
Anika Glasco	30
Lamar Kendricks	30
Lanese Kendricks	30
Nicole Glasco	30
Russel Haws	24
Margaret Swavely	24
Tori Arhinal	21
Rob Sheridan	18
Craig Glasco	18
Jim Gustin	15
Olivia Sheridan	15
Madeline Briles	12
Jordan Louviere	12
Jad Kawaja	12
Paul Greenwood	12
Ruby Abbott	12
Miguel Gallegos	12
Aurora Rodriguez	06

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

Date: November 8, 2019 (Friday).
Time: 7 - 8 pm.
Cost: Paid by Wang's Martial Arts.

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

Date: November 8, 2019 (Friday).
Time: 5 - 6 pm.
Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm.

Make check payable to:

HeBei Chinese Martial Arts Inst.

Cost: \$50 per person.

Guest Instructor; Master Jia

Report Card Points

Madeline Briles	4.5
Conner Sheridan	5.25
Joseph Alonzo	2.25
Levi Garcia	2.25
Nickelus Moreno	2.25

Reminder:

**All shoes must be placed
on Shoe Rack, to avoid
any accidents.
Thank You.**

Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98
Inner-School tournament:
December 5, 2009 - \$105.00
March 6, 2010 - \$85.00
July 10, 2010 - \$100.00
December 6, 2010 - \$105.00
March 19, 2011 - \$80.00
June 4, 2011 - \$115.00
September 10, 2011 - \$150.00
December 3, 2011 - \$110.00
March 3, 2012 - \$150.00
Outdoor Training (3-25-12) - \$100.00
June 30, 2012 - \$160.00
September 29, 2012 - \$185.00
December 15, 2012 - \$125.00
May 4, 2013 - \$90.00
August 10, 2013 - \$105.00
November 2, 2013 - \$85.00
March 29, 2014 - \$90.00
August 2, 2014 - \$90.00
November 8, 2014 - \$45.00
January 24, 2015 - \$60.00
May 16, 2015 - \$65.00
Susan Fischman (7/18/15) - \$5.00
October 3, 2015 - \$55.00
December 19, 2015 - \$75.00
March 5, 2016 - \$45.00
March 2016 Birthday - \$25.00
April 2016 Birthday - \$40.00
May 2016 Birthday - \$20.00
June 2016 Birthday - \$10.00
Darren Bush (6/14/16) - \$500.00
June 25, 2016 - \$20.00
July, 2016 Birthday - \$30.00
August 13, 2016 Birthday - \$40.00
September, 17, 2016 Birthday - \$10.
Marilyn Kidd (9/1/16) - \$200.00
October 8, 2016 Tournament - \$55.
Padraic Gilbert (1/21/17) - \$100
January 14, 2017 Birthday - \$20.
February 17, 2017 Birthday - \$85.
March 11, 2017 tournament - \$45.
March 18, 2017 Birthday - \$15.
April 15, 2017 Birthday - \$25.
July 15, 2017 Birthday - \$25.
Wang's Martial Arts (Jan. to Apr.) - \$400.
Wang's Martial Arts (May) - \$100.
Wang's Martial Arts (June) - \$100.
June 10, 2017 tournament - \$25.
August 19, 2017 Birthday - \$10.
September 16, 2017 Birthday - \$10.
October 14, 2017 Birthday - \$5.
November 12, 2017 Culture class - \$50.
November 20, 2017 Basic Escrima - \$25.
December 6, 2017 Basic nun chuck - \$50
December 9, 2017 tournament - \$50.
December 17, 2017 Chinese Culture - \$40.
January 15, 2018 Basic Escrima - \$25.
January 29, 2018 Women's SD - \$30.
2/3/18 Craig Glasco - \$10.
February 24, 2018 tournament - \$45.
February 26, 2018 Women's SD - \$20.
Wang's Martial Arts (Jan. & Feb.) - \$200
Darren Bush - \$500.
Craig Glasco - \$25.
Cynthia Pate - \$50.

Total - \$6013.98 - \$300 - \$300 - \$1000
-\$2000 - \$2000 = \$413.98

- \$300 scholarship to Ms. Megan Payne 06-04-12
\$300 scholarship to Mr. Wilfred Hung 06-24-13
\$1000 scholarship to HISD student on 01-30-16.
\$1000 scholarship to HISD student on 01-21-17.
\$1000 scholarship to UH student on 01-21-17.
\$500 scholarship to UH student on 02/10/18.
\$1000 scholarship to UH student on 02/10/18.
\$500 scholarship to UH student on 02/10/18.

Proverbs 4.

18 The path of the righteous is like the morning sun,
shining ever brighter till the full light of day.
19 But the way of the wicked is like deep darkness;
they do not know what makes them stumble.

Scholarship donation;

05/18/19 Darren Bush \$500.
05/18/19 WMA \$500.
06/12/19 Rosel Rodriguez \$1.
06/12/19 Lily Valdez \$10.
07/12/19 Rosel Rodriguez \$2.
07/18/19 Anonymous \$18.
07/19/19 Caleb Villalpando \$5.
07/24/19 Ruby Abbott \$50.
07/31/19 Madeline Vides \$3.
09/14/19 Margret Swavly \$5.
09/16/19 Ruby Abbott \$50.
10/28/19 Raffle of small laptop \$240.

New Students:

Concepcion Rodriguez, Eric Alvarez,
Lesly Rodriguez, Elmer Whitehed,
Bryce Hobbs,

Welcome!

Red, Brown and Black Belt Class

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

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:
All A's - \$300.00
A & B's - \$200.00
All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:
All A's - \$500.00
A & B's - \$300.00
All B's - \$200.00

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

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

November Birthday

Terry Robertson 11/29
Darren Bush 11/20
Madeline Briles 11/04
Dan Sullivan 11/07
Betty Stanley 11/16
Robert Cale 11/04
Jefferson Ordonez 11/01
Lakshmi Ordonez 11/05
Troy Robinson 11/06
Santiago Guerrero 11/10
Cade Vickery 11/18
Pablo Garzon 11/22
Ed Green 11/16
Shawna Rencher 11/02
Jameson Ezzell 11/06
Cleotis Washington 11/16
Dominic Venegas 11/27
Aiden Setia 11/30
Steven Ramos 11/3
Abraham Rocha 11/6
Kenneth Brown 11/7
Giavannie Brito-Salcido 11/15
Monia Piel 11/23
Heidi Macedo 11/28
Adrian Lopez 11/19
Jacorey King 11/21
Illiana Lopez 11/25
Paul Tang 11/18
Chris Duffy 11/22
Laura Henderson 11/25
James Mayo 11/27
James Nelson 11/28
Legend Johnson 11/13
Ricky Shepherd 11/14
Monica Johnson 11/27
John Sheridan 11/06
Nia Coston 11/17
Joshua Li 11/23
Miguel Gallegos 11/07
Maria Wilrich 11/21
Rosel Rodriguez 11/21

Happy Birthday



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 March 18, 2017 Birthday - \$15.
 April 15, 2017 Birthday - \$25.
 July 15, 2017 Birthday - \$25.
 Wang's Martial Arts (Jan. to Apr.) - \$400.
 Wang's Martial Arts (May) - \$100.
 Wang's Martial Arts (June) - \$100.
 June 10, 2017 tournament - \$25.
 August 19, 2017 Birthday - \$10.
 September 16, 2017 Birthday - \$10.
 October 14, 2017 Birthday - \$5.
 November 12, 2017 Culture class - \$50.
 November 20, 2017 Basic Escrima - \$25.
 December 6, 2017 Basic nun chuck - \$50
 December 9, 2017 tournament - \$50.
 December 17, 2017 Chinese Culture - \$40.
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**Total - \$6013.98 - \$300 - \$300 - \$1000
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 \$1000 scholarship to UH student on 02/10/18.
 \$500 scholarship to UH student on 02/10/18.**

January 14, 2018 - Birthday - \$5.00
 February 17, 2018 - Birthday - \$5.00
 February 24, 2018 - inner-school tournament - \$75.
 March 17, 2018 - Birthday - \$10.
 April 23, 2018 - Women's Self Defense - \$10.
 May 15, 2018 - Birthday - \$10.
 May 26, 2018 - Tania Myers - \$15.
 June 23, 2018 - Inner-school tournament - \$60.
 September 22, 2019 - Inner-school tournament - \$70.
 December 15, 2018 - Birthday - \$10.
 December 8, 2018 - Inner-school tournament - \$80.
 January 12, 2109 - Birthday - \$5.
 February 16, 2019 - Birthday - \$5.
 March 18, 2019 - Birthday - \$10.
 April 13, 2019 - Birthday - \$5.
 April 16, 2019 - Peace by Piecing Quilt Guild, \$100.
 April 26, 2019 - Rosel Rodriguez - \$1.



