

# Wang's Martial Arts

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## November 2008 Newsletter

**CLASSES HAVE BEEN MOVED FROM THE BACK PORTION OF THE BUILDING TO THE FRONT PORTION OF THE BUILDING FACING WILSON ROAD) AND WILL NO LONGER TAKE PLACE IN THE PORTION FACING FIRST STREET.**

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

### Proverbs 19:11

“A man’s wisdom gives him patience; it is to his glory to overlook an offense.”

### New Students

Damon Golden  
Karen Laws  
Marcia Fierra  
David Altman  
Peggy Krohn  
KC  
David

### Brown and Black Belt Class

Date: Saturday, 11-22-08  
Time: 2:00-3:00 pm

**NO CLASS ON THE FOLLOWING DAYS:  
NOVEMBER 27, 2008 (THUR)  
DECEMBER 25, 2008 (THUR)  
DECEMBER 26, 2008 (FRI)  
DECEMBER 27, 2008 (SAT)  
JANUARY 1, 2009 (THUR)**

### ONE DAY TRAINING CAMP

Date: SUNDAY, November 9, 2008  
Time: 9am-4pm  
Cost: \$25.00 (NEED MINIMUM OF 10 PEOPLE)  
SEE FLIER FOR MORE DETAILS

### Internet Specials

Be sure to visit our website at [www.WangsMartialArts.com](http://www.WangsMartialArts.com) where coupons and specials are frequently posted. Visiting will also keep you updated on upcoming events and the latest pictures of your Kung Fu friends and family.

## **Featured Event:**

### Inner School Tournament

**Date: Saturday, December 20, 2008**  
**Time: 2:00 – 5:00pm**  
**Place: WMA**  
**Cost: \$30.00 (one or two events)**  
**\$35.00 (three events)**

**Please register on or before 12-13-08**

### **Chinese Herbal Treatment for Better Health**

*Would you like to improve your flexibility?*

A great number of health problems are caused by toxins in the body that inhibit the proper function of the nerves and other chemical reactions in the body. The Shenqi Herbal Bath treatment penetrates the skin making contact with deeper layers of tissue to cleanse the body of toxins and repair damaged nerves. The Shenqi Herbal Bath is an excellent treatment for cleansing, tissue repair, and increasing flexibility.

Please see Master Wang for more details.

### **November Birthdays**

Ed Green	11/16
Robert Cale	11/04
Shawna Rencher	11/02
Kayla Macey	11/30
Michael Bessemer	11/15
Terry Robertson	11/29
Aaron Jesel	11/11
Jo Feuerbacher	11/24
Shuinaila Jiwani	11/09
Frederick Gonzaga	11/30
Destin Gonzales	11/02
Christopher Roche	11/07
Peter Ghingh	11/12

### **Tournament Points**

James Wang 36

### **Kung Fu Rank Test**

5-8 yrs: 12-06-08 (Sat)

2-3:30pm

9-14 yrs: 12-04-08 (Thur)

6-8pm

15 yrs +: 12-06-08 (Sat)

3:5:30pm

### **Rank Test Results – Brown and Black Belt Test - October**

Jacob Darst	Brown
Lisa Cooper	Brown/s
Daniel Thibodeaux	Brown/s
Allen DeWoody	Brown/s
Michael Barton	Brown/s
Andrea Barela	Brown/s
James Moricca	Brown/s
Dominic Sere	Jr. Black

### **Rank Test Results – 10-25-08**

Destiny Pena	Yellow
Bill Chen	Yellow
Darby Dickinson	Yellow
Remi Dickinson	Yellow
Pete Ghinga	Yellow

### **Buddy Pass**

*Bring 5 friends to try 2 weeks of Kung Fu FREE!!*

From now until November 30, 2008, students are invited to bring in up to five friends to try two weeks of Kung Fu for **FREE!!**

Bring in the Buddy Pass coupon with your name and your friend or family member's name to take advantage of this opportunity!

## **ASK ABOUT A FREE TRIAL CLASS!**

# **“JIAN MEI”**

Wang's Martial Arts invites you to participate in a free trial class for “Jian Mei.” This course, named after the Chinese characters for “fitness” and “beauty,” is designed to build muscle strength and increase flexibility without strain or high intensity. It incorporates Tai Chi breathing exercises as well as postures and stances common to Yoga, Pilates and martial arts.

Building strength and flexibility in the muscles is vital to every lifestyle. Some of the benefits of improved flexibility include:

- **Reduced muscle tension**
- **Increased range of movement in the joints**
- **Enhanced muscular coordination**
- **Increased circulation of the blood throughout the body**
- **Increased energy levels (as a result of increased circulation)**

When you strengthen your muscles and increase your flexibility, you will notice that you feel better, are more toned and can get through your daily activities with more ease.

While your child is working out in the Kung Fu class, you can participate in the “Jian Mei” class in the room next door for enhanced flexibility and strength!

**Day/Time: Saturday, 9:00 – 10:00 AM**

**Place: Wang's Martial Arts**

**Cost: \$39.00 per month**

**Please wear comfortable clothes that you can move around in with ease.**