

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)

October 2017 Newsletter Summary



10/07/2017- Kung Fu class at Octavia Fields Branch Library
10/10/2017- Brown and Black Belt Rank Test
10/13/2017- Brown and Black Belt Rank Test
10/14/2017- Brown and Black Belt Rank Test
10/14/2017- October Birthday Party
10/21/2017- Chinese Food & Chinatown
10/28/2017 Lucky Land demonstration

Report card point

Conner Roll-Bush	3.00
Joseph Alonso	2.25
Brandon Roll-Bush	3.00
Ethan Fu	3.00

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 event!

All A's-12pts; A's & B's- 9pts;
All B's-6pts; Turn in your report card – 3pts

Tournament point:

Darren Bush	51
Conner Roll-Bush	36
Brandon Roll-Bush	30
Madeline Briels	24

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 event!
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

Inner-school tournament;

Date: December 9, 2017 (Sat.)
Time: 2 - 5 pm
Place: Wang's Martial Arts
Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund

No class from 11/23/17 (Thursday) to 11/25/17 (Saturday) due to Thanksgiving Holiday.

No class from 12/23/17 to 1/1/18 due to Christmas & 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.

Brown and Black rank test

Oct. 10, 2017 (Tue.) 6 – 8 pm
Oct. 13, 2017 (Fri.) 6 – 8 pm
Oct. 14, 2017 (Sat.) 9 am – 3 pm

Guest Instructor; Master Jia

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

Date October 16, 2017 (Monday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

Tai Chi Class (for Brown & Black Belt) -

Date: October 16, 2017 (Monday).

Time: 8 - 9 pm.

Cost: Paid by Wang's Martial Arts.

Time 9 - 10 pm.

Cost: \$50 per person.

Make check payable to:

HeBei Chinese Martial Arts Inst.

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.

August 19, 2017 Birthday - \$10.

September 16, 2017 Birthday - \$10.

Total - \$4673.98 - \$300 - \$300 - \$1000 - \$2000 = \$1113.98

\$300 scholarship to Ms. Megan Payne on 06-04-12

\$300 scholarship to Mr. Wilfred Hung on 06-24-13

\$1000 scholarship to HISD student on 01-30-2016.

\$1000 scholarship to HISD student on 01-21-2017.

\$1000 scholarship to U of H student on 01-21-2017.

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:

All A's - \$300.00

A & B's - \$200.00

All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:

All A's - \$500.00

A & B's - \$300.00

All B's - \$200.00

Proverbs 4 .

¹⁸ The path of the righteous is like the morning sun, shining ever brighter till the full light of day.

¹⁹ But the way of the wicked is like deep darkness; they do not know what makes them stumble.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 10-23-17 (Monday)

Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old

Date: 10/05/2017 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 10/05/2017 (Thursday)

10/19/2017 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Nolan Coston,	Grant Coston,
John walton,	Xavier James,
Xiomara La Verde,	Eason Loughman,
Legend Johnson,	Ozny Olvera,
Pedro Aquino,	Arai Muniz,
Joel Villanueva,	Chad Dove,
Charlie Dove.	Phillip Francona
Maya Rivadeneyra	Paisley Thomas

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 11-11-2017, Saturday, 1:30-3:30 pm

15 yrs +: 11-11-2017, Saturday, 3:30-5:30 pm

5 - 108 yrs: 11-13-2017, Monday, 6:00-8:30 pm

Must register on or 11-09-2017.

