

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
U.S.A.

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

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

January 2012 Newsletter Summary

INNER SCHOOL TOURNAMENT

Date: 03-03-2012 (Saturday)
Ages 5 - 80 2:00 PM - 5:00 PM
Entry Fee: \$40.00 up to three events
\$ 5.00 goes to scholarship fund

Brown and Black rank test

April 17, 2012 (Tue.) 6 - 8 pm
April 19, 2012 (Thur.) 6 - 8 pm
April 21, 2012 (Sat.) 9 am - 3 pm

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.

Red, Brown and Black Belt Class

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

Basic Sabre

Dates: 1-21-2012 (Sat.) Time: 2-3:30 pm
1-28-2012 (Sat.) 2-3:30 pm
Cost: \$39.00 or \$19.50 for review
Pre-requisite: Adults (15 years old and up) -
Yellow belt and up.
Jr. students (5-14 years old)- green belt and
above. (Minimum 6 people register.)

Accelerated program Rank Test

Date: 2-18-2012 (Sat.)
Time: 2:00 pm -4:30 pm

Tai Chi Rank Test

Date: 3-24-2012 (Sat.)
Time: 12 noon - 2:00 pm

Kung Fu Rank Test

Date: 9-14 yrs: 1-12-2012, Thursday, 6-8:30 pm
5-8 yrs: 1-14-2012, Saturday, 1:30-3:30 pm
15 yrs +: 1-14-2012, Saturday, 3:30-5:30 pm
Must register on or before 1-10-2012.
Test fee : \$35.00 and up

Nunchaku Class:

Date: February 25, 2012 (Saturday)
Time: 1:00 - 3:00 pm
Cost: \$19.00
Free for Black Belt Club members.



Chinese New Year and Award Banquet

Date: February 4, 2012 (Saturday) Time: 6:00 pm (Reception) and 6:30 (Dinner)
Place: Café East, 260 W. First St., Humble, TX
Cost: 3 yrs and under: \$10.00, 4-9 years: \$15.00, 10 years and up: \$20.00

Report card point:

Diego Ramirez - 7.25
Tim Garcia - 7.00
Jaquelin Ajucum - 6.75
Zoe Whitehead - 4.50
Alan Whitehead - 4.50
Jacob Brewer - 4.50
Sean Paul - 4.50
Alyssa Ramirez - 4.50
Nicholas Becerra - 4.50
Daniel Hernandez - 3.75
Emmory Leach - 3.75
Julian Rosas - 2.25
Lauren Brewer - 2.25
Carsen Rushing - 2.25
Jose Guzman - 2.00
Manuel Salgado - 1.50
Nick Limones - 1.50
Kamrie Abbs - 1.50
Kevin Papa - 1.50
Justyn Davis - 1.50
Jamal Smith - 0.50
Jonathan Alvarez - 0.5

Be sure turn in a copy of your report card
as you receive it. For point 2011, every
one must turn in before 12-31-2011.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 2-11-12 (Saturday)
Time: 1:00 - 2:00 pm

Nunchaku Class:

Date: February 25, 2012 (Saturday)
Time: 1:00 - 3:00 pm

Conditioning & Reaction Drill Class:

Age 5 -12 years old
Date: 1/19/2012 (Thursday)
Time: 8:00 - 9:00 pm
Age 13 - 80 years old
Date: 1/05/2012 (Thursday)
1/26/2012 (Thursday)
Time: 8:00 - 9:00 pm

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
Total - \$1478.98

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

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

Inner-School tournament: 12/03/2011

Ages 5-8

Beginner Form:

1st - Carlos Gamboa

Adv. Form:

1st - Daniel Hernandez

2nd - Andrik Sanchez

3rd - Kaedon Sims

Ages 9-14

Beginner Form:

1st - Brandon Warner

2nd - James Bolton

Adv. Form:

1st - Emmory leach

2nd - Julian Rosas

3rd - Tim Garcia

Ad. Beginner Form

1st - Theunis Oliphant

2nd - Susan Fischman

Ad. Int. Form

1st - Carrie Wilkerson

2nd - Darren Bush

Ad. adv. Form:

