

Wang's Martial Arts

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

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



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

**If any of you never received
Newsletter or information
from our studio, please send
me an e-mail.**

yyw3888wma@gmail.com

INNER SCHOOL TOURNAMENT

Date: 3-2-2024 (Saturday)
Time: Ages 5 - 108 2:00 PM – 5:00 PM
Entry Fee: \$25.00 up to two events
\$10.00 additional event

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

February 9, 2024 (Friday)
Time: 7 - 8 pm.
Cost: Paid by Wang's Martial Arts.

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

- February 9, 2024 (Friday)
Time: 5 - 6 pm.
Cost: Paid by Wang's Martial Arts.

Guest Instructor; Master Jia

February 2024 Newsletter

Chinese New Year program
rehearse date.

February 2, 2023 (Friday)
Time: 6 pm – 8 pm.

February 3, 2023 (Saturday)
Time: 9 am – 10 am.

New Year program

February 3, 2023 (Saturday)
Time: 10 am – 12 noon.



Kung Fu Black Belt test:

Date: May 18, 2024 (Saturday)

Time: 2 pm – 5 pm.

Place: Wang's Martial Arts



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Medals will be awarded.



Listed below are the divisions; in each, a first, second, and third place medals 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 15-108 Beg./ Int./ Adv.
TAI CHI Beg./ Int./ Adv.

***** **WEAPONS** *****

Ages 5-17 Beg./ Int./ Adv.
Ages 18-108 Beg./ Int./ Adv.

***** **SPARRING** *****

Ages 5-8 Beg./ Int./ Adv.
Ages 9-17 Beg./ Int./ Adv.
Ages 18-108 Beg./ Int./ Adv.

***** **KICKING CONTEST** *****

Ages 5 – 14 Beg./Adv.
Ages 15 – 108 Beg./Adv.

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

CELL PHONE: _____ WORK PHONE: _____

e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ KICKING CONTEST _____ Amount Paid \$ _____

EAT TO DEFEAT INFLAMMATION

Supplements like curcumin, French grape seed extract, and andrographis are powerful additions to your anti-inflammatory efforts. But unless you pair them with an anti-inflammatory diet, you won't truly quench the low-level inflammation that contributes to so many diseases.

An increasing number of studies show that inflammation makes you more vulnerable to insulin resistance, pre-diabetes, and type 2 diabetes. But a steady dose of low-level inflammation also increases your risk of other life-disrupting conditions like heart disease and dementia. It can even contribute to premature aging! And the most common culprit in creating all of this harmful inflammation is what you eat and drink every day. By trading pro-inflammatory foods for anti-inflammatory choices, you'll automatically reduce your risk and help optimize your health. In fact, it may even help you age backwards!

PRO-INFLAMMATORY VS. ANTI-INFLAMMATORY FOODS

As a general rule, ultra-processed or sugary foods can spark or worsen chronic inflammation. Fresh, minimally processed foods, on the other hand, are more likely to reduce inflammation throughout the body. As a bonus, these foods are also rich in nutrients, including healthy fats and important antioxidants known as polyphenols.

If you want to kick chronic inflammation to the curb, remember that one of the most powerful weapons isn't found in your pharmacy: Instead, it's found in your neighborhood grocery store. When possible, purchase whole, unprocessed foods with no labels. For foods like cooking oils or condiments, read the labels before putting them in your cart to ensure they are free from pro-inflammatory ingredients. ■

FOODS THAT TRIGGER INFLAMMATION

Alcohol
(in excess)

Breads
(all varieties)



Cookies and cakes

Factory-farmed red meat

Grains (especially those with gluten such as barley or wheat)



Processed meats

Sugar and high-fructose corn syrup

Trans fats

Artificial preservatives

Cereals



Chips



Commercially fried foods



Pie and other pastries

Seed oils (canola, corn, safflower, soy)



Sodas, sweetened teas, and sports drinks

Ultra-processed junk food

FOODS THAT EXTINGUISH INFLAMMATION

Avocados



Berries

Broccoli



Coffee



Grass-fed, grass-finished, or pastured meat

Dark chocolate
(70%+ cacao content)