Test fee : \$40.00 and up

Accelerated program rank test

December 18, 2017 (Monday) 6 – 8 pm

Red, Brown and Black Belt Class

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

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

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

October Birthday

Marvin Henderson	10/20
Victor Donatto	10/23
Elmer Whitehead	10/02
Bill Cadwallader	10/03
Alan Whitehead	10/30
Margret Swarely	10/17
Keenan Robinson	10/30
Roberto Alvarado	10/2
Mellissa Barr	10/11
Bonnie Westcott	10/14
Gregory Strickland	10/16
Jamie Fuller	10/25
Francisco Zelaya	10/3
Johnathan Rodriguez	10/5
Lindley Keating	10/5
Donald Nelson	10/11
Bette Nelson	10/14
Mathilde Le Bon	10/18
Magdalen Arce	10/15
Mara Contreras	10/23
Alejandro Vargas	10/27
Zoe Sadler	10/3
Journey Antoine	10/16
Damien Dumo	10/25
Harry Eugene	10/26
Aengus Cox	10/29
Lee Stevenson	10/11
Andrea Barela	10/04
Joseph Offord	10/9
Christian Butler	10/11
Jonathan Jaramillo	10/12
Thomas Parker	10/10
Christine Garrison	10/17
Nehemiah Grier	10/22
Elyse Fu	10/
Sealy Moore	10/3
Chrostoam Gutierrez	10/11
Pedro Aquino	10/5
John Walton	10/8
Desmond Alemon	10/12
Joel Villanueva	10/13
John Prewett	10/13
Mathilde Le Bon	10/18
Jackie Rodriguez	10/27

Happy Birthday

Tai Chi Rank Test

Date: 12-16-2017 (Sat.)

Time: 12 noon – 2:00 pm or

9-19-2017 (Tue.) 8 - 9 pm.



2018 Wang's Martial Arts **Fifteenth Annual Chinese New Year** & Kung Fu, Tai Chi Class Reunion

Date: February 10, 2018 (Sat.)

Cost:

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

Ages 8 years & under
\$15.00

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

Age 9 and up
\$25.00
A table of 8 people
\$200.00



Year of the Dog - 2018



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: \$200.00	=
\$25.00 x Number of 9 years old and up	=
\$15.00 x Number of 8 years old & under	=

Total: = _____

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Birth Day Party for Wang's martial Arts students

Date: October 14, 2017 (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).

Time: 3:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Veggie Beef, Veggie Egg Roll, Veggie Dumpling, Organic Dried Cranberries.
No soft drink/replace with Bottled water).
Chinese Moon cake, Singing Happy birthday song in English, Chinese & Spanish.
4:30 pm – Party end.

REGISTRATION FORM - Reservation before October 12, 2017. No late registration.

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

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

**Chinese Vegetarian Food & Shopping for Chinese New Year
Custom Fashion Show at Chinatown**

Date: 10-21-2017 (Saturday)

Time: 3:00 pm - Shopping for Chinese custom Chinese New Year Fashion Show.
Place: 6865 Harwin Dr. #B1 & #B2
Houston, TX 77036
(713) 339-2802, (713) 922-8216

Time: 5:30 pm - Dinner
Place: Pine Forest Garden Vegetarian Restaurant
9108 Bellaire Blvd. At Ranchester.
Houston, TX 77036
(713) 772-2888
(281) 682-3387 (Cell phone for Master Wang)



Cost for Food: \$15.00 for 10 years old and above.
(Including food, tax, tip, soft drink or tea.)
\$10.00 for 9 years old and younger.

Registration Form

Name : _____ . **Date :** _____

Address : _____

City: _____ , **State:** _____ , **Zip:** _____

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

Cell Phone : _____

e-mail : _____

Number of People (10 years and above): _____ x \$15.00 = _____

(9 years and younger) _____ x \$10.00 = _____

(Total Amount Paid) = _____

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>	\$159.00	\$143.00	\$79.50	\$79.50	Free
Easy pay/Week	\$34.65	\$31.18	\$17.32	\$17.32	
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

KUNG-FU class schedule

Adults	(Age 15-108)	Tue. Sat. 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. Friday. 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. Friday. 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

TAI CHI CHUAN

All ages	Tue. Sat. Mon./Wed./Fri. Wed. Tue.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
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Wang's Martial Arts

5311 FM 1960 E. #J
at Timber Forest Dr.
Humble, TX 77346

(281) 682-3387, (281) 548-1638

www.WangsMartialArts.com



Guest Name: _____, by student _____

Date: _____



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 August 15, 2017.

HISD Physical Education Department
Eggers Instructional Support Center
4810 Magnolia Cove
Kingwood, TX 77345
Email: helen.wagner@humbleisd.net
Fax: 281-641-1079

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

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for Fall Semester _____ Spring Semester _____

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 Monday through Friday workout schedule will be:

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 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. 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

Off Campus Physical Education
PARENT PERMISSION FORM
For Waiver Request

School Year 20 _____ -20 _____

Student Name (please print) _____

Current Campus _____ Current Grade _____

I request permission from the Humble Independent School District for my child to receive physical education credit for active participation in the OCPE program.