1st - Marvin Henderson

2nd - Josh Moricca

3rd - Diana Garcia

Adv. belt Weapon:

1st - Josh Moricca

2nd - Marvin henderson

3rd - Chris Avelar

Jr. Weapons:

1st - Daniel Hernandez

2nd - Tim Garcia

3rd - Julian Rosas

Ad. Int. Weapons:

1st - Darren Bush

2nd - Carrie Wilkerson

3rd - Theunis Oliphant

Tai Chi Weapons:

1st - Steve Alonso

2nd - Jeannette Osterman-Adams

3rd - Elizabeth Lehmann

3rd - Susan Fischman

Tai Chi Form:

1st - Steve Alonso

2nd - Elizabeth Lehmann

3rd - Paul Turk

3rd - Jeannette Osterman-Adams

Sparring:

Ages 5-8

Adv.

1st - Daniel Hernandez

2nd - Kaedon Sims

3rd - Andrik Sanchez

Ages 9-14

Beginner:

1st - James Bolton

2nd - Bradon Warner

Adv.

1st - Julian Rosas

2nd - Diego Ramirez

3rd - Emmory Leach

3rd - Tim Garcia

Ad. Int. Sparring:

1st - Darren Bush

2nd - Theunis Oliphant

Ad. Adv. Sparring

1st - Josh Moricca

2nd - Marvin Henderson

3rd - Chris Avelar

Congratulations!

Tournament Point:

Daniel Hernandez - 138

Marvin Henderson - 120

Tim Garcia - 99

Emmory Leach - 96

Jose Guzman - 87

Julian Rosas - 84

Jaquelin Ajucum - 63

Chris Avelar - 63

Padraic Gilbert - 54

Diana Garcia - 51

Andrik Sanchez - 48

Darren Bush - 48

Allen DeWoody - 33

James Dyess - 30

Jaci Moricca - 24

Justun Davis - 24

Kevin Papa - 21

Marilyn Kidd - 21

Michael Barton - 18

Diego Ramirez - 18

Kaedon Sims - 18

Conner Roll-Bush - 15

Brandon Roll-Bush - 15

Ayden Sowers - 9

Turn in tournament point form
before 12-31-2011.

January Birthdays

Adam Arce 1/08

Clarissa Solis 1/23

David Barnes 1/12

Rick Strickland 1/07

Rusty Palmer 1/16

Diana Garcia 1/03

Wilfred Hung 1/19

Jack Santos 1/26

Janalee Zubi 1/10

James Dyess 1/21

Jacob Brewer 1/22

Lauren Brewer 1/24

Alyssa Ramrez 1/27

John Thomas 1/9

Nathan Walton 1/28

Valerie Campa 1/19

Carlos Gamboa 1/19

Happy Birthday

New Student:

Morganne Mariar ,

Ali Martinez,

Josue Rosas,

Jeremy Elizondo,

Carolina Gustafson,

Joyce Floyd,

Christian Chickwanda,

Anores Elvir

Welcome!

Park Lakes Elementary
School rank test result-
12/19/2011

Aramis Valdivia - Yellow

Mireya Mendoza - Yellow

Randy Toranzo - Yellow

Jada Small - Yellow

Charity Taylor - Yellow

Xyon Gilstrap - Yellow

Savanah Gilstrap - Yellow

Aaron Gomez - Yellow

Semester Award:

1st - Mireya Mendoza

2nd - Aaron Gomez

3rd - Jada Small

Chinese Vegetarian Food & Tour Chinatown

Date: 1-7-2012 (Saturday)

Time: 12:45 pm Meet at Wang's Martial Art.

Place: 1:45 pm Pine Forest Garden Vegetarian Restaurant

9108 Bellaire Blvd. At Ranchester.

Houston, TX 77036

(713) 772-2888, (281) 682-3387 (Cell)

Cost for Food: \$10.00 for 10 years old and above.

(Includin food, tax, tip, soft drink or tea.)

\$ 8.00 for 9 years old and younger.



2012

Ninth Annual Chinese New Year Banquet

Date: February 4, 2012 (Sat.)

