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)

February 2017 Newsletter Summary



02/03/17 - Advanced Sabre class start.

02/04/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.

02/11/17 - Kung Fu rank test.

02/13/17 - Kung Fu rank test.

02/18/17 - February Birthday Party.

On Saturday, January 21, 2017, Wang's Martial Arts held its 15th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The buffet style vegetarian meal was prepared for the health of all guests, & kindness to animals.

After enjoying a delicious and filling meal, Victor Makris playing on guitar - very impressive! There was Chinese Fashion show, WMA students, family and friends showed off lovely silk like garments.

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, Mariyn Kidd, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Jeannette Adams, Padraic Gilbert, Polly Ferguson, Doug Jasper, Lisa Jasper, Margaret Swavely, Jack Santos, Chantel Barnes, Karen Clarke, Roberto Avarez,) with large Chinese greeting card for their time and effort at the studio. Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! There were numerous smiles and flashes of the camera.

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.

Kung Fu demonstration by Wang's Martial Arts students. There are Chinese custom with red envelops and many nice door prizes. Once again the banquet was a great success thanks to everyone at WMA, their family and friends.









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

Marilyn Kidd (9/1/16) - \$200.00

Total - \$3723.98 - \$300 - \$300 - \$1000 - \$2000 = \$123.98

\$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 HISD 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: 2-20-17 (Monday) Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old

Date: 2/9/2017 (Thursday) Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date:

2/02/2017 (Thursday)

2/09/2017 (Thursday) 2/16/2017 (Thursday) 2/23/2017 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Sergzo Gonzalez, Mohamed Elalfy, Monica Johnston, Richard Olson, Gwendolyn Doan, Charbel Bechara, Juan Ceja, Bruce Varley.

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 2-11-2017, Saturday, 1:30-3:30 pm 15 yrs +: 2-11-2017, Saturday, 3:30-5:30 pm 5 - 108 yrs: 2-13-2017, Monday, 6:00-8:30 pm

Must register on or before 2-9-2017.

Test fee: \$40.00 and up

Brown and Black rank test

April 11, 2017 (Tue.) 6 – 8 pm April 14, 2017 (Fri.) 6 – 8 pm April 15, 2017 (Sat.) 9 am – 3 pm

Red, Brown and Black Belt Class

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

February Birthday

Padraic Gilbert 2-11 Remi Dickinson 2-13 Mark Limones 2-17 Samuel Papa 2-9 Conner Roll-Bush 2-14 Laura Dore 2-4 Jackson Robinson 2-10 Julie Kerr 2-10 Esperanza Sauceda 2-1 Allison Golla 2-4 Diogo Ordonez 2-8 Jerod Rosenbarker 2-12 Affryea Charles 2-17 Santiago Aquino 2-7 Brandon Gordon 2-9 Pamela Alcaine 2-16 Michael Redic 2-24 Nickelus Moreno 2-6 Delvin 2-19 Conner Roll-Bush 2-14 Kamrie Abbs 2-17

Happy Birthday



Tai Chi Rank Test

Date: 3-18-2017 (Sat.) Time: 12 noon – 2:00 pm

* 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.

















Wang's Martial Arts

5311 FM 1960 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

Birth Day Party for Wang's martial Arts students

Date: February 18, 2017 (Saturday)

Place: Wang's Martial Arts 5311 FM 1960 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 February. **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: 2:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),

3:00 pm - Veggie lunch (Veggie Fish, Veggie Egg Roll, Veggie Dumpling, Organic spinach Cheese Quesadilla. No soft drink/replace with Bottled water).

3:45 pm - Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish. 4:00 pm - Party end.

.....

Family Special Kung Fu Tai Chi

	1st	2nd	3rd	4th	5th
	member	member	member	member	member
					or more
Tuition/month (12 to 13 lessons in a month)	\$149.00	\$134.00	\$74.50	\$74.50	Free
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. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM				
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM				
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri.	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM				
		Saturday	10:00 - 11:00 AM				
		TAI CHI CHUAN					
All ages	8	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

Free Uniform by bringing in this flyer before March 1, 2017.





Guest Name:	, by student	
_	, •	

Date: _____ (Current student will receive One Hour Private Lesson).

U.S.A.

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

INNER SCHOOL TOURNAMENT

Date: 3-11-2017 (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 5-14	Beg./ Int./ Adv.
Ages 9-14	Beg./ Int./ Adv.	Ages 15-17	Beg./ Int./ Adv.
Ages 15-17	Beg./ Int./ Adv.	Ages 18-80	Beg./ Int./ Adv.