2020 Wang's Martial Arts **Eightteenth Annual Chinese New Year** & Kung Fu, Tai Chi Class Reunion

Date: January 18, 2020 (Sat.)

Cost:

Time: 3:00 pm (Reception)
4:00 pm (Dinner)
5:00 pm - 7 pm (Demo & program)

Place: China Ko
5421 FM 1960 Rd. E.
(at Timber Forest Dr.)
Humble, TX 77346
(281) 361-8006

Ages 8 years & under
\$15.00

Age 9 and up
\$28.00

A table of 8 people
\$224.00

Dress code: Coat & Tie or Chinese Costume.

*First 238 people (30 tables) will be in the private room where the main floor is, overflow will be in the main dining room. Reserve your seat or table early to be close to the main floor.

Reserve a table of 8 people with \$50 down & balance paid before January 4, 2020 & you are entered into the following drawing.
(Do not have to be present to win)

1. Lenovo Laptop
2. Chinese Lamp
3. Blue Chinese Vase
4. Three Wise Monkeys
5. Green Dragon
6. Chinese Scrolls
7. Glass Lotus Flower
8. Set of Chop Sticks



For more information:

Wang's Martial Arts
5311 FM 1969 Road E. at Timber Forest Dr.
Humble, TX 77346
(281) 548-1638, (281) 682-3387

Registration Form for Chinese New Year event

Name: _____ Date: _____
Address: _____
City: _____ St: _____ Zip: _____
Home Phone: _____, Other phone: _____, Age: _____
e-mail: _____

A table of 8 people: \$224.00 _____ = _____
\$28.00 x Number of 9 years old and up _____ = _____
\$15.00 x Number of 8 years old & under _____ = _____

Door Prize: Must be present to win.

Total: = _____

- | | | |
|------------------------|-------------------------|----------------------------|
| 1. Bicycle | 5. Large Chinese Scroll | 9. Side Marble Top Table |
| 2. 32" LED TV | 6. Five Lucky Rats | 10. Dragon and Phoenix Set |
| 3. Big Tea Set | 7. Lucky Cat | 11. Small Glass Flower |
| 4. Golden Chinese Vase | 8. Golden Dragon Boat | 12. Golden Dragon |

Menu

All food is Vegetarian Style.

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

Soup & Salad- All veggie style.

Main Dish: Veggie Egg Roll, Veggie Dumpling, Veggie Chicken Nugget, Veggie Beef, Mashed Potatoes, Corn Bread, Italiano's Bread Rolls.

Dessert: Cookie

February 02, 2019 (Saturday)
China KO Steak House
5421 FM 1960 Road E. (at Timber Forest Dr.)
Humble, TX 77346

MC by Mr. Victor Makris (Makris Law Firm, P.C.)

10:00 am to 12:00 pm - Full dress rehearsal.

2:00 pm - Fashion show dress rehearsal & sing Chinese song rehearsal.

3:00 pm

1. Reception

Slide & video presentation. (G.M. Cheng, ABSH)

3:30 pm - 2. Blessing & Grace - Paster William Irwin.
National Anthem - by Makinzi Rodriguez
Dinner (Vegetarian styles)

4:00 pm - Entertainment Program -

"Firework" dance solo by Jordyn Mayo.

Special Thanks to all Black Belts who made this event possible.
Chinese folk song.

Victor Cheng Scholarship (provided by Mrs. Jenny Cheng) recipient for 2019 - \$1000
(To U of H Law student).

Wang's Martial Arts Scholarship recipient for 2019 (U of H Law student) - \$1000.

Animal rescue fund -

Proclamation from Mayor of Houston, Sylvester Turner.

4:30 pm

3. Fashion Show (by Wang's Martial Arts students & Family)

4:45 pm - 4. Welcome to the 16th Annual Chinese New Year and Award Luncheon (MC: Victor Makris)
**A Tribute and Celebration of the Life and Achievements of
Grandmaster Victor Cheng & others (Nancy Green, Steve Alonso, Robert Barnes,
All unknown Animals).**

5:00 pm - 5. Lion Dance by Shaolin Kung Fu Academy.

5:25 pm - Guest Speaker -

5:35 pm

6. Tournament Points.

7. Report Card Points.

5:45 pm

Intermission.

6:00 pm

8. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.

9. Kicking contest : (5 - 8 years)

(b) - (9 - 14 years)

(c) - Adult

6:30 pm - 10. World Peace Martial Arts - Hall of Fame.

6:35 pm - 11. Prize drawing for table leader (Do not have to present to win).

12. **Door Prize Drawing (must present to win).**

7:00 pm

Conclude program.





Reserve a table of 8 people with \$50 down & balance paid before January 4, 2020

& you are qualified for the following drawing. (Do not have to be present to win).

1st Prize: Lenovo Laptop

Lenovo



Display: 15.6" HD TN RAM: 4G
Storage: 500G HDD

2nd prize: Chinese Lamp



3rd prize: Blue Chinese Vase



4th prize: Three Wise Monkeys



5th prize :Green Dragon



6th prize: Chinese Scroll



7th prize: Glass Lotus Flower



8th prize: Set of Chopsticks



Chinese New Year on 01/18/2020 - door prize (must present).

1st Prize: Bicycle



2nd prize; 32" LED TV



3rd prize: Big Tea Set



4th prize: Golden Chinese Vase



5th prize: Large Chinese Scroll



6th prize: Five Lucky Rats



7th prize: Lucky Cat



8th prize: Golden Dragon Boat



9th prize: Side Marble Top Table



10th prize: Dragon and Phoenix Set



11th prize: Small Glass Flower



12th prize: Golden Dragon





**2020 Wang's Martial Arts
18th Annual
Chinese New Year Celebration
& Kung Fu, Tai Chi Class Reunion**

Date: January 18, 2020 (Sat.)
Time: 3:00 pm (Reception)
 4:00 pm (Dinner)
 5:00 pm - 7 pm (Demo & program)

Place: China Ko
 5421 FM 1960 Rd. E.
 (at Timber Forest Dr.)
 Humble, TX 77346
Dress code: Coat & Tie or Chinese Costume.
 (281) 682-3387

Free Chinese New Year Celebration Ticket (value \$28) on **January 18, 2020**, if you sign up a friend for Kung Fu or Tai Chi lessons before January 8, 2020.

This offer cannot be combined with any other offer at the school.

<u>Ages 8 years & under</u>	\$15.00
<u>Age 9 and up</u>	\$28.00
<u>A table of 8 people</u>	\$224.00

Highlights of the Event:

- **Kung Fu & Tai Chi demonstration.**
- **Fashion Show by Wang's Martial Arts Students.**
- **Lion Dance.**
- **Tournament Points, Report Card points award.**
- **Prize Drawing for Table leader.**
- **Door Prize Drawing (must be present to win).**
- **Dance Solo, singing Chinese songs.**

All Food is Vegetarian Style
For the Benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals.
 Soup & Salad- All veggie Style
 Main Dish: Veggie Egg Roll, Veggie Dumplings, Veggie Chicken Nugget, Veggie Beef, Mashed Potatoes, Yeast Bread, Italiano's Bread rolls.
 Dessert: Cookie.

Chinese New Year report - February 2, 2019.

On Saturday, February 02, 2019 Wang's Martial Arts held its 17th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The vegetarian style meal was prepared for the health of all guests, & kindness to animals. At the tables, guest was presented with red envelopes that contained a lucky Chinese coin. During the reception, visitors were able to enjoy pleasant music thanks to the contribution of our Brown Stripe Belt **Jeffrey Villarde**.

Jordyn Mayo also impressed the audience with her solo dance called fireworks- Great job Jordyn!