Time: 6:00 pm (Reception)
6:30 pm (Dinner)

Place: Café East
260 West 1st Street
(Business 1960 & US 59)
Humble, TX 77338
(281) 548-0082

Cost: Ages 3 and under

\$10.00

Ages 4 - 9

\$15.00

Age 10 and up

\$20.00

A table of 10 people

\$200.00



For more information: Wang's Martial Arts
92-B Wilson Road
Humble, TX 77338
(281) 548-1638

Registration Form for Chinese New Year Banquet

Name: _____ Date: _____
Address: _____ City: _____ Zip: _____
Home Phone: _____ Other phone: _____ Age: _____

Banquet Fees:

A table of 10 people: \$200.00

\$20.00 x Number of 10 years old and up

\$15.00 x Number of 4 – 9 years old

\$10.00 x Number of 3 years old and under

_____ = _____
_____ = _____
_____ = _____
_____ = _____
Total: = _____

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Harris County

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Chinese Vegetarian Food & Tour Chinatown

Date: 1-7-2012 (Saturday)

Time: 12:45 pm - Meet at Wang's Martial Art.

Place: 1:45 pm -
Pine Forest Garden Vegetarian Restaurant
9108 Bellaire Blvd. At Ranchester.
Houston, TX 77036
(713) 772-2888
(281) 682-3387 (Cell phone for Instructor Wang)

3:00 pm Cali Fashion Gift Shop for Chinese Cloth
11209 Bellaire Blvd. #C-29
Houston, TX 77072
(281) 495-1634



Cost for Food: \$10.00 for 10 years old and above.
(Including food, tax, tip, soft drink or tea.)
\$ 8.00 for 9 years old and younger.

Registration Form

Name : _____ . **Date :** _____

Address : _____

Home Phone : _____ . **Work Phone :** _____

Cell Phone : _____

Number of People (10 years and above): _____ x \$10.00 = _____

(9 years and younger) _____ x \$ 8.00 = _____

(Total Amount Paid) = _____

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Membership Drive : 2011 - 2012

**Current students bring some one to sign up at Wang's Martial Arts
Before January 30, 2012.**

When your guest sign up, you will receive choice of \$20 Starbucks card or Best Buy card.

**Student who has most of the members
signed up before 1-30-12.**

1st Prize: Kindle Fire

2nd Prize: Bicycle and iPod Shuffle/4G

3rd Prize: Poster autographed by Bill
"Superfoot" Wallace.

4th Prize: Poster autographed by Kathy Long
(Five times full contact lady Champ).



**Date of Award: February 04, 2012
Saturday
Chinese New Year Banquet
Time: 6:00 - 9:00 pm**





Kung Fu
or
Tai Chi
One Month Special- \$99.00 (Regular price \$119)
with
Free Uniform (\$49.95) &
Registration Free - (\$30.00)
Save \$99.95
(Good till 1-30-2012.)

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Name: _____ is guest of _____ .

(Students! When your guest sign up, you will receive choice of \$20 Starbucks card or Best Buy card.)

The Gentle Healing Power of Tai Chi

“Energy Times” magazine: October 2004

It certainly doesn't look like a health power move, a group of people in a park or community center all moving in gentle, yet focused, unison as though they were swimming in air.

But in study after study, Tai chi- “moving harmony” in Chinese- has provided a powerful array of health benefits. For example, tai chi has helped:

- People with rheumatoid arthritis develop greater range of motion in affected joints.
- Protect seniors against the virus that causes shingles, a painful skin condition.
- Make life easier for people with fibromyalgia, a pain disorder linked to chronic fatigue.
- Reduce blood pressure and total cholesterol, and increase HDL (good) cholesterol.
- Improve aerobic capacity, balance control and sleep quality among older people.

Proponents point to tai chi's effects on *qi*, the vital energy flow within everything and everyone, as the source of its strength. “The circulation of energy is vital to health,” says Master Lam Kam-Chuen, an international tai chi authority and author of *Tai Chi for Staying Young* (Fireside). He says that tai chi's movements contract and release muscles throughout the body, restoring flexibility and encouraging blood flow.

While aerobic activities (such as walking) and weight training certainly aren't going out of style, many people- especially older folks whose health makes vigorous exercise problematic- prefer tai chi's slower pace.