Ages 18-80 Beg./ Int./ Brown/ Black.

TAI CHI Beg./ Int./ Adv.

*****SPARRING*****

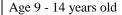
Ages 5-8	Beg./ Int./ Adv.	(Boys & Girls
Ages 9-14	Beg./ Int./ Adv.	(Boys)
Ages 9-14	Beg./ Int./ Adv.	(Girls)
Ages 15-17	Beg./ Int./ Adv.	(Boys)
Ages 15-17	Beg./ Int./ Adv.	(Girls)
Adult Men	Beg./ Int./ Brown	n & Black.
Adult Women	Beg./ Int./ Brown	ı & Black

	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 - 12/12/16

Age 15 year old and +

Miguel Cacaninoin - Yellow Joshua Stockton - Yellow/stripe Harry Eugene - Green Joanna Mayo - Green/stripe Mathilde Le Bon - Green/stripe Jeffrey Villarde – Purple James Mayo – Blue Magdelan Arce - Blue/stripe Clement Le Bon - Blue Cleotis Washington - Blue/stripe



Elyse Fu - Yellow Jeremy Rangel - Yellow/stripe Tori Archinal - Orange/stripe Julius Herron, II - Red/stripe

Age 5 - 8 years old

Paul Tang - Yellow/stripe Danna Caceres - Yellow/stripe Nickelus Moreno - Green Jordyn Mayo – Blue



Tai Chi test Result - 12/17/2016.

Bill Campbell - Yellow Chris Duffy - Yellow Richard Sibley - Yellow Sean Moore - Yellow Cynthia Pate - Green Sammie Pate - Green Ruby Abbott - Purple



Brown & Black Belt Test - 10/15/2016

Alfred Kai Marayag - Brown, Ruby Abbott - Brown/stripe, Joel Le Bon - Brown/stripe, Deztanie Hellsten - Brown/stripe, Joseph Hellsten - Brown/stripe, Adela Limones - Brown/stripe, Chantel Barnes - Black (1st), Padraic Gilbert - Black (2nd).





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Sabre Class

Date: March 10, 2017 (Fri.) March 17, 2017 (Fri.) March 24. 2017 (Fri.) March 31, 2017 (Fri.)

Time: 8:00 - 9:00 PM

Place: Wang's Martial Arts 5311 FM 1960 Rd. E. #J

nble 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	

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

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New Year.

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Monica Piel

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832-445-8715

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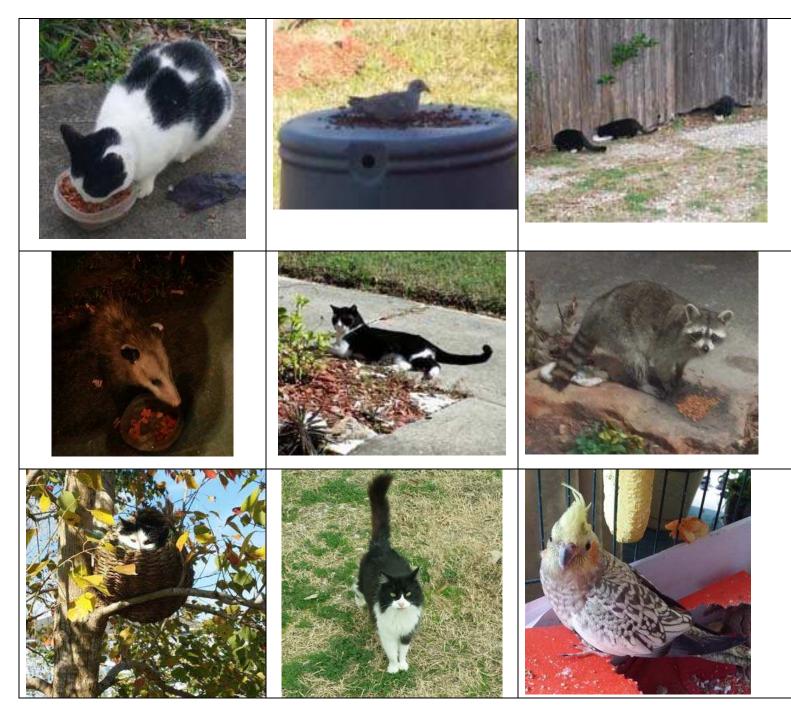


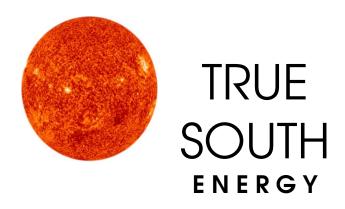
For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.