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, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Padraic Ruby Abbott, Polly Ferguson, Margaret Swavely, Chantel Barnes, Karen Clarke, Cleotis Washington, Jessie Diaz, Sue Diaz, Paul Greenwood, Chris Duffy, Tania Myers, Richard Sibley, Danny Romine, Jeannett Adams, Wilfred Hung.**) with a Chinese Happy New Year Card, with their names written in Chinese Calligraphy.

Following, Victor Cheng Scholarship (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Students **Alyssa Allen** for **\$1000** and **Read Fryar** for **\$1000**.

There was also a Chinese Fashion show & singing of two Chinese songs, WMA students, family, and friends showed off lovely silk like garments and their talent.

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.

Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! Students are encouraged to turn in their report cards, for a chance to win a **seven-foot trophy** at the Chinese New Year Banquet.

Report Card	Points	2018	Tournament Points 2018		
5-8 yrs.	1 st	Maya Rivadeneyra	5-8 yrs	1 st	Avairya Rodriguez
	2 nd	Anika Glasco		2 nd	Connor Sheridan
	3 rd	Connor Sheridan		3 rd	Levi Garcia
	4 th	Nicole Glasco		3 rd	Cameron Vancho
9-14 yrs	1 st	Hunter Figueroa	9-14 yrs	1 st	Jordyn Mayo
	1 st	Brandon Figueroa		2 nd	Tori Archinal
	2 nd	Joshua Li		3 rd	Nickelus Moreno
	2 nd	Cameron Vancho		4 th	Madeline Briles
	3 rd	Joseph Alonso	4 th	Jad Kawaja	
	3 rd	Madeline Briles	4 th	Juan Ceja	
	4 th	Nickelus Moreno	15-108 yrs	1 st	Makinzi Rodriguez
				2 nd	Rosel Rodriguez
		3 rd		Jeffrey Villarde	
		4 th		Ruby Abbott	
		5 th		John Prewett	
			5 th	Ricky Shepherd III	

Don't forget those tournament points! After each tournament, students should turn in their points for a chance to also win a **seven-foot trophy** at the Chinese New Year Event.

Wang's Martial Arts students presented Kung Fu demonstration. Impressing the audience with what they have learned throughout the years of discipline and practice.

There were numerous smiles and flashes from the cameras. The students were able to participate in a kicking contest, which consisted of 20 or more kicks within 10 seconds. The winners for the contest are as followed,

- 5-8 years old- [Juan Ceja](#)
- 9-14 years old- [Alfred Marayag](#)
- 15-108 years old- [Dezi Hellsten.](#)

Congratulations to those students who worked hard to win the kicking contest.

Door prizes were also drawn at the banquet, the first place winners for Table Leader, and Door prize drawing are as followed,

Table Prize Drawing Winners

First Place	32' LED TV	David Barnes
Second Place	Keurig Coffee Maker	Tania Myers
Third Place	Big Golden Pig	Chris Duffy
Fourth Place	Big Tea Set	Jackie & Rosel Rodriguez
Fifth Place	Golden Dragon	Rob Sheridan
Sixth Place	Golden Horse	Jeffrey Villarde
Seventh Place	Small Tea Set	Susan Fischman
Eight Place	Big Set of Chopsticks	Polly Ferguson

Door Prize Drawing

First Place	Bicycle	Tina Hoang
Second Place	Fit bit	Joanita Ante
Third Place	Big Tea Set	Paul Greenwood
Fourth Place	Small Golden Pig	Linda Duggan
Fifth Place	Picture Scroll	Laura Henderson
Sixth Place	Big Set of Chopsticks	Makinzi Rodriguez
Seventh Place	Small Golden Pig	Noah Gutierrez
Eight Place	Bruce Lee Pictures	Cleotis Washington
Ninth Place	Small Tea Set	Jordyn Mayo
Tenth Place	Green Dragon	Robert Ante
Eleventh Place	Small Golden Horse	Noah Gutierrez
Twelfth Place	Red Chinese Lanterns	Garin Chang

Once again the banquet was a great success, thanks to everyone at WMA, their family, and friends for making it a successful celebration.





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
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 All B's - \$200.00

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Besides all the group lesson schedule we have which you are attending. We feel that as a student you will benefit from our private lesson club, with Sifu David Barnes. We've noticed your improvements as a student, and we would like to help you better your skills and techniques. The Private lesson is **only half an hour** and **once a month**, for only \$69.00. This will be added to your monthly tuition fee. If you are enrolled in our easy pay program, you will automatically save \$10.00 which will be \$59.00 monthly or \$13.72 weekly on top of your regular tuition.

You can choose the day and time that best works for you from our flexible schedule. We have different options for you to choose from, that will help improve or learn new skills. By adding this private lesson, you will progress much faster.

- **Forms (Review or learn a new form)**
- **Weapon (Review or learn a new weapon)**
- **Sparring or Drill**
- **Two men Set or Techniques**
- **Self Defense and conditioning**



Tournament & report card point - First place is seven foot trophy.



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

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

Wang's Martial Arts

Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month <small>(12 to 13 lessons in a month)</small>	\$179.00	\$161.10	\$89.50	\$89.50	Free
Easy pay/Week	\$39.30	\$35.37	\$19.65	\$19.65	
Uniform	\$59.95	\$59.95	\$59.95	\$59.95	\$59.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

<u>KUNG-FU class schedule</u>			
Adults	(Age 15-108)	Tue. Sat. Tues./Thur. Mon./Tue./Thur./Fri. Mon./Wed.	11:00 - 12:00 Noon 4:00 - 5:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Fri. Monday Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Fri. Mon./Tue./Wed./Thur./Fri. Monday Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 8:00 - 9:00 PM 10:00 - 11:00 AM
<u>TAI CHI CHUAN</u>			
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

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 (281) 682-3387.



Wang's Martial Arts App.

We are excited to announce our school app is now available for download in Google Play or the App Store. In the app you will be able to find school events, sign up for rank tests, view requirements for each belt and more.

Android Users: If you would like to download the app please see Master Wang or Ms. Madeline so they can forward you the link to Google Play store.

If you are opening this email on your mobile device just click on the link provided and it will take you to the App store

Apple Device:

<https://itunes.apple.com/us/app/wangs-martial-arts/id1422637801?mt=8>

Android Device:

<https://play.google.com/store/apps/details?id=com.wangs.martial.arts>

Once downloaded all you have to do is enter your name, email, and app code.

App code: 2816823387 (no spaces or special characters)



**WMA - Wangs Martial Arts
Hand sign - Peace & Respect
Chinese character - Kindness**

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



Date: November 22, 2019 (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

Fee : \$10.00 (All proceed goes to Wang's Martial Arts scholarship fund.)
Free for Wang's Martial Arts members and their family.
(9-108 years old, any rank).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

Birth Day Party for Wang's martial Arts students & Demo practice

Date: November 16, 2019 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 Rd. 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 October. **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).
Free for all students who will participate demonstration & their family members.

Time: 1pm – 2 pm Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch. Singing Happy birthday song in English, Chinese & Spanish.

RSVP by November 14, 2019.

REGISTRATION FORM -

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

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

Basic Bo



Date: November 01,2019 (Friday)
November 08, 2019 (Friday)
November 15, 2019 (Friday)
November 22, 2019 (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: _____