Slower doesn't mean easier, though' tai chi emphasizes precise adherence to prescribed patterns of motion (rooted in centuries-old martial arts forms) through concentration and focus, particularly one's breath.

Tai chi combines this concentration with relaxation: “Learning to relax is the essence of tai chi,” says Master Kam-Chuen. “Many of the pressures of daily life mane that our whole system is on constant alert, even in sleep,” which he says leads to such health hazards as cardiovascular trouble, depression, migraines and asthma, along with garden-variety aches and pains. Master Kam-Chuen also notes that studies have shown a link between tai chi and improved immune defenses.

Part of tai chi's appeal lies in its lack of equipment; throw on some loose clothes and you're good to go. What's more, the low-impact nature of tai chi exercises mean less stress on older, achy joints. Of course, as with any fitness program, you have to listen to your body during tai chi sessions and not overdo your exercise.

Like yoga, tai chi comes in many different forms; yang is the most popular. Many people find the forms easier to learn with instruction. To find a class near you, check with a local martial arts studio, community center, YMCA/YMHA or gym. Or mouse your way over to The Tai Chi Site: www.thetaichisite.com.



Colorful Teas

By: Lisa James

September 2004 "Energy Times"

Tea's color palette is constantly expanding. While basic black-the type that predominates in tea bags- is always in style, green tea is the hot trend, driven by its well-deserved reputation as a harbinger of well-being. On tea's fashion horizon: white and even red versions.

While America has traditionally been a coffee-drinking nation, our java infatuation is now yielding to tea's charms. Tea sales have increased fivefold over in the past decade and currently stand at \$5.5 billion a year. Roughly 95% of those sales come from black tea, although news about green tea's health benefits has caused sales to soar.

Both black and green tea come from the same plant, *Camellia sinensis*. The difference lies in how they are handled; black teas are fermented before drying, while green teas are heated after picking to prevent fermentation. Oolong tea is partially fermented, falling between black and green, and white tea is processed more quickly than standard green, yielding a more delicate brew. (By the way, 'orange pekoe' isn't a type of tea, but a specific leaf size.)

Health by the Cupful

Seventh-century medical writer Pen ts'ao noted that tea "gladdens and cheers the heart." Caffeine is the stimulant that mainly accounts for tea's heart-gladdening capacity. Many people find tea's invigoration to be gentler than that of coffee, which has more caffeine. Tea also contains L-theanine, a substance that encourages the brain to produce the same types of relaxing alpha waves generated during meditation.

Tea's real health bonanza lies in its polyphenols, substances known collectively as catechins. These substances are antioxidants, able to defuse the destructive power of cell damaging molecules known as free radicals. The most studied green tea polyphenol is epigallocatechin gallate (EGCG). Black tea's equivalent compounds, the theaflavins, have been found to be equally potent antioxidants (*J Nutr 2001; 131:2248-51*). It's estimated that tea, black and green, has 10 times the antioxidants found in fruits and vegetables.

Standard tea isn't the only entry in the antioxidant derby. Rooibos (*Aspalathus linearis*), also called "red tea" or "red bush," is a South African plant that contains potent antioxidants and a healthy dose of vitamin C as well. Caffeine-free rooibos is useful for calming frayed nerves.

Hearty Tea

Accumulated evidence suggests that tea drinkers can take their favorite beverage to heart.

In Japan, where most people imbibe green tea, one study found that increases in tea consumption were linked to reductions in arterial narrowing among men who didn't have diabetes (*Ann Epidemiol 2000;10:4018*). In addition, a Dutch study of more than 4,800 individuals found a link between tea consumption and reduced heart attack risk (*AJCN 2002; 75:880-6*). Researchers have also found that tea drinkers are more likely to survive after an attack occurs (*Circulation 2002; 105:2476-81*).

To explain why tea protects the heart, scientists theorize that green tea's catechins prevent free radicals from oxidizing low-density lipoprotein (LDL)' oxidized LDL is the kind of cholesterol that can block arteries. But catechins may help the heart in other ways as well. For instance, EGCG appears to inhibit a gene linked to abnormal heart rhythms that can occur after heart attacks (Heart Rhythm Society, 2004).