I understand that the commercial facility named herein will satisfy the Texas Education Agency requirement for physical education instruction and submit the attendance/grade report form (via fax to campus registrar at the end of each semester). To access the Semester Attendance/Grade Report go to <https://goo.gl/QRtm6Q>. My child's middle school requirements may be satisfied through participation in an approved off-campus program. The grade earned by the middle school student will be pass/fail. The grade earned by the high school student will be a numeric grade.

I have been informed that if, for **any reason**, my child does not complete the entire semester/trimester, he/she **will not receive any partial credit**.

Furthermore, I acknowledge that the Humble Independent School District will not provide transportation to or from the establishment, does not endorse any commercial training program, and the approval of this application does not constitute any assurance as to the qualifications of the instructors or to the quality and/or safety of the equipment and facilities.

The undersigned is the parent or legal guardian of the named student. He/she is a student in the Humble Independent School District and I do hereby consent to said student participation in the commercial training program. I further agree to hold the Humble Independent School District, its Board of Trustees, administration, and/or faculty **harmless from all liability for any injuries** which said student may receive while participation in this program or while traveling to and from such program.

I also understand that if my child is approved for Category I **They must 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 thus resulting in immediate dismissal of the OCPE Program. My child will also be responsible for completing the annual fitness assessment that may require him/her to attend before, during, or after school testing sessions.**

I hereby acknowledge my understanding of this document with my signature below.

Parent Signature

Parent's Printed Name

Address _____

Home phone _____ Date _____

The Commercial Establishment we have chosen: _____

Address: _____ Phone _____

Instructor's Name _____ He/She is aware of this request.



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION
GRADE/ATTENDANCE 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 77345	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
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5319

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 8, 2017
May 25, 2018

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

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

INNER SCHOOL TOURNAMENT

Date: 12-09-2017 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
5311 FM 1960 Road E. #J
Humble, TX 77346
(281) 548-1638, (281) 682-3387
Entry Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.
Encouragement awards are given for everyone who does not place.

***** FORMS*****

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

*****WEAPONS*****

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

*****SPARRING*****

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

Kung Fu Rank Test Results - 08/28/17

<p>Age 15 year old and +</p> <p>Ozny Olvea - Yellow Pedro Aquino - Yellow Devin Chambless- Yellow/stripe John Prewett- Orange/stripe Rickey Shepherd - Orange/stripe Rosel Rodriguez - Green Jackie Rodriguez - Green Jeffrey Villarde – Red</p>	
<p>Age 9 - 14 years old</p> <p>Anai Muniz - Yellow Jozlyn Rodriguez - Orange/stripe Makinzi Rodriguez - Orange/stripe Tori Archinal - Purple/stripe</p> <p>-----</p> <p>Age 5 - 8 years old</p> <p>Connor Sheridan - Yellow Aurora Rodriguez - Yellow Desmond Alemon-Yellow/stripe Avairya Rodriguez - Orange/stripe Paul Tang - Green/stripe Nickelus Moreno - Purple/stripe</p> <p>-----</p> <p>Tai Chi test Result - 09/16/2017</p> <p>Monica Johnson- Yellow/stripe Guillermo Slack- Yellow/stripe Bill Campbell - Purple Chris Duffy - Purple Richard Sibley - Purple Tania Myers - Purple Cynthia Pate - Red Sammie Pate - Red</p>	<p>Brown & Black Belt Test - 4/15/2017</p> <p>Susan Fischman - Black (2nd), Ruby Abbott - Black (1st), Joel Le Bon - Black (1st), Deztanie Hellsten - Jr. Black, Joseph Hellsten - Jr. Black, Joseph Alonso - Jr. Black (1st), Madeline Briles - Jr. Black (1st), Alfred Kai Marayag - Brown/stripe,</p> <p>-----</p>  <p>Rank Test results - 09/29/2017</p> <p>Maya Rivadelleira - Yellow Joel Villanueva - Yellow Gisela Villanueva - Yellow Xiomora Laverde - Yellow Alex Curtis - Yellow Pedro Aquino - Yellow/stripe Sarah Szczedaniec - Orange Jozlyn Rodriguez - Green Makinzi Rodriguez - Green Ricky Shepherd - Green John Prewett - Green Avairya Rodriguez - Green/stripe Jacqueline Rodriguez - Green/stripe Rosel Rodriguez - Green/stripe</p>

Metabolism boosting foods!