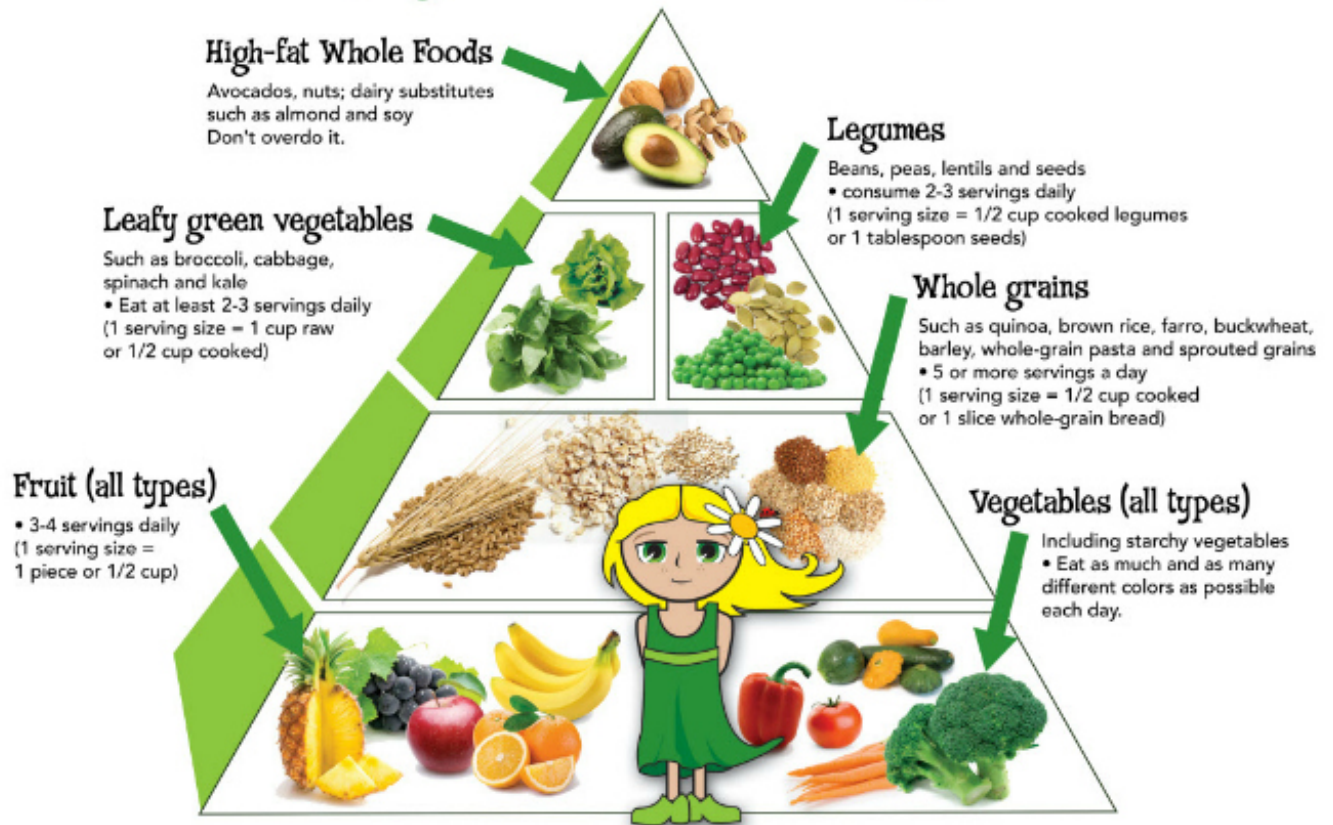
PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

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



Iron On Patches for Kung Fu Uniforms

Every student who turns in their report card with straight A's, will receive an iron on Academic patch, that can be placed on the right lower pant leg of their uniform.



Every student who participates in a Inner School Tournament, and has earned all 1st place awards, will receive a Rising Star iron patch, that can be placed on the left lower pant leg of their uniform.



Tai Chi: Balance in Motion

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

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

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

What Is Tai Chi?

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

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

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

- **Balance.** You maintain good body alignment while moving from foot to foot.
- **Relaxation.** You concentrate on your movement while keeping your mind calm and clear.
- **Coordination.** You learn to move your body through complex motions while maintaining good posture.

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

How Tai Chi Could Improve Your Health

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

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

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

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



Rank test picture February 25, 2019.



Rank Test on 10/28/2019.



OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- ___ Information for Parents
- ___ Parent Permission Form
- ___ Waiver Application
- ___ Submission Due To Physical Education
Coordinator (Helen Wagner)

Deadline to submit ALL paperwork is May 31, 2019
Email submission of forms is preferred

HISD Physical Education Department
Attention Helen Wagner
4810 Magnolia Cove
Kingwood, TX 77345
Email: helen.wagner@humbleisd.net

**Please remember students must reapply for an off
campus physical education waiver each school year to be
considered for the program.**

HUMBLE INDEPENDENT SCHOOL DISTRICT
OFF-CAMPUS Physical Education (OCPE)
INFORMATION FOR PARENTS

To maintain compliance with the Texas Education Code, Humble ISD offers students a waiver process for OCPE programs. This waiver process consists of Category 1 (15 hours) and Category 2 (five hours) for high school and middle school.

Request for waivers for approval of private or commercially sponsored physical activity programs will be considered in two categories. These are:

CATEGORY 1 -OLYMPIC TRAINING: is available to Middle School and High School students.

(Waiver requests considered under this category must be approved by the local Board and submitted to the Texas Education Agency for final approval.)

- Private or commercially sponsored physical activity programs that lead to **Olympic-level** participation and/or competition. These programs typically involve a **minimum of 15 hours** per week of highly intense, professionally supervised training. The training facility, instructors, and the activities involved in the program must be certified by the Superintendent or his/her designee to be of exceptional quality.
- Students qualifying and participating at this level may be dismissed from school one period per day for such participation. Students dismissed must not be permitted to miss any academic class to fill out a regular day in lieu of leaving campus for OCPE.
- **The OCPE students should leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period and will result in immediate dismissal of the OCPE Program.** Students who discontinue OCPE Category 1 during a semester will be enrolled in a regular physical education class for the remainder of the semester to complete the credit in physical education for that semester.
- It is anticipated that only a very limited number of students will qualify for this exceptional level of participation.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.
- Students participating at this level may receive a maximum of **one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.

CATEGORY 2: is available to Middle School and High School students.

(Waivers in Category 2 must be approved by the local Board but **do not** require submission of approval of the Texas Education Agency.)

- Private or commercially sponsored physical activity programs as certified by the Superintendent or his/her designee to be of high quality, well supervised by appropriately trained instructors, and consisting of a **minimum of five hours** per school week.
- Students participating at this level may receive a **maximum of one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.
- Students certified to participate at this level **may not** be dismissed from any part of the regular school day.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.

**Off Campus PE WAIVER APPLICATION
Humble Independent School District
2019-2020**

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for Fall Semester _____ Spring Semester _____ Both _____

Category I (15+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. _____

Category II (5+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. _____

His/Her workout schedule will be: (90% of training time must be Monday-Friday)

Monday	Workout begins	_____ a.m. or p.m.	Workout ends at	_____ a.m. or p.m.
Tuesday		_____ a.m. or p.m.		_____ a.m. or p.m.
Wednesday		_____ a.m. or p.m.		_____ a.m. or p.m.
Thursday		_____ a.m. or p.m.		_____ a.m. or p.m.
Friday		_____ a.m. or p.m.		_____ a.m. or p.m.
Saturday		_____ a.m. or p.m.		_____ a.m. or p.m.
TOTAL NUMBER OF WEEKLY HOURS _____				

Name of Commercial Establishment _____

Phone Number _____

TO THE INSTRUCTOR FOR CATEGORY I and II APPLICANTS:

As this student's instructor, I verify this time schedule to be correct. I understand that it is the responsibility of this commercial establishment to maintain the physical education programs in the described categories and to submit via fax student grade and attendance report to the campus Registrar by the end of the grading period in fall and spring. I am to inform the Coordinator of PE/Health of any program changes or student's involvement or lack thereof.

Instructor's Signature Date

NAME OF STUDENT'S COUNSELOR _____

_____ Waiver Approved	_____ Waiver Denied
_____ Helen Wagner, Coordinator PE/Health	_____ Date

SEMESTER REPORT

**IT IS THE RESPONSIBILITY OF THE INSTRUCTOR/VENDOR TO SEE THAT THIS
"Semester Report" is faxed to the campus Registrar prior to the end of the
semester. (Dec. 6, 2019 and May 15, 2020)**

**This is only an example of the form the instructor/vendor will receive with their application packet.
NO STUDENT IS TO RETURN ANY SEMESTER REPORT TO THEIR
COUNSELOR/REGISTRAR.**

Student's Name _____

Commercial Establishment _____

Instructor's Name _____ Phone _____

Student's home campus _____ Student's Grade Level _____

Number of absences _____ Conduct _____

Grade (Middle School): Pass Fail (Circle One)

Numeric Grade (High School) _____

Instructor's Signature **Date**

Comments: _____



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION
ATTENDANCE/GRADE REPORT**

1. This form is due to the campus registrar at the end of each grading period.
2. Fax the completed form to the campus registrar.
3. Record the total number of hours for attendance and pass or fail for Middle School/Numeric Grade for High School.