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.





Power your Home or Business with 100% Clean & Sustainable Solar Energy!

YOU CAN

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- Offset up to 100% of your kWh Charges on your Electrical Bill
- Start Saving Money right away
- Achieve a Return on your Investment
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- Qualify for Property Tax & Franchise Tax Exemptions
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- Contribute to National Security through Energy Independence
- Reduce your Carbon Footprint

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Call (512) 909-3515 Today for a *Free Solar Consultation*

We will:

Assess your energy needs based on past utility bills

Determine the ideal location for solar energy production

Identify shading objects that may impact energy production

Propose a system to fit your budget and reduce your electrical bills

Mention this ad for special pricing available only to Wang's Martial Arts students and families For the benefit of everyone's health, eat Organic vegetables, fruits, grains and be kind to all animals.











Wang's Martial Arts

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

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

Schedule:

02/03/17 - Advanced Sabre class start.

02/04/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.

Web site: www.WangsMartialArts.com

02/11/17 - Kung Fu rank test.

02/13/17 - Kung Fu rank test.

02/18/17 - February Birthday Party.

03/04/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.

03/10/17 - Basic Sabre class start.

03/11/17 - Wang's Martial Arts inner-school tournament.

03/18/17 - Tai Chi Rank Test.

03/18/17 - March Birthday Party.

03/24/17 to 03/26/17 - World Star Chinese Martial Arts Competition.



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





Date: March 24 - 26, 2017

Place: Westchase Marriott, Houston, Texas



GRAND CHAMPION CUPS

000000000000000 Honor medals will be awarded

to all kids 12 and under who place after 3rd.

More than 400 Divisions

Tradition Kung Fu

Wushu

Taichi

Xing Yi

Bagua

Wing Chun

Chi Sao

Sparring

Push Hands

& Much More ...

EVENT SCHEDULE

FRIDAY, MARCH 24, 2017

6 - 8 p.m. On-Site Registration

SATURDAY, MARCH 25

8:00 a.m. On-Site Registration

9:30 a.m. Open Ceremony

10:00 a.m. Competition Starts

SUNDAY, MARCH 26

7:30 a.m.

Seminars

10:00 a.m.

★ Chinese Martial Arts EXPO

★ GRAND CHAMPION Award Ceremony

★ Wu Martial Arts SCHOLARSHIP Award Ceremony



Registration and more details, please check: www.kungfucompetition.com

Contact: Wu Martial Arts Association / Ernie Wu

713-780-4007 • E-mail: wumartialartsassociation@gmail.com

World Star Chinese Martial Arts Competition (WSCMAC)

www.kungfucompetition.com

Phone (713) 780-4007 Fax (713) 780-8684 wumartialartsassociation@gmail.com

Registration Form / Mai (Please Print Clearly)	: 24-26, 2017			Date:	/2017
Name: Last Name			<u> </u>	***	
		MI	First Name	8	
Birthday:	M=5/4 %			·	
Home Address:					
Phone:	Email:	munnunnun	nanananananananananananananananananana	numunumunumunumunum	annununununununun
Martial Arts School:					
School Address:			_ City/State/Zip:		-
School Phone:	Emai	1:		WHAT II 3 II 3 I	
• First register last comp Fee \$65 (includes 1st event) \$85 (includes 1st event) \$20 per additional event ✓ the box, \$20 for each Spectator: Adult (Chinese Martial Arts F	Early Registration - must Registration if received a after the 1st event Grand Champion (Lev. x \$20), Kids (7-12) (st be receive after 3/10/ vel IV only x \$10	red by 3/10/17 17 (x \$ ***) (x \$), Kids (6 & under)	and under who place \$ \$ \$ \$ \$ \$ Free \$ \$	e after 3rd.
*** All fees paid are non-refundable	e *** 🗖 Cash	☐ Che	eck#T	OTAL \$	
*Check division number & special n Waiver I (the Competition). I assume all risk of phypetition. Acting for myself, heirs, personal	Send <i>signed</i> registra 9777 Harwin Dr. #5 3-26 ote in www.kungfucompetition.c the undersigned, knowingly visical and mental injuries, disabilities	ation form a 509, Housto com under Reg and voluntarily s, and losses that	istration. **See we submit my entry in the Wort may result from or in control was a submit my entry in the wort my	AAA eb site for Grand Champi rld Star Chinese Martial Arts nection with my participation	ion requirements.
Westchase, its agents, officers, representa of a matter or cause sustained by me as a cially but not limited to sparring, grapplir entails a risk of injury, and I assume full r me on site by the Competition will be of entities from any liability from such aid. I or media showing now or in the future an published by the Competition and agree v refund of my entry fees. I have read and for	ives, sponsors, volunteers, and all of result of or in connection with my pag, Sanda (Kickboxing), Sport Sanda, esponsibility for my actions intention in first-aid nature only, and I release it consent that any pictures or video find I waive compensation in regards the with them in their entirety. I understar	her related mem rticipation in the Shuai Jiao (Chi nal or otherwise, s agents, officers irnished by me cereto. I have res	bers from all claims, action e Competition. I understandinese wrestling), Chi Sao, p I fully understand that any s, representatives sponsors, or taken of me at the tournar and and fully understand the	is, suits, and controversies at d that participation in the Co- uish hands and other reaction medical attention or treatme volunteers, and other related ment can be used for publici rules, regulations, and gener	t law by reason ompetition, espe- n skills events, ent afforded to d members and ity, promotion, ral information
X			DATE		