Extra-virgin olive oil



Fatty fish
(wild-caught anchovies, salmon, sardines)

Grapes

Green tea

Mushrooms
(all varieties)

Nuts and seeds (all varieties)



Peppers (bell and chili peppers)

Red wine
(in moderation)



Tomatoes

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February 2024 Newsletter

Rank Test Results –

<p>Brown & Black Belt Test Result:</p> <p>Tye Botting – Black Belt (8th) David Barnes - Black Belt (6th) Allen DeWoody - Black Belt (4th) Darren Bush – Black Belt (3rd) Elmer Whitehead - Black Belt (3rd) Ruby Abbott – Black Belt (2nd)</p>		<p>Tai Chi test Result:</p> <p>Scott Muse - Black Belt (1st) Dawn Chalaire – Purple belt Dennis Chalaire – Purple Belt Audrey Chalaire – Red belt Mary Wilrich – Black belt (2nd) Frank Martinez - Brown belt Mary Sue Lee - Brown belt Bobby Helms – Orange belt Justin Frasor – Yellow belt</p>		<p>John Quenzer – Black Belt (3rd) Tania Myers - Black Belt (3rd) Edu Araujo – Black Belt (5th) Margaret Swavelly – Black Belt (4th) Paul Greenwood – Black Belt (6th) Russell Haws - Black Belt (8th) Frank Lugo – Green Belt Sheron Evans– Purple Belt Walfrido Sepulveda – Yellow belt</p>			
<p>Age 15 year old and +</p> <p>David Edwards – Green belt Christian Bonds – Green/striped belt Alejanaro Borque – Blue belt Sreejith Pulickal – Brown Belt Guowang Yu – Blue belt Rodrigo Mendez - Yellow/striped Natalie Cruz – Brown/striped belt Joshua Stockton – Blue/striped belt Jose Gutierrez – Red belt Rob Sheridan – Brown/striped belt Francisco Acuna – Green Paul Kennerson – Yellow/striped belt</p>		<p>Armando Garcia – Blue belt Byran Byrne – Purple/striped Belt Omar Taha – Green Belt Ricardo Lozano -Yellow Belt Nolan Coston – Purple Perry Trone – Yellow Belt Robert Alexander -Yellow Belt Floyd Houston – Orange belt Alberto Garcia – Orange belt Angel Gomez – Yellow/striped Angel Castro – Yellow belt</p>		<p>Age 9 - 14 years old</p> <p>Edwin Garcia – Purple/striped Belt Griffin Booher – Blue/striped Belt Alex Guerrero – Orange/striped Amir Narcisse – Red/striped Daniel Guerrero - Orange Noah Gutierrez - Red Levi Garcia – Brown/striped Caleb Villalpando - Brown Joseph Alonso – Jr. Black (3rd) Tristan Meneley – Yellow/striped belt Ari Meneley – Yellow/striped belt Terry Meneley – Yellow/striped belt Anthony Benitez Carreno – Yellow Esmeralda Gonzalez – Yellow/striped Isabella Contreras – Yellow belt Sharon Yu – Blue</p>		<p>Connor Sheridan – Jr. Black belt Juan Ceji - Jr. Black Belt Hassan Murillos – Green belt Lucas Murillos – Green belt Frank Lugo – Green Belt Allen Smith –Purple belt Anthony Nava = Green belt Isaiah Nava = Green belt Marisol Escobar – Green/striped belt Victor Lin – Orange belt Joshua Lee – Orange/striped belt Omar Castro – Yellow Belt Rayder Ratia – Yellow belt Aabon Sadi – Yellow/striped belt Abel Wu – Purple/striped belt Levi Tran – Yellow belt</p>	
<p>Age 5 - 8 years old</p> <p>Tobias Wang – Green/striped Belt Heather Smith – Orange/striped belt Zachary Edward – Green belt Mateo Granados – Blue belt Jordi Alonso – Blue/striped Harrison Alvey – Purple belt Noah Garcia – Blue Leah Gutierrez – Purple/striped Olivia Sheridan – Purple/striped Belt Henry Cruz Zavala – Orange belt Ameya Sreejith – Orange Belt Dawson Edwards – Yellow Belt Valentina Gonzalez–Yellow/striped Genevieve Curry – Yellow/striped Arham Sadi – Yellow/striped belt Alice Orellana – Yellow belt Haily Gasca – Yellow belt Derek Franco – Yellow/striped Ashton Meneley – Yellow belt</p>		<p>Enoch Helm – Green belt Frank Lugo – Yellow/striped Belt Sophia Palma – Yellow/striped Belt Andrew Mata – Yellow/striped Belt Samantha Lugo – Green Belt KJ Land – Orange/striped Belt Hanna Cuevas – Yellow Belt Christian Cuevas – Yellow Belt Carlos Lugo – Orange Belt Pharaoh Davila – Orange/striped belt Cameron Alexander – Yellow belt Levi Sanchez – Orange belt Andy Reyes Yoc – Yellow/striped belt Noah Pesina Hoang – Yellow/striped Antonio Yoc – Yellow/striped belt Summer Perkins – Orange belt Steven Henderson–Yellow/striped belt Damian Martinez – Yellow/striped Leo Contreras – Yellow/striped</p>					