MIDDLE SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	281-641-4600	281-641-4617
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	281-641-4400	281-641-4417
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	281-641-4000	281-641-4188
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 77339	281-641-4200	281-641-4217
Riverwood Middle School	2910 High Valley Drive Kingwood, TX 77345	281-641-4800	281-641-4817
Ross Sterling Middle School	1131 Wilson Rd Humble, TX 77338	281-641-6000	281-641-6017
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
Westlake Middle School	11810 Madera Run Parkway Humble, TX 77346	281-641-5800	281-641-5817
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5217

HIGH SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita High School	13300 Will Clayton Parkway Humble, TX 77346	281-641-7500	281-641-7775
Humble Middle School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6595
Kingwood High School	2701 Kingwood Drive Kingwood, TX 77339	281-641-6900	281-641-7261
Kingwood Park High School	4015 Woodland Hills Drive Kingwood, TX 77339	281-641-6600	281-641-6724
Summer Creek High School	14000 Weckford Blvd Houston, TX 77044	281-641-5400	281-641-5423

Grades Due to Registrar

FALL SEMESTER & SPRING SEMESTER
December 14, 2018
May 24, 2019

Grade Report Form
(Fax to Registrar)

Circle Grading Period: **FALL** or **SPRING**

(Due in December and June)

Student Name: _____

Student ID#: _____

Campus: _____

Grade Level: _____

Middle School Circle one: **PASS** **FAIL**

High School: _____ (Numeric Grade)

Days Missed: _____

Instructor Printed Name: _____

Instructor Signature _____ Date _____

Kung Fu Rank Test Results –09/27/19.

Age 15 year old and +

Sofia Collison - Yellow Belt
Van Sok - Yellow/stripe
David Collison - Orange Belt
Miguel Gallegos- Orange Belt
Madeline Vides- Orange Belt/stripe
Preston Townley- Orange Belt/stripe
Ezequiel Galvan- Orange Belt/stripe
Mauricio Galvan- Orange Belt/stripe
Jose Gutierrez- Green Stripe
Rob Sheridan- Purple Stripe
Drew Conner- Purple
PJ Glasco- Blue
Craig Glasco- Blue

Accelerated Program Rank Test 10/28/2019

Bryce Hobbs- Yellow Stripe
Caleb Villalpando- Orange Belt
Miguel Gallegos- Orange Stripe
Aurora Rodriguez- Purple Belt

Age 9 - 14 years old

Naomi Osibajo - Yellow Belt
Bryce Hobbs - Yellow Belt
Jordan Torres- Yellow Belt/stripe
Lanese kendricks- Orange Belt/stripe
Noah Gutierrez- Green Belt
Nicolas Collison - Green/stripe
Jayden NG-A-Mann – Red Stripe
Juan Ceja- Red Belt/stripe

Age 5 - 8 years old

Ocean Phan - Yellow Belt
Leah Gutierrez - Yellow Belt
Antoine Bechara - Yellow Belt
Elizabeth Osibajo - Yellow belt
Young Bennett- Yellow Belt/stripe
Olivia Sheridan - Yellow Belt/stripe
Caleb Villalpando- Yellow Belt/stripe
Lily Valdez - Orange/stripe
Lamar Kendricks- Orange Belt/styripe
Anika Glasco- Purple Belt/stripe
Levi Garcia- Purple Belt/stripe
Nicole Glasco- Purple Belt/stripe
Connor Sheridan - Blue Belt/stripe

Tai Chi test Result –09-14-2019

Frank Martinez- Yellow Belt
Maria Wilrich- Yellow Belt
Mary Lee- Orange Belt
Jim Gustin- Blue Belt
Edu Araujo- Red Belt
Margaret Swavely- Black Belt (2nd)
Richard Sibley- Black Belt (2nd)

Brown & Black Belt Test - 04/13/2019

Hunter Figueroa- Brown Belt
Brandon Fiueroa-Brown Belt
Ricky Shepard-Brown Belt
Nickelus Moreno- Brown Stripe
Avairya Rodriguez- Brown Stripe
Makinzi Rodriguez- Brown Stripe
Jozlyn Rodriguez- Brown Stripe
John Prewett- Brown Stripe
Rosel Rodriguez- Brown Stripe
Jeffrey Villarde- Black (1st)Belt
Charles Moore- Black (1st) Belt
Madeline Briles-Jr Black 2nd degree
Joseph Alonzo- Jr Black 2nd Degree
Ruby Abbott- Black 2nd Degree



Inner School Tournament Results 08/31/2019

5-14 Years Old

Beginner	Forms
Lanese Kendricks	1 st Place
Lamar Kendricks	2 nd Place
Olivia Sheridan	3 rd Place

Intermediate	Forms
Anika Glasco	1 st Place
Connor Sheridan	2 nd Place
Nicole Glasco	3 rd Place
Levi Garcia	4 th Place

Advanced	Forms
Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

Advanced	Weapons
Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

Beginner	Sparring
Lamar Kendricks	1 st Place
Olivia Sheridan	2 nd Place
Lanese Kendricks	3 rd Place

Intermediate	Sparring
Connor Sheridan	1 st Place
Levi Garcia	2 nd Place

Advanced	Sparring
Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

15 Years and Older

Beginner	Forms
Miguel Gallegos	1 st Place

Intermediate	Forms
PJ Glasco	1 st Place
Rob Sheridan	2 nd Place
Craig Glasco	3 rd Place

Advanced	Forms
Allen DeWoody	1 st Place

Intermediate	Weapons
Margaret Swavely	1 st Place
PJ Glasco	2 nd Place
Jim Gustin	3 rd Place

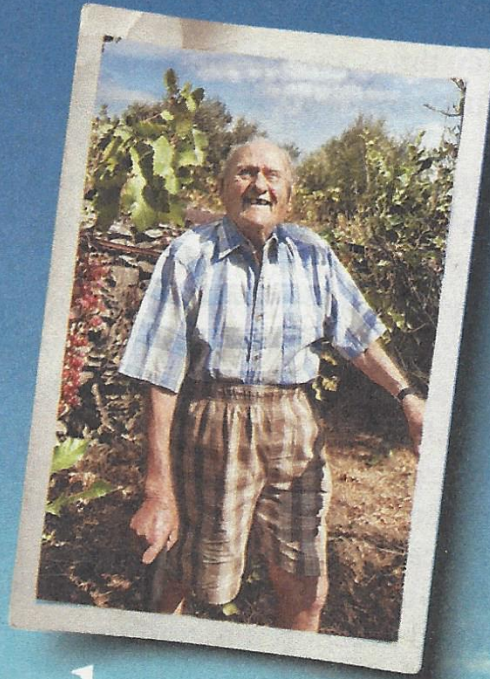
Advanced	Weapon
Allen Dewoody	1 st Place

Intermediate	Sparring
Craig Glasco	1 st Place
Rob Sheridan	2 nd Place

Tai Chi

Advanced	Forms
Margaret Swavely	1 st Place
Jim Gustin	2 nd Place

HEALTH



Welcome to
The Island
Where People
Forget to Die

BY DAN BUETTNER
FROM THE BOOK *THE BLUE ZONES*



ONE DAY IN 1976, Stamatis Moraitis of Boynton Beach, Florida, felt short of breath. Climbing stairs was a chore; he had to quit working midday. After reviewing his X-rays, his doctor concluded that Moraitis had lung cancer. As he recalls, nine other doctors confirmed the diagnosis. They gave him nine months to live. He was in his mid-60s.

MORAITIS, A GREEK war veteran who had arrived in the United States in 1943, considered staying and seeking aggressive treatment. That way, he and his wife, Elpiniki, could be close to his adult children. But he decided to return to his native island, Ikaria, where he could be buried with his ancestors in a cemetery that overlooked the Aegean Sea. He and Elpiniki moved in with his elderly parents, into a tiny, whitewashed house on two acres of stepped vineyards on the north side of Ikaria.

At first, Moraitis spent his days in bed. On Sunday mornings, he hobbled up the hill to a tiny Greek Orthodox chapel where his grandfather once served as a priest. When his childhood friends started showing up every afternoon, they'd talk for hours, an activity that invariably involved a bottle or two of locally produced wine. I might as well die happy, he thought.

In the ensuing months, Moraitis started to feel stronger. One day he planted some vegetables in the garden. He didn't expect to live to

harvest them, but he enjoyed being in the sunshine, breathing the ocean air.