(Vegetarian)

Almonds



Apples



Asparagus



Beans



Berries



Broccoli



Cabbage



Carrots



Celery



Cucumber



Curry



Eggs



Garlic



Grapefruit



Lemons



Limes



Oats



Oranges



Peanut Butter



Spicy Peppers



Spinach



Tomatoes



Yogurt



Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

**To celebrate
Labor Day.
Buy American Made.**





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- COLORES, SHAMPOO, SECADOS Y PLANCHADOS
- RAYITOS, MECHONES, DECOLORACIONES Y RETOQUES
- EXTENSIONES DE PELO, PERMANENTES Y
- WAXING

Wang's Martial Arts

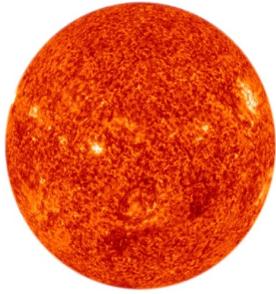
For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.



Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.

Wang's Martial Arts is caring for & feeding these animals.





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We will:

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*Mention this ad for special pricing available only to
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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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U.S.A.

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

Web site: www.WangsMartialArts.com

Schedule:

10/07/2017- Kung Fu class at Octavia Fields Branch Library

10/10/2017- Brown and Black Belt Rank Test

10/13/2017- Brown and Black Belt Rank Test

10/14/2017- Brown and Black Belt Rank Test

10/14/2017- October Birthday Party

10/21/2017- Chinese Veggie food & Chinatown

10/28/2017- Lucky Land demonstration

11/04/2017- Kung Fu class at Octavia Fields Branch Library

11/11/2017- Kung Fu Rank Test

11/13/2017- Kung Fu Rank Test

11/18/2017- November Birthday Party

No class from 11/23/17 (Thursday) to 11/25/17 (Saturday) due to Thanksgiving Holiday.

No class from 12/23/17 to 1/1/18 due to Christmas & New Year Holiday.



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



\$12.00

CLASS SCHEDULE
(New class times effective on September 15, 2017)

KUNG-FU

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		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
		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
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM

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 wang3888@embarqmail.com
Web site www.WangsMartialArts.com

Sabre Class

Date : October 06, 2017 (Fri.)
October 13, 2017 (Fri.)
October 20, 2017 (Fri.)
October 27, 2017 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 Rd. E. #J
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