Inner-school tournament results (12/9/23)

Form	Age 5 - 8	Age 9 - 14	Age 15 - 17	Age 18 - 108
Beg. Level	1 st - Ameya Sreejith 2 nd - Genevieve Curry	1 st - Ari Meneley 2 nd - Tristan Meneley 3 rd - Terry Meneley		
Int. Level	1 st - Jordi Alonso 2 nd - Noah Garcia	1 st - Griffin Booher 2 nd - Masrisal Escobar 3 rd - Eddy Garcia		
Adv. Level		1 st - Levi Garcia		1 st - Sreejith Pulickal 2 nd - Natalie Cruz
Tai Chi				

Weapon	Age 5 - 8	Age 9 - 14	Adult Weapon
Beg. level			
Int. Level	1 st - Noah Garcia		
Adv. Level		1 st - Griffin Booher 2 nd - Levi Garcia 3 rd - Marisol Escobar	1 st - Sreejith Pulickal 2 nd - Natalie Cruz

Kicking Contest	Age 5 - 8	Age 9 - 14	Age 15 - 108
Beg. Level	1 st - Ameya Sreejith 2 nd - Genevieve Curry	1 st - Tristan Meneley 2 nd - Terry Meneley 3 rd - Ari Meneley	
Int. Level	1 st - Jordi Alonso 2 nd - Noah Garcia	1 st - Levi Garcia 2 nd - Griffin Booher 3 rd - Eddie Garcia 4 th - Marisol Escobar	
Adv. Level			1 st - Sreejith Pulickal

Sparring	Age 5 - 8	Age 9 - 14	Age 15- 89
Beg. Level			
Int. Level	1 st - Jordi Alonso	1 st - Griffin Booher 2 nd - Eddie Garcia	
Adv. Level			1 st - Natalie Cruz 2 nd - Sreejith Pulickal

Tournament Point – 2024. Be sure turn in your report card before 12/31/2024.

The first place in each age group will receive a 7 – foot trophy on Chinese New Year Celebration 2025.