Six months came and went. He didn't die. Easing himself into the island routine, he woke up when he felt like it, worked in the vineyards until midafternoon, made lunch, and then took a long nap. In the evenings, he often walked to the local tavern, where he played dominoes past midnight. His health continued to improve. He added a couple of rooms to his parents' home so his children could visit. He built up the vineyard until it produced 400 gallons of wine a year.

FOR MORE THAN A DECADE, I've been organizing a study of places where people live longest. In 2008, my colleagues Michel Poulain, PhD, a Belgian demographer, and Gianni Pes, MD, a researcher at the University of Sassari in Italy, and I began investigating Ikaria. Ninety-nine square miles and home to almost 10,000 Greek nationals, the island lies about 30 miles off the western coast of Turkey. We concluded that people on Ikaria were, in fact, two and a half times as likely to reach age 90 as Americans. Ikarian men, in particular, are nearly *four* times as

Stamatis Moraitis, pictured above left, in his late 90s, tending his vineyard on the island of Ikaria



This 99-year-old Ikarian man takes a three-mile walk uphill every day to tend goats.

likely as their American counterparts to reach 90. Ikarians were also living about eight to ten years longer before succumbing to cancers and cardiovascular disease, and they suffered less depression and about a quarter the rate of dementia.

Seeking to learn more about the island's reputation for long-lived residents, I called on Ilias Leriadis, one of Ikaria's few physicians. On an outdoor patio, he set a table with kalamata olives, hummus, heavy Ikarian bread, and wine.

"People stay up late here," Dr. Leriadis said. "We wake up late and always take naps. We simply don't care about the clock."

Dr. Leriadis also talked about local "mountain tea," made from dried herbs endemic to the island, which is enjoyed as an end-of-the-day cocktail. He mentioned wild marjoram,

sage, a type of mint tea, rosemary, and a drink made from boiling dandelion leaves and adding a little lemon. The teas double as traditional Greek remedies. Wild mint fights gingivitis and gastrointestinal disorders; rosemary is used to treat gout; artemisia is thought to improve blood circulation.

When Ioanna Chinou, a professor at

the University of Athens School of Pharmacy and one of Europe's top experts on the bioactive properties of herbs, tested Ikaria's most commonly used herbs, she found that they showed strong antioxidant properties. Most also contained mild diuretics, which doctors use to treat hypertension. Perhaps by drinking tea, Ikarians have gently lowered their blood pressure all their lives.

ON A TRIP THE YEAR BEFORE, I visited a slate-roofed house built into the slope at the top of a hill. I had come here after hearing of a couple married for more than 75 years. Thanasis and Eirini Karimalis clapped their hands at the thrill of having a visitor.

The couple were born in a nearby village; they married in their early 20s and raised five children on Thanasis's pay as a lumberjack. Their daily

routine: Wake naturally, work in the garden, have a late lunch, nap. At sunset, they either visited neighbors or neighbors visited them. Their diet was also typical: a breakfast of goat's milk, wine, sage tea or coffee, honey and bread. Lunch was almost always beans, potatoes, greens (fennel, dandelion, or a spinachlike green called horta), and seasonal vegetables from their garden; dinner was bread and goat's milk. At Christmas and Easter, they would slaughter the family pig and enjoy small portions of larded pork for the next several months.

Just after sunset, another couple walked in, carrying a glass amphora of homemade wine. The ninety-somethings cheek-kissed one another and settled around the table. They gossiped, drank wine, and occasionally erupted into laughter.

MEANWHILE, MY COLLEAGUES and additional researchers fanned out across the island and asked nonagenarians a battery of lifestyle questions. They were joined by Antonia Trichopoulou from the University of Athens Medical School, an expert on the Mediterranean diet.

She estimated that the Ikarian diet, compared with the standard American diet, might yield up to four addi-

tional years of life expectancy. Low intake of saturated fats from meat and dairy was associated with lower risk of heart disease; olive oil reduced bad cholesterol and raised good cholesterol. Goat's milk contained serotonin-boosting tryptophan and was easily digestible for older people. Some wild greens had ten times as

many antioxidants as red wine. Wine—in moderation—prompts the body to absorb more flavonoids, a type of antioxidant. Local sourdough bread might reduce a meal's glyce-mic load. You could even argue that potatoes contributed heart-healthy potassium, vitamin B6, and fiber.

And because islanders eat greens from their gardens, they consume fewer pesticides and more nutrients.

Ikarians' sleep and sex habits might also affect their long lives. A 2008 paper by the University of Athens Medical School and Harvard School of Public Health found that napping at least three days weekly was associated with a 37 percent reduction in the risk of coronary heart disease. In a preliminary study of older Ikarian men, 80 percent claimed to have sex regularly, a habit also linked to longevity. A quarter of that group said they were doing so with "good duration" and "achievement."

“
*At day's end,
 you'll share a
 cup of tea with
 your neighbor.
 You're never
 entirely alone.*”

WHEN THEA PARIKOS moved from America to Ikaria and opened a guesthouse, she stopped shopping for most groceries, instead planting a huge garden that provided most of their fruits and vegetables. She lost weight without trying to. I asked her if she thought her diet would make her family live longer. “Yes,” she said. “But we don’t think about it that way. It’s bigger than that.”

Although unemployment is high—perhaps as high as 40 percent—most everyone has access to a family garden and livestock, Parikos told me. People who work might have several jobs. Someone involved in tourism, for example, might also be a painter. “We may not have money for luxuries, but we will have food on the table and still have fun with family and friends,” she said. “We may not be in a hurry to get work done during the day, so we work into the night. At the end of the day, we don’t go home to sit on the couch.”

ASK THE VERY OLD on Ikaria how they’ve lived past 90, and they’ll usually talk about the clean air and the wine. Or, as one 101-year-old woman put it, “We just forget to die.” They have no idea how they’ve lived so long.

But if you pay careful attention, it appears that a dozen subtly powerful, mutually enhancing, and pervasive factors are at work. It’s easy to get enough rest if no one else wakes up

early and the village goes dead during afternoon nap time. It helps that the cheapest, most accessible foods are also the most healthful—and that your ancestors have spent centuries developing ways to make them taste good. It’s hard to get through the day without walking up 20 hills. You’re not likely to ever feel the stress of arriving late. And at day’s end, you’ll share a cup of herbal tea with your neighbor. Even if you’re antisocial, you’ll never be entirely alone.

THE LAST TIME I spoke to Moraitis was in July 2012. Elpiniki had died in the spring, and now he lived alone. I had one last question: How does he think he recovered from lung cancer?

“It just went away,” he said. “I actually went back to America about 25 years after moving here to see if the doctors could explain it.”

I had heard this part of the story before. It had become a piece of the folklore of Ikaria. Still, I asked, “What happened?”

“My doctors were all dead.”



Moraitis died in his home on February 3, 2013, at the age of 98, according to official records. By his own reckoning, he was 102. **R**

Dan Buettner’s latest book, *The Blue Zones Solution*, reveals how Americans can adopt healthier lifestyles. It will be published this spring.

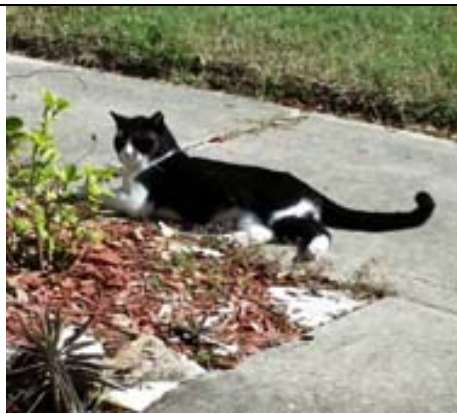
THE BLUE ZONES, 2ND EDITION BY DAN BUETTNER. COPYRIGHT © 2008, 2012 BY DAN BUETTNER, IS PUBLISHED BY NATIONAL GEOGRAPHIC SOCIETY, WASHINGTON, DC. BLUEZONES.COM.

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.