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



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

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

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

Paul B. Greenwood
Student Wang’s Martial Arts

Top 20 Uses For Apple Cider Vinegar

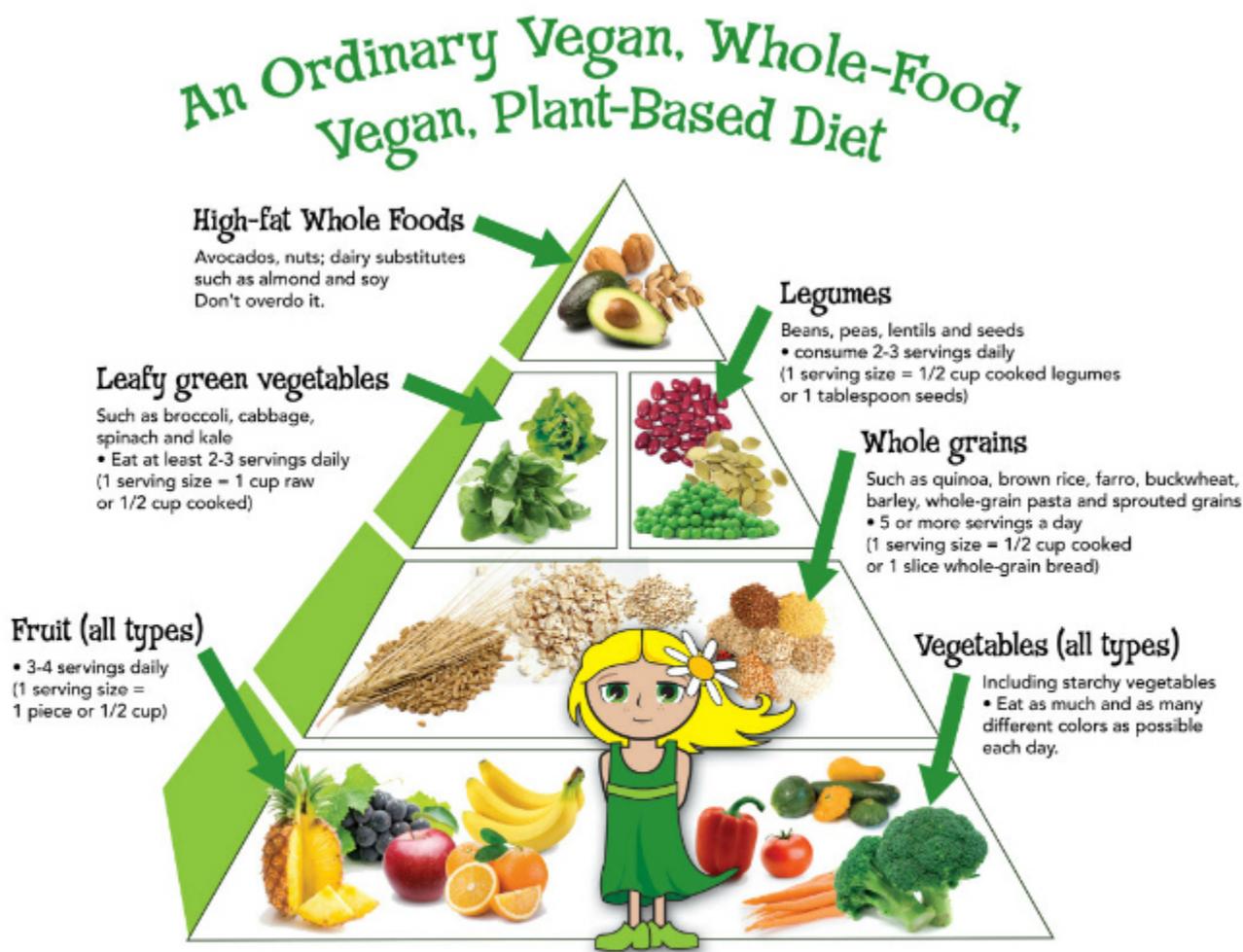


1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and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

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

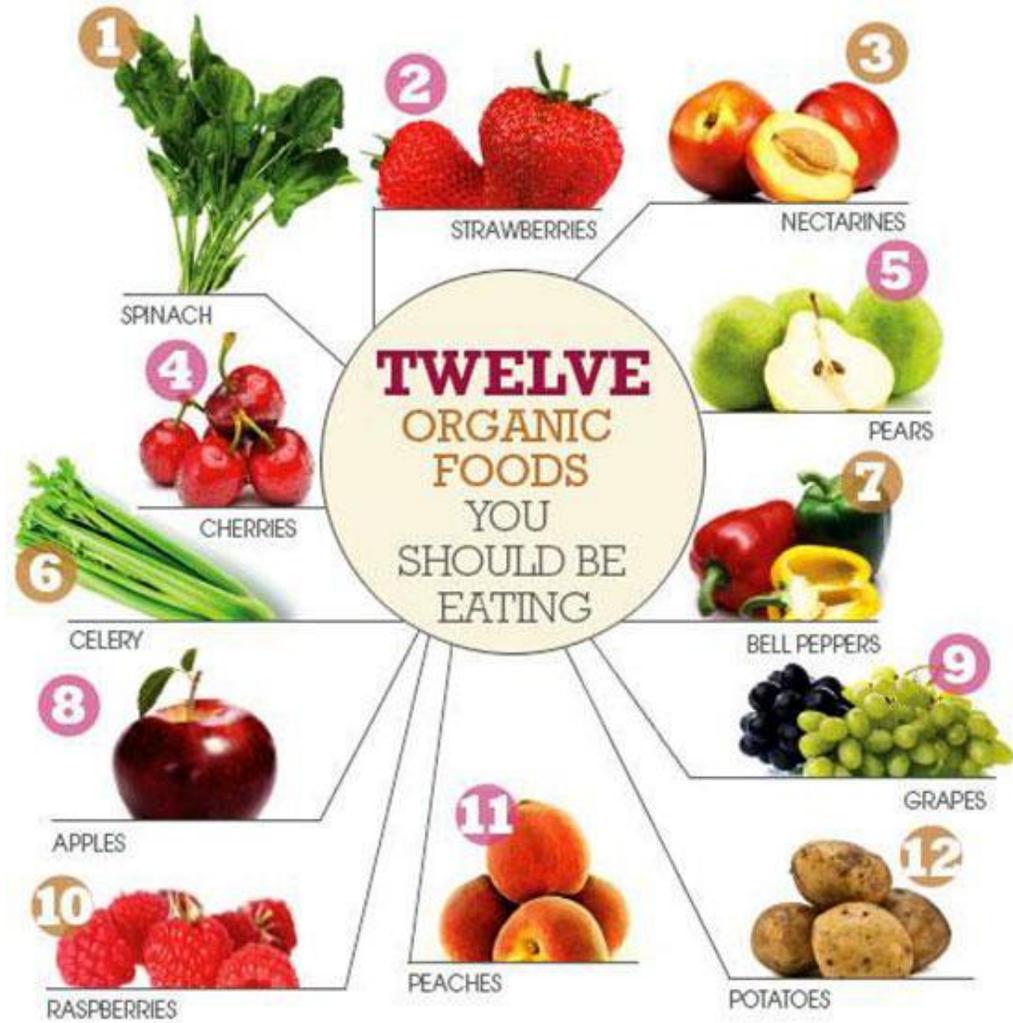
Believe me when I tell you that it is very helpful when it comes to the problems mentioned before.