	TRADITIONAL KUNGFU Pee-Wees 6 & under		TRADITIONAL KUNGFU Teens 13-17*		TRADITIONAL KUNGFU Adults 36-45	1	WUSHU Juniors 10-12
	Hand Forms		Hand Forms	2			Hand Forms
K001	No. 100 and There were	V404		K201	Hand Forms	10054	
00000000000000000000000000000000000000	Level I boys & girls	K101	Level I boys & girls	1 1000000000	Level I men & women		Level I boys & girls
(002	Level II boys & girls	K102	Level II boys	_	Level II men & women		Level II boys
7000	Weapons		Level II girls	K203	Level III men		Level II girls
(003	All levels boys & girls	K104	Level III boys	K204	Level III women		Level II Elem.Chang Quan #1-3 h
	Kids 7-9	K105	Level III boys open	K205	Level IV men		Level II Elem.Chang Quan #1-3 g
	Hand Forms	K106	Level III girls	K206	Level IV women		Level III boys
(011	Level I boys & girls		Level III girls open		Weapons	W057	Level III girls
(012	Level II boys	K108	Level IV boys	K211	Level I men & women	W058	Level IV boys
(013	Level II girls	K109	Level IV boys open	K212	Level II long	W059	Level IV girls
(014	Level III boys	K110	Level IV girls	K213	Level II short		Weapons
(015	Level III boys open	K111	Level IV girls open	K214	Level III men long	W071	Level I boys & girls
	Level III girls		Teens 13-17		Level III women long		Level II boys long
200000000000000000000000000000000000000	Level III girls open		Weapons		Level III men short		Level II girls long
	Level IV boys	K121	Level I boys & girls		Level III women short		Level II boys short
	Level IV boys open	1 1997/1999/01	Level II boys long	_	Level IV men long		Level II girls short
	Level IV girls		Level II girls long		Level IV women long		Level III boys long
	Level IV girls open				Zhanna da		
UZI			Level II boys short	_	Level IV men short		Level III girls long
	Weapons		Level II girls short		Level IV women short		Level III boys short
_	Level I boys & girls		Level III boys long	_	Level IV men other		Level III girls short
	Level II boys long		Level III girls long	K223	Level IV women other		Level III boys other
	Level II girls long		Level III boys short		Adults 46 & over		Level III girls other
034	Level II boys short		Level III girls short		Hand Forms		Level IV boys long
035	Level II girls short	K130	Level IIIboys other	K231	Level I & II men & women		Level IV girls long
036	Level III boys long		Level III girls other		Level III & IV men & women		Level IV boys short
037	Level III girls long		Level IV boys long		Weapons		Level IV girls short
(038	Level III boys short		Level IV girls long	K233	Level I & II men & women	W086	
039	Level III girls short		Level IV boys short	K234	Level III & IV men & women	W087	Level IV girls other
040	Level III boys other	200000000000000000000000000000000000000	Level IV girls short	INEGT	Level to be 14 men & women	11007	Teens 13-17
041						<u> </u>	
	Level III girls other		Level IV boys other	+		141404	Hand Forms
042	Level IV boys long	K137	Level IV girls other	-		W101	7 9
043	Level IVgirls long		Adults 18-35				Level II boys
044	Level IV boys short		Hand Forms		WUSHU	W103	Level II girls
045	Level IV girls short	K141	Level I men & women		Pee-Wees 6 & under	W104	Level III boys
046	Level IV boys other	K142	Level II men	10 1001120-00	Hand Forms	W105	Level III girls
047	Level IV girls other	K143	Level II women	W001	Level I & II boys & girls	W106	Level IV boys
	Juniors 10-12		Level III men		Level III & IV boys & girls		Level IV girls
	Hand Forms	0.00	Level III women		Weapons		Weapons