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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Schedule

11/01/2019- Basic Bo Begins 8 pm.
11/02/2019- Octavia Fields Library Class
11/08/2019- Guest Instructor
11/16/2019- Kung Fu Birthday Party and Demonstration 1-2 pm.
11/16/2019- WMA Inner-school tournament 2-5 pm.
11/22/2019- Women's Self Defense Class 8-9 pm
11/23/2019- Kung Fu Rank Test 1 to 4:30 pm.
11/25/2019- Kung Fu Rank Test Make up for all ages 6- 8:30 pm
11/28/2019-11/30/2019- No Classes due to Thanksgiving Holiday

12/06/2019- Basic Sabre Begins 8 pm.
12/07/2019- Octavia Fields Library Class
12/14/2019- Tai Chi Rank Test
12/14/2019- Kung Fu Birthday Party and Demonstration
12/17/2019- Tai Chi Make up Test
12/23/2019- Kung Fu Accelerated Rank Test 6-8:30 pm.
12/24/2019-01/01/2020 No Class due to Christmas and New Year Holiday



**PLEASE HELP KEEP OUR SCHOOL
CLEAN!**

Do not leave anything behind.

Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & find box.

But we will only keep for 10 days,

after that we will donate to HAAM in Humble.

T-Shirt days

Wednesday & Saturday class

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



\$16.00



\$12.00

CLASS SCHEDULE
(New class times effective on September 15, 2018)

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
		Friday.	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
		Tuesday	7:00 - 8:00 (9 - 14 years old, Green belt above).
		Friday.	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



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July 24, 2017

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

TAI – CHI – CHUAN - Testimony

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

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

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

Paul B. Greenwood
Student Wang’s Martial Arts

The Amazing Health Benefits of Green Tea



(Tomboy2290/Dremstime)

By Lynn Allison | Tuesday, 19 March 2019 08:52 AM

Green tea contains amazing antioxidant components and essential nutrients that can ward off many dreaded diseases. It even works as an anti-aging ingredient for your skin.

“Green tea has been a favorite drink of health enthusiasts for decades,” Dr. Ellen Kamhi, Ph.D., author of the “Alternative Medicine Definitive Guide,” tells Newsmax. “It has also been well studied for its health promoting effects on skin. It’s high in compounds called polyphenols which help eliminate free radical damage and rejuvenate aging skin cells.

“Green tea has been shown to reduce the effect of damaging UV radiation from the sun, which causes skin aging. It also reduces inflammation and can help improve skin elasticity.”

Kamhi says that to reap the benefits, use organic green tea bags that are NOT decaffeinated and steep them in boiling water. Allow to cool to the touch and place the tea bags directly on the face, especially in areas that tend to be puffy such as the lower eye lids. Allow the bags to stay in place for 20 minutes. Use the liquid from the steeped tea bags to make a refreshing wash.

Besides restoring your skin’s youthful glow, drinking green tea has been linked to a number of health benefits, according to Medical Daily:

- Improves brain function. Consuming green tea, which contains caffeine, has been reported to improve the function of neurotransmitters necessary for brain activity. It also contains L-theanine which has anti-anxiety effects by increasing the body’s dopamine levels.

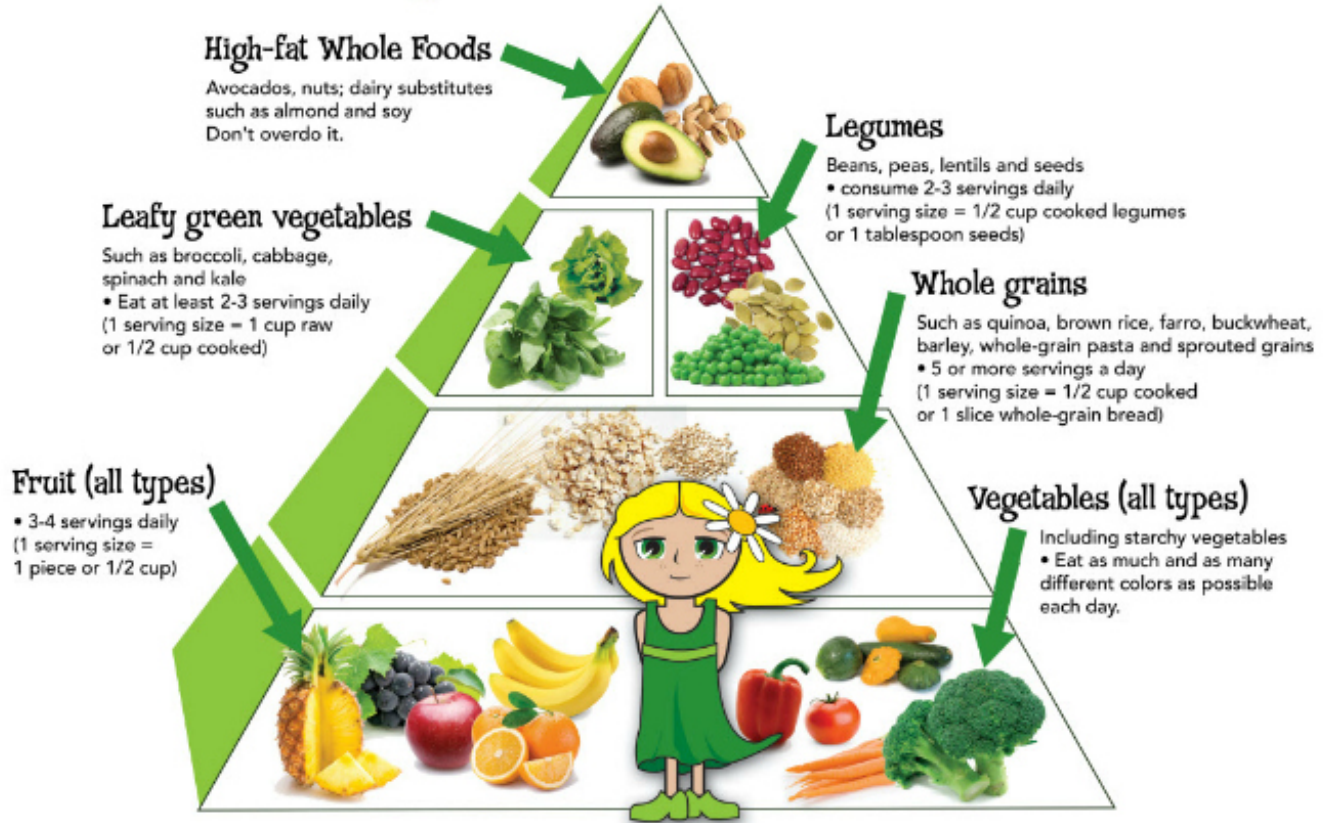
- Promotes weight loss. Green tea boosts your metabolic rate, especially in the abdominal area, Studies have shown that drinking green tea on a regular basis significantly decreases body fat percentage and reduces your waistline.
- Fights cancer. Green tea is rich in polyphenols which help reduce inflammation. It also has been shown to prevent and minimize the adverse effects of cancer cells in the body. The catechin found in green tea is a powerful antioxidant that protects the body from cell damage, making it an effective cancer preventative.
- Regulates glucose levels. Green tea helps prevent diabetes by preventing dangerous spikes of sugar levels after eating if you drink a cup during or right after your meal.
- Improves mortality rate. A study of Japanese adults showed that people who drank five or more cups of green tea daily were less likely to die in the next decade than those who did not drink the tea. The results also showed a significant decrease in heart disease and stroke.
- Slows the progression of Parkinson's and Alzheimer's disease. Studies conducted on mice showed that consuming green tea delayed the deterioration of the body for those suffering from dreaded diseases. The studies showed that green tea prevents brain damage just as it does against cancer cells. Its protective mechanism restores the damage caused by these diseases, making the patient retain memory for longer periods of time.

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Read Newsmax: [The Amazing Health Benefits of Green Tea | Newsmax.com](#)

Urgent: Your Heart Attack Risk Determined Online - [More Info](#)

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



Elderberry Fights Flu Symptoms

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

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

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

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

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

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

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

Raw fruit and vegetables provide better mental health outcomes

Posted on May 7, 2018 in *Featured News*, [Health](#)



The study surveyed more than 400 young adults — an age group with typically the lowest fruit and vegetable consumption and at high risk for mental health disorders. Image: Shutterstock

New study identifies the top 10 raw foods related to better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.

— By University of Otago

Seeking the feel good factor? Go natural.

That is the simple message from University of Otago researchers who have discovered raw fruit and vegetables may be better for your [mental health](#) than cooked, canned and processed fruit and vegetables.