What's more, it seems that black tea may share green tea's heart-healthy properties. In one study, coronary arteries in 10 healthy men who drank black tea showed a greater ability to provide increased blood flow when the heart indeed it (*Am J Cardiol 2004;93(11):1384-8*).

Brewing Cancer Protection

Free radicals are thought to promote cancer by damaging the DNA that allows cells to reproduce; that leads to cell mutations that can trigger malignancies. Tea's antioxidants quench these free radicals.

But that is not tea's only cancer-fighting weapon. In addition to preventing cell damage, these powerful antioxidants have reduced tumor size and inhibited cancer cells. EGCG has shown some ability to disrupt survival signals in certain types of leukemia cells, and both white and green tea have reduced tumor formation in the lab (*Blood* 3/2/04, early online edition; *Carcinogenesis* 2003; 24920:263-7).

Tea has also been shown to lower the risk of cancer. Among people with liver problems, green tea extract reduced levels of substances linked to liver cancer (Frontiers in Cancer Prevention Research meeting, 10/03). And in one Chinese study, protection against prostate cancer increased in men who drank the most tea for the longest amount of time. (*Int J Cancer* 2004:108(1):130-5).

Even after cancer develops, tea may be helpful. Among men with prostate cancer, quaffing green or black tea lowered levels of polamines, chemicals associate with malignancy (Experimental Biology 2004). Health practitioners have used L-theanine, the relaxing agent in tea, to reduce anxiety and chemotherapy side effects (*Alt Complemen Med* Dec 2003, 284-8).

Thinning Down, Building Bone

While it isn't a cure-all, tea comes close: "[A]n impressive amount of evidence has accumulated to link green tea with good health," writes Lester Mitscher, PhD and Victoria Dolby in *The Green Tea Book* (Aver/ Penguin). "[G]reen tea seems to do it all."

If you want to thin down, drink tea. While scientists had long attributed tea's weight-loss effects to its caffeine content, recent research indicates that the catechin EGCG helps stimulate the production of calorie-burning body heat and interferes with fat absorption. In France, overweight individuals who took green tea extract saw their scale reading and their waist sizes shrinking after 12 weeks (*Phytomed* 2002; 9:3-8)

Tea also toughens bones. A survey of more than 1,200 women found that tea drinkers had denser, more fracture-resistant hipbones, especially if they added milk to their favorite beverage (*AJCN* 2000; 71(4): 1003-7).

Rheumatoid arthritis (RA), caused by immune system attacks on joint tissue, may be blunted by tea antioxidants. Lab mice that imbibed green tea extract were less likely to develop an RA-like condition, and mice that already suffered from arthritis developed less severe forms of the disorder. What's more, the researchers who performed this study point out that people who live in countries where tastes run to green tea are less likely to suffer from RA (*PNAS* 1999; 96 (8): 4524 -9).

Dozens of health and beauty products include green tea, and for good reason. Green tea compounds help rejuvenate skin cells, and oolong tea has helped some people with stubborn atopic dermatitis, a type of allergic reaction, find relief (*Arch Dermatol* 2001' 137:42-3).

Don't forget the mouth wash: both white and green tea help kill cavity-causing germs, supporting the traditional taking of green tea for oral health after meals in Japan and China.

Extracts: Tea to Go

Nothing beats a tea break, but sometimes your busy schedule doesn't allow it. Or maybe you just don't like tea (gasp!) but want in on tea's health advantages.

No problem. Green tea is readily available in extract form, either as is or blended with other nutrients to create supplements for specific health needs (such as weight loss), as well as functional foods and beverages. Extracts only allow you to get your tea on the go, but they also allow you to get tea's beneficial compounds in a reliable, standardized form.

Refreshment, relaxation, pick-me-up, disease prevention: colorful tea is always in style.

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Sabre Class

Date : January 21, 2012 (Sat.)
January 28, 2012 (Sat.)

Time : 2:00 – 3:30 PM

Place : Wang's Martial Arts
92 – B Wilson Rd.
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$39.00 / \$19.50 for Review

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



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Amount Paid _____ .