051	Level I boys & girls		Level IV men Northern long fist	Wnna	All levels boys & girls	W121	Level I boys & girls
	Level II boys		Level IV women Northern long fist	*****	Kids 7-9	1	Level II boys long
053	Level II girls		Level IV men Northern open	_	Hand Forms		Level II girls long
100000000000000000000000000000000000000				181044		- A	T
054	Level III boys		Level IVwomen Northern open		Level I boys & girls		Level II boys short
055	Level III boys open		Level IV men Northern other		Level II boys		Level II girls short
056	Level III girls		Level IV women Northern other		Level II girls	+	Level III boys long
057	Level III girls open		Level IV men N. Praying Mantis	W014	Level II Elem.Chang Quan #1-3 boys		Level III girls long
058	Level IV boys		Level IV women N. Praying Mantis	W015	Level II Elem.Chang Quan #1-3 girls	W128	Level III boys short
059	Level IV boys open	K154	Level IV men Southern		Level III boys	W129	Level III girls short
060	Level IV girls	K155	Level IVwomen Southern	W017	Level III girls	W130	Level III boys other
	Level IV girls open		Weapons		Level IV boys		Level III girls other
	Weapons	K161	Level I men & women		Level IV girls	150000000000000000000000000000000000000	Level IV boys long
071	Level I boys & girls		Level II men long	1.0.0	Weapons	1	Level IV girls long
072	Level II boys long		Level II women long	Min24	Level I boys & girls	100000000000000000000000000000000000000	Level IV girls long Level IV boys short
073							
	Level II girls long	-	Level II men short	SEASON SERVICE	Level II boys long	700000000000000000000000000000000000000	Level IV girls short
074	Level II boys short		Level II women short		Level II girls long		Level IV boys other
075	Level II girls short		Level III men long		Level II boys short	W137	Level IV girls other
	Level III boys long		Level III women long		Level II girls short		<u>Adults 18 -35</u>
077	Level III girls long		Level III men short	W036	Level III boys long	0	Hand Forms
078	Level III boys short	EL 0.077000000000000000000000000000000000	Level III women short	W037	Level III girls long	W141	Level I men & women
079	Level III girls short	K170	Level III men other	W038	Level III boys short	W142	Level II men
080	Level III boys other	K171	Level III women other	W039	Level III girls short	W143	Level II women
081	Level III girls other		Level IV men long	1 2000000000000000000000000000000000000	Level III boys other		Level III men
082	Level IV boys long	X	Level IV women long	_	Level III girls other		Level III women
083	Level IV girls long	K174	Level IV men short		Level IV boys long		Level IV men Chang Quan
084	Level IV boys short	K175	Level IV women short				**************************************
	No. 10 (0.00) 22 No. 10 No. 11			EEV-COMMONS	Level IV girls long		Level IV women Chang Quan
085	Level IV girls short	-	Level IV men other	_	Level IV boys short		Level IV men Nan Quan
086	Level IV boys other	K177	Level IV women other		Level IV girls short	W149	
087	Level IV girls other	K178	Level IV men Southern long	_	Level IV boys other		Level IV men Other Styles
		K179	Level IV women Southern long	W047	Level IV girls other	W151	Level IV women Other Styles
		K180	Level IV men Southern short				
- 1		K181	Level IVwomen Southern short		TOTAL SE SELECTION OF THE SECOND SECO		1970-1970-1971
40/24/51	<u> </u>	K182	Level IV men Southern other		2/800 St	100	To qualify for the Grand Champi
				20		1	
	•	K183	Level IVwomen Southern other	1		Ì	For Traditional and Wushu - or