[Dr. Tamlin Conner](#), Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5+ a day).

However, the study, published in [Frontiers in Psychology](#), found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed.

“Our research has highlighted that the consumption of fruit and vegetables in their ‘unmodified’ state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables,” she says.

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish [nutrient levels](#).

“This likely limits the delivery of nutrients that are essential for optimal emotional functioning.”

Related: [Organic food provides significant environmental benefits to plant-rich diets](#)

For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group’s typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the

association between fruit and vegetable intake and mental health (such as [exercise](#), [sleep](#), unhealthy diet, chronic health conditions, socioeconomic status, ethnicity, and [gender](#)).

"Controlling for the covariates, raw fruit and vegetable consumption predicted lower levels of mental illness symptomology, such as [depression](#), and improved levels of psychological wellbeing including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

"This research is increasingly vital as lifestyle approaches such as [dietary change](#) may provide an accessible, safe, and adjuvant approach to improving mental health," Dr. Conner says.



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INNER SCHOOL TOURNAMENT

Date: 11-16-2019 (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 18-108 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

*****WEAPONS*****

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-108 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: _____

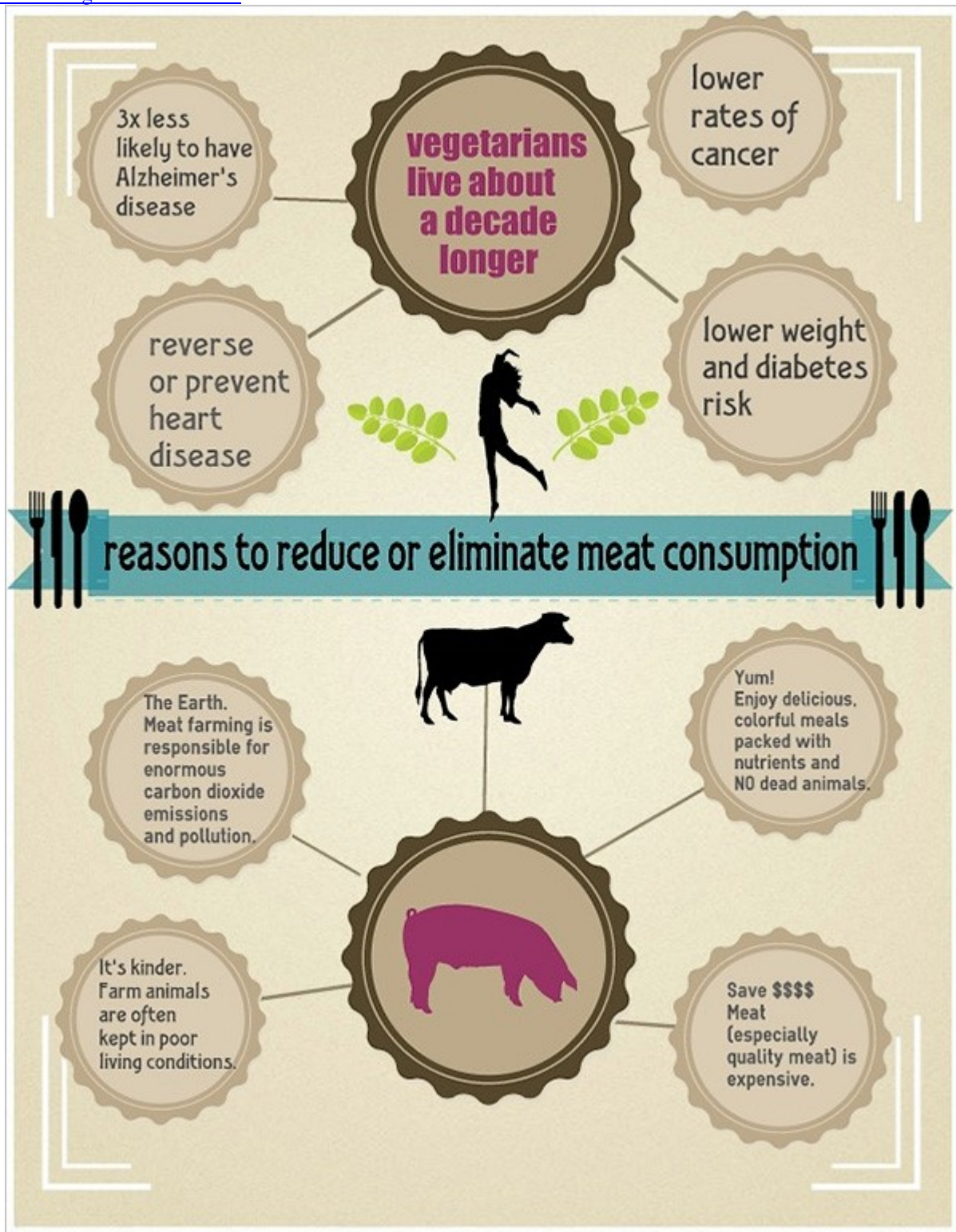
RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

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CLEAN PROTEINS

HOW MANY GRAMS OF PROTEIN ARE IN THESE PLANT-BASED VARIETIES?



Sesame Seeds
1 oz = 6.5 grams



Broccoli
1 cup = 5 grams



Chickpeas
1 cup = 39 grams



Hemp Seeds
1 oz = 11 grams protein



Broccoli Rabe
3.5 oz = 3.2 grams



Tahini
3 Tbsp = 8 grams



Walnuts
1/4 cup = 5 grams



Alfalfa Sprouts
3.5 oz = 4 grams



Quinoa
1 cup = 9 grams protein



Cashews
1 oz = 4.4 grams



Spinach
1 cup = 5 grams



Refried Beans
1 cup = 15.5 grams



Almonds
2 Tbsp = 4 grams



Kale
2 cups = 5 grams



Oatmeal
1 cup = 6 grams



Pistachios
1 oz = 5.8 grams



Sweet Potato
1 cup = 5 grams



**Non-dairy Milks
(Soy, Almond, Hemp
or Coconut)**
1 cup = 9 grams



Peanuts
1 oz = 6.5 grams



Lentils
1 cup = 18 grams



**Nut butters
(peanut, almond
or cashew)**
2 Tbsp = 8-10 grams



**Beans
(Pinto, Kidney
or Black Beans)**
1 cup = 13-15 grams



Avocado
1 medium-sized = 10



Soybeans
1 cup = 28 grams

HONORABLE MENTIONS

Spirulina Chlorella
Sea vegetables Edamame

- Protein powder from Sun Warrior
- Sprouted grain bread products
- Amaranth, bulgur, brown rice, wheat germ and oat bran

60% ↓

If everyone became vegetarian by 2050



FOOD-RELATED EMISSIONS

would drop by 60%

Worldwide vegetarianism by 2050 would lead to a global



MORTALITY REDUCTION

reduction of up to 10%

Some research has linked vegan diets with lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and some types of cancer.



YOU CAN EAT A TOTALLY PLANT-BASED DIET

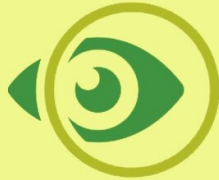
that supports excellent health, whilst helping animals and protecting the planet.

One of the most effective things an individual can do to lower their carbon footprint is to



ALL ANIMAL PRODUCTS.

This goes way beyond the problem of cow flatulence!



Vegans tend to have better vision and less macular degeneration – all that extra vitamin c and consequent collagen leads to much better skin.



A PLANT-BASED DIET

is better for the planet as it requires much less energy and farmland to feed a vegan.

Vegans have been found to enjoy

LONGER AND HEALTHIER LIVES

when compared to meat-eaters.



LOVE US, NOT EAT US !



WWW.RESURGING.ORG

All Lives Are Precious

5 REASONS TO GO VEGETARIAN

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



1. REDUCES RISK OF HEART DISEASE

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

Salads don't.



2. HELPS YOU LOSE WEIGHT

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

Salads don't.



3. COMPASSION FOR ANIMALS

Meat comes from animals.

Salads don't.



4. BEING VEGETARIAN WOULD HELP END WORLD HUNGER

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



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

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

Salads don't.



What are the benefits of a clean diet?

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

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

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

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

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

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

What are the benefits of a Clean Healthy Eating?

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