10 TIPS FOR BETTER HEALTH & LIFESTYLE

- 

Drink a Glass of water in the Morning.
- 

Lack of sleep can make you feel tired. So, sleep enough.
- 

Meditation & yoga in the morning.
- 

Always have a healthy breakfast
- 

Making social announcement
- 

Snack the healthy way
- 

Take a walk in the morning.
- 

Always try to buy healthy & orgnize items for goodshealth.
- 

Extra outdoor activities
- 

Regular checkups



White Chop Youth, S, M/L, XL \$36.99 **\$28.50**



White Kick #1/2, #3/4, #5/6, #7/8, #9/10, #11/12, #13/14. \$36.99 **\$28.50**



White Head Guard Small, M/L, XL \$41.99 **\$32.75**



Face clear shield Small, Large \$44.99 **\$36.75**

Cup & Supporter Youth, S, M, L, XL \$14.98 **\$11.95**



Mouth Guard Youth, Adult \$2.99 **\$1.99**

White Head Guard/Face Shield Small, M/L, XL \$89.99 **\$69.50**



Wooden Sabre (27") - \$25.00



Shaolin Darn Dao (22", 25", 27", 30") - \$59.00



LungChuan Stainless Steel Darn Dao with case (26", 28", 30", 32") - \$99.00



7 Star Stainless Steel Darn Gim with case (28", 30", 32", 34") - \$99.00



Student's Name: _____

World Star

CHINESE MARTIAL ARTS COMPETITION

世界之星中華武術錦標賽

Competition, Demonstration, Scholarship, Workshops



March 22 - March 24, 2024

Marriott Westchase - 2900 Briarpark Dr. Houston, TX



Registration:

www.kungfucompetition.com

* **Online registration discount.**

* Tickets are available online or onsite

Contact:

Wu Martial Arts Association

Ernie Wu - 713.780.4007

wumartialartsassociation@gmail.com

Schedule:

Friday - Sunday, 3/22 - 3/24

“Workshops & Onsite Registration”

Saturday 3/23

“All Day Competition”

Sunday 3/24

“EXPO of Chinese Martial Arts”

“Scholarship Award Ceremony”

* Kids 12 & under are Free

All proceed benefits Wu Martial Arts Scholarship. Hosted by WMAA 501(c)(3) non profit organization

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 on one-half** credit per semester. A total of **one credit** maybe 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.



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION
ATTENDANCE/GRADE REPORT (2024-2025)**

1. This form is due to the campus registrar at the end of each grading period.
2. The district will only accept the Attendance/Grade reports directly from the approved Vendor.
3. Record the total number of hours for attendance and pass or fail for Middle School/Numeric Grade for High School.

MIDDLE SCHOOL	ADDRESS	Campus Registrar
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	Laura.Buttitta@humbleisd.net
Autumn Creek Middle School	15202 Woodland Hills Drive Humble, TX 77396	veronica.mitchell@humbleisd.net
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	Dana.Jackson@humbleisd.net
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	cierra.wilson@humbleisd.net
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 77339	deidre.espinoza@humbleisd.net
Riverwood Middle School	2910 High Valley Drive Kingwood, TX 77345	Anita.McCoy@humbleisd.net
Ross Sterling Middle School	1131 Wilson Rd Humble, TX 77338	Paige.martin@humbleisd.net
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	Stacy.jaynes@humbleisd.net
West Lake Middle School	11810 Madera Run Parkway Humble, TX 77346	bamador@humbleisd.net
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	jacsanche@humbleisd.net

HIGH SCHOOL	ADDRESS	Campus Registrar
Atascocita High School	13300 Will Clayton Parkway Humble, TX 77346	Victoria.Nelson@humbleisd.net
Humble High School	1700 Wilson Road Humble, TX 77338	Brenda.Gonzalez@humbleisd.net
Kingwood High School	2701 Kingwood Drive Kingwood, TX 77339	Theresa.Reich@humbleisd.net
Kingwood Park High School	4015 Woodland Hills Drive Kingwood, TX 77339	Erika.gutierrez@humbleisd.net
Summer Creek High School	14000 Weckford Blvd Houston, TX 77044	Cami.phelps@humbleisd.net

Grades Due to Registrar

FALL SEMESTER & SPRING SEMESTER
December 13, 2024
May 16, 2025

Grade Report Form
(Email to Registrar)

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

(Due in December and May)

Student Name: _____
Campus: _____

Student ID#: _____
Grade Level: _____

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

High School: _____ (Numeric Grade) Days Missed: _____

Instructor Printed Name: _____

Instructor Signature

Date