186	5.0 8		U 8.5%		4 9	-	
	WUSHU		TRADITIONAL TAICHI		** Taichi 32 Sword		CONTINUOUS SPARRING
	Adults 18 -35		Taichi Hand Forms (45 & under)	-	Level l		Pee-Wees 6 & under
	Weapons	T001	Level I	T162	Level II	Sp	All Levels boys & girls
W161	Level I men & women	T002	Level II Men	T163	Level III		
W162	Level II men long	T003	Level II Women	T164	Level IV men		Kids 7-9
W163	Level II women long	T004	Level III Men	T165	Level IV women	\$001	Level I & II boys
W164	Level II men short	T005	Level III Women		Taichi 42 Sword	S002	Level I & II girls
W165	Level II women short	T006	Chen Level IV men	T171	Level i	_	Level III boys
W166	Level III men long		Chen Level IV women		Level II		Level III girls
W167		Access to the second	Yang Level IV men	***	Level III		Level IV boys
W168			Yang Level IVwomen		Level IV men	33973333333333	Level IV girls
-	Level III women short			+		3000	Level IV gills
+	Level III men other	_	Other Style Level IV	11/3	Level IV women	-	Y
		T011	Other Style Level IV women			2044	Juniors 10-12
1	Level III women other		Taichi Weapons (45 & under)		OTHER INTERNAL STYLES	19 100000000000000000000000000000000000	Level I & II boys
	Level IV men long		Level I weapons		Xing Yi	_	Level I & II girls
+	Level IV women long		Level II men weapons		Level I men & women	A CONTRACTOR OF THE PARTY OF TH	Level III boys
+	Level IV men short	0.0000000000000000000000000000000000000	Level II women weapons	51 15 9/1	Level II men & women		Level III girls
_	Level IV women short		Level III men straight sword	N003	Level III men & women	S015	Level IV boys
W176	Level IV men other	T025	Level III women straight sword	N004	Level IV men	S016	Level IV girls
W177	Level IV women other	T026	Level III men other weapon	N005	Level IV women		No. 2000-00-00-00-00-00-00-00-00-00-00-00-00
W178	Level IV men Southern long	T027	Level III women other weapon	e e e	0.000		Teens 13-15
W179	Level IV women Southern long	T028	Level IV men straight sword		Bagua	S021	Level I & II boys
	Level IV men Southern short	T029	Level IV women straight sword	N011	Level I men & women	S022	Level I & II girls
W181	Level IV women Southern short	T030	Level IV men broadsword	-	Level II men & women		Level III boys
	Level IV men Southern other	T031	Level IV women broadsword	N013	Level III men & women	S024	Level III girls
-	Level IV women Southern other		Level IV men other weapon		Level IV men	100000000000000000000000000000000000000	Level IV boys
11100	Severit wellow southern bales		Level IV women other weapon	N015	Level IV women	S026	Level IV girls
	<u> </u>	1000	Taichi Hand Forms (46 & over)	IVUIJ	Level IV Women	3020	Level IV ghis
	WING CHUN	TOM			T 1 1 20 C	-	T16 17
	7		Level I	None	Liuhe Bafa		Teens 16-17
	Hand Forms	72000000	Level II Men		Level I men & women		Level I & II boys
	Youth 12 & under	tot diseases.	Level II Women		Level II men & women	+	Level I & II girls
	Level I & II		Level III Men	1. Value of Control (1911)	Level III men & women		Level III boys
C002	Level III & IV		Level III Women		Level IV men	S034	Level III girls
		T046	Chen Level IV men	N025	Level IV women	S035	Level IV boys
	<u>Teens 13-17</u>	T047	Chen Level IV women			S036	Level IV girls
C003	Level I & II	T048	Yang Level IV men		Other Internal Handform		2
C004	Level III & JV	T049	Yang Level IV women	N031	Level I men & women		Level I & II Adults (18 & over)
		T050	Other Style Level IV men	N032	Level II men & women	S041	Men < 165 lbs
	Adults 18 & over	T051	Other Style Level IV women	N033	Level III men & women	S042	Men 165-185 lbs
C005	Level I & II		Taichi Wcapons (46 & over)	N034	Level IV men	S043	Men 186 lbs & over
_	Level III & IV	T061	Level I weapons	N035	Level IV women	S044	Women <135 lbs
		T062	Level II men weapons			S045	Women 135 lbs & over
	Weapons	_	Level II women weapons	1	Other Internal Weapons		
1	Youth 12 & under		Level III men straight sword	N041	Level I men & women	- 222	Level III Adults (18 & over)
C011	Level I & II		Level III women straight sword	N042	Level II men & women	\$051	Men < 165 lbs
	Level III & IV	575000000		,			
0012	Sever III ce I v		Level III men other weapon Level III women other weapon	N043	Level III men & women	S052 S053	Men 165-185 lbs
	T12 17			N044	Level IV men	• • • • • •	Men 186 lbs & over
0042	<u>Teens 13-17</u>		Level IV men straight sword	N045	Level IV women	S054	Women <135 lbs
	Level I & II		Level IV women straight sword			S055	Women 135 lbs & over
C014	Level III & IV		Level IV men broadsword				1 111/4 1 1 / // 0 0
ļ	1 1 1 10 0		Level IV women broadsword		PUSH HANDS (18 & over)		Level IV Adults (18 & over)
	Adults 18 & over	-	Level IV men other weapon	**	Fixed Step	S061	Men < 165 lbs
_	Level [& I]	T073	Level IV women other weapon	T201	Men < 145 lbs		Men 165-185 lbs
C016	Level III & IV		COMPETITION TAICHI	T202	Men 145-175 lbs	S063	Men 186 lbs & over
			Taichi 24 Hand Form	T203	Men 176-205 lbs	S064	Women <135 lbs
- 19	Chi Sao Lever I & II	T101	Level 1	T204	Men > 205 lbs	S065	Women 135 lbs & over
C031	Men < 160 lbs	T102	Level 11	T205	Women < 135 lbs	1	5 TA STATE OF THE
C032	Men 160-185 lbs		Level III	T206	Women 135-160 lbs	1	
	Men > 185 lbs		Level IV men	**	Restricted Step	1	
C034	Women < 135 lbs		Level IV women	T211	Men < 145 lbs	i	
	Women 135 lbs & over	. 100	Taichi 42 Hand Form		Men 145-175 lbs	t	
1300	The state of the s	T111	Level 1	-	Men 176-205 lbs		
-	Chi Can Laugh 101 0, 1V			_		-	
0000	Chi Sao Level III & IV	_	Level II		Men > 205 lbs	1	
	Men < 160 lbs		Level III	T215	Women < 135 lbs		
	Men 160-185 lbs		Level IV men	T216	Women 135-160 lbs	1	
+	Men > 185 lbs	T115	Level IV women				
C039			Taichi other Hand Form	1			
C040	Women 135 lbs & over	_	Level I	1			
		- 000 CONTRACT (Level II]	*** Any competitor may compete		gher level or different division
	O	T123	Level III		pending approval by WSCMA	/C	
	W.	3 120					