Source and image source: healthyfoodworld.net



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

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







FRUITS

Fruits are great for hydration and they' re a fantastic source of **fiber**, **potassium**, and **antioxidants**. Apples, oranges, blueberries, and blackberries are some of the most nutritious.

Tip: Starting your day with a **fruit smoothie** is a great way to get your daily servings of fruit.



VEGETABLES

Vegetables are pretty much the healthiest foods on the planet. Some of the most nutrition-packed are kale, broccoli, spinach, and peppers.

Tip: Eat the rainbow! The varying, vibrant colors in vegetables exist because of the thousands of healthful **phytonutrients**.



NUTS AND SEEDS

Nuts and seeds are not only a great source of **protein** and **iron**, they also support a healthy immune system. Some of the best sources are peanut butter, walnuts, almonds, and pumpkin seeds.

Tip: Grab a handful of almonds as a satisfying, midday snack.



BEANS AND LENTILS

Beans and lentils provide a hefty dose of **protein**, and many are also a great source of **iron**. Kidney beans, split peas, and tofu (tofu is made of soybeans) are some of the best sources.

Tip: Always keep an open can of beans in the refrigerator for salads and snacks.



GRAINS & STARCHY VEGETABLES

Grains and starchy vegetables are a great source of **fiber**, **iron**, and **protein**. Brown rice, pasta, oatmeal, and sweet potatoes are a few of the healthiest options.

Tip: Whole grains are less processed and more nutritious than refined white grains.

Be sure to include these key elements in your veg diet.



VITAMINS D & B12

If you aren't eating any animal products, it's important to take **Vitamin D** and **B12** supplements, which can be found at your local supermarket or pharmacy.



FEED OUR FUTURE

*Random Acts
of Kindness*



Wang's Martial Arts

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Web site: www.WangsMartialArts.com

July 24, 2017

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.



Kung Fu rank test on May 19.



fights free radical formation
 increases iron absorption
 fights skin damage
 prevents asthma
 reduces wrinkles
 good source of Vitamin C
 helps with weight control
 prevents kidney stones
 reduces cancer risk
 lemon scent reduces stress
 antibacterial properties

health benefits of *Lemons*



improves digestive health
 boosts immune system
 may protect against polyarthritis
 may support healthy cholesterol levels
 helps with inflammation relief
 reduces kidney stone formation
 natural diuretic
 boosts energy
 provides DNA cell protection

OAWHealth
oasis advanced wellness



GOOD MORNING Elixir

24 ounces of warm distilled
 water (do not microwave
 water)
 juice from 1-2 large
 organic lemons
 1 tablespoon raw apple cider
 vinegar
 1-2 tsp raw honey
 1/2 tsp organic cayenne
 pepper
 Stir well & drink 8 ounces in
 glass cup first thing in AM.
 Refrigerate remaining
 mixture & drink through the
 day!