competitors must compete minimum in three divisions:

and Form. one short Weapon. one long Weapon. one other Weapon

T124 Level IV men
T125 Level IV women

[→] different style Hand Forms and one Weapon

^{**} Not rated for Grand Champion

^{*} check more details in www.kungfucompetition.com

A competitor can not compete with the same form twice in different event in this case competitor will be disqualified for the second event without refund.

A competitor must register all events at the same age and level.

Unauthorized person is not allowed inside the ring when competition in progress will result violator been escort out of the site, if the violator is a coach, parent or related to a competitor, the competitor will be disqualified, no refund in this case.

Traditional Northern Long Fist includes Cha Quan, Hong Quan, Hua Quan, Pao Quan, Northern Shaolin, Northern Eagle Claw, Mizong and other Long Fist styles.

Northern Open includes Ditang, Drunken, Monkey and other acrobatic styles

Northern Other includes Piqua, Baji, Fanzi, Chuojiao and other forms not included in the categorized styles.

Northern Praying Mantis includes, Seven Star, Plum Flower, Long Fist, Six Harmony, Eight Step and other Northern Praying Mantis styles.

WEAPONS

Short weapons (straight sword, broadsword)

Long weapons (staff, spear)

Other weapons, weapons not included in Long or Short.

Traditional weapon except flexible weapons, need to support its own weight, kid's & under age levels are exempt from this rule.

GRAND CHAMPIONS (Level IV only)

To compete for Grand Champion must register in advance. To qualify for the Grand Champions, competitors must compete minimum in three divisions: For Traditional and Wushu, one Hand Forms and two Weapons (short and long), For Tai Chi and Other Internal, two different style Hand Forms and one weapon, competitor can register in their division as many events as possible.