9 HEALTH BENEFITS OF RICE



Nutrients*	Minerals*	Vitamins*
Carbohydrate 9%	Manganese 24%	Folate 14%
Calories 7%	Selenium 11%	Thiamin 11%
Protein 5%	Iron 7%	Niacin 7%
Dietary Fiber 2%	Phosphorus 4%	Vitamin B6 5%

*% Daily Value per 100g. For e.g. 100g of rice provides 24% of daily requirement of manganese.

Helps to prevent cancer



Prevents chronic constipation



Cholesterol free and controls hypertension



Powdered rice cures certain skin ailments



Great source of energy, vitamins and minerals



Reduces risk of Alzheimer's disease



Husk of rice helps to treat dysentery



Promotes cardiovascular health



Gives relief from irritable bowel syndrome



10 REASONS TO DITCH DAIRY TODAY



Casein in cows milk is the most relevant cancer promoter ever discovered



Growth hormones clog your pores and cause acne, eczema, & psoriasis



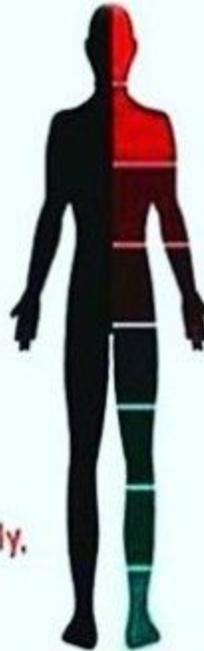
Linked to chronic diseases like osteoporosis, heart disease, diabetes, etc.



Calcium from milk is poorly absorbed compared to plant-based calcium



Lactose doesn't digest properly, leaving people chronically bloated, gassy & sick



You're not a baby cow. Humans are the only species on the planet that drinks the milk of another species



Makes losing weight difficult due to high saturated fat content & inflammation



Packed with saturated fat & cholesterol, increasing cardiovascular disease risk



There are much tastier alternatives like coconut & almond based milks & yogurts



Cheese has a strong opioid effect on the brain, making it dangerously addictive

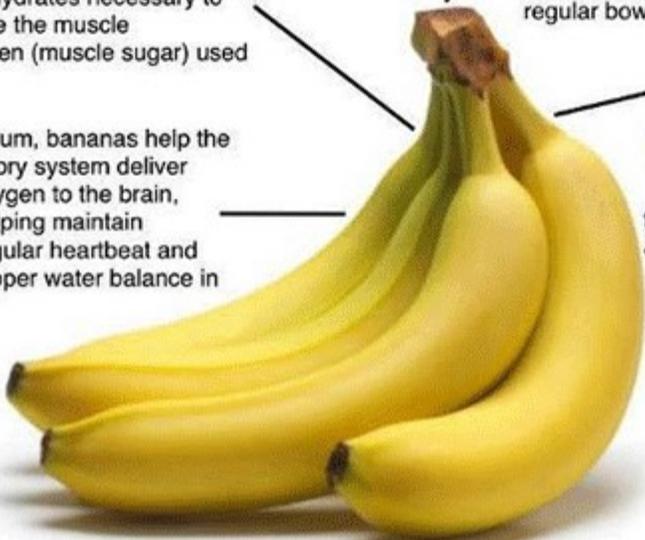


**JUST
SAY
NO!**

DETOX-Fit™



AMAZING BENEFITS OF BANANAS



Energy
Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used

Potassium
High in potassium, bananas help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat and proper water balance in

Bowel Health
Bananas are high in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function

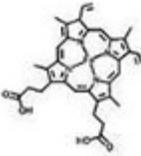
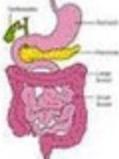
Increase happiness
Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood & makes us happier!

Help Smokers Quit
Bananas contain B vitamins and other minerals that lessen the effects of nicotine withdrawal both physically and psychologically

PMS
Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to suppress cranky moods

Brain Power
Potassium-packed fruit helps learning because it makes the pupils more alert. Students find that they have more brain power and do better on exams when they eat bananas at breakfast and lunch.

Iron
Bananas are rich in iron too, and can help individuals with anemia. Iron rich foods, such as bananas help stimulate production of hemoglobin in the blood and



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