Grand Champion

Kids 7-9 Boys Traditional

Kids 7-9 Girls Traditional

Juniors 10-12 Boys Traditional

Juniors 10-12 Girls Traditional

Teens 13-17 Boys Traditional

Teens 13-17 Girls Traditional

Adults 18-35 Men Traditional

Adults 18-35 Women Traditional

Adults 36-45 Men Traditional

Adults 36-45 Women Traditional

Kids 7-9 Boys Wushu

Kids 7-9 Girls Wushu

Junior 10-12 Boys Wushu

Junior 10-12 Girls Wushu

Teens 13-17 Boys Wushu

Teens 13-17 Girls Wushu

Adults 18-35 Men Wushu

Adults 18-35 Women Wushu

Adults 18-35 Men Wushu Southern

Adults 18-35 Women Wushu Southern

Traditional Taichi 45 & under Men

Traditional Taichi 45 & under Women

Traditional Taichi 46 & over Men

Traditional Taichi 46 & over Women

Competition Taichi

Other Internal Styles

Baking Soda May Reduce Premature Death Risk



Today's blog is republished from my friends at TheAlternativeDaily, a leading publisher of daily alternative health tips that I personally read every day...

By Stephen Seifert, The Alternative Daily.com

Research published this month in the Clinical Journal of the American Society of Nephrology found that having balanced baking soda, or bicarbonate, levels in your body could reduce your chances of an early death. The study examined data compiled in the Health, Aging and Body Composition Study for 2,287 participants.

Participants were healthy adults who, at the onset of the study in 1997, were between the ages of 70 and 79, and were followed for approximately 10 years. Survival data were gathered through February 2014.

What did they find? Study author Dr. Kalani Raphael, associate professor and nephrology and hypertension specialist at the University of Utah, and colleagues investigated pH, carbon dioxide and bicarbonate in association with long-term survival. According to the University of Utah press release, "Critically ill patients with severe acid-base abnormalities have a very low likelihood of surviving their illness, but it's unclear whether more subtle changes in the body's acid-base status have an effect on the longevity of relRaphael and colleagues found that low levels of bicarbonate may be linked to an increased risk for premature death by 24 percent. Sodium bicarbonate assists your body in balancing pH levels, possibly extending life. "What we found was that generally healthy older people with low levels of bicarbonate had a higher risk of death," Raphael said. "Adding the pH measurement into the equation didn't change the results, which is important because pH is not routinely measured." The study's findings may assist clinicians in better assessing a patient's risk of premature death by analyzing their blood bicarbonate concentrations more closely. Clinicians can recommend dietary adjustments to patients with low bicarbonate concentrations to optimize health. What does it mean for me? How do you get more baking soda in your life? Surprisingly, the answer has nothing to do with that yellow box in your fridge fighting odors. If you want to balance your pH levels by getting more sodium bicarbonate in your diet, eating more fruits and vegetables is the key. Fruits and vegetables high in potassium and bicarbonate will have a negative potential renal acid load (PRAL) score. This represents the amount of acid produced by the kidneys after metabolism. The higher the negative, the more potassium and bicarbonate they will provide, potentially reducing your risk of premature death, according to the study. Apples, raisins, spinach, bananas, carrots, broccoli, lemons and even coffee are a few sources that will boost your potassium and bicarbonate levels. Are you eating enough fruits and vegetables to keep a healthy pH -Stephen Seifert, TheAlternativeDaily.com balance?

Stephen Seifert is a writer, professor, adventurer and a health & fitness guru. His flair for travel and outdoor adventure allows him to enjoy culture and traditions different than his own. A healthy diet, routine fitness and constant mental development is the cornerstone to Stephen's life.

(The original article source is here)

Note from The Watchdog...

Baking Soda and Exercise Performance:

One last thing to mention here about the benefits of baking soda... There are many recent studies that reveal that taking baking soda mixed with water about 60-90 minutes before exercise shows significant improvements in exercise performance, which can equate to the results you get from exercise. The dosages in the studies were generally about 90-135 mg per lb of body weight, which would basically equate to about 2-3 teaspoons mixed in water for most people. However, it was noted that this quantity caused stomach upset for some people. If this is the case, you could test smaller amounts spaced out over time, such as 1 teaspoon 2 hrs before exercise and another teaspoon 1 hr before exercise.

The theory as to why baking soda helps exercise performance is that it helps reduce the effects of lactic acid on the muscles and allows you to do more reps before fatigue sets in.

Wang's Martial Arts

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CLASS SCHEDULE

(Expanded class times effective on February 1, 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 **Tue./ Fri.** 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 **Tue./Fri.** 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