

# 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](mailto:yyw3888wma@gmail.com)  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)



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

## August 2021 Newsletter Summary

### Rank Test Results – July, August 2021

<p><b>Brown &amp; Black Belt Test Result:</b></p> <p>David Barnes - Black Belt (6th) Allen DeWoody - Black Belt (4th) Rosel Rodriguez - Black Belt (1st) Elmer Whitehead - Black Belt (2nd)</p>	<p><b>Tai Chi test Result:</b></p> <p>Argelia Olan - Yellow belt Maria Wilrick - Purple belt Frank Martinez - Blue belt Mary Sue Lee - Blue belt Jim Gustin - Black Belt (3nd) John Quenzer – Black Belt (3nd) Tania Myers - Black Belt (3rd) Edu Araujo – Black Belt (3rd) Margaret Swavely – Black Belt (4th) Paul Greenwood – Black Belt (6th) Russell Haws - Black Belt (7th)</p>
<p><b>Age 15 year old and +</b></p> <p>Alejanaro Borque - Yellow belt Sreejith Pulickal - Yellow belt Celeste Rivera - Yellow belt Guowang Yu - yellow belt Blair Fose - Yellow belt Sarah Rouse - Yellow belt Rodrigo Mendez - Yellow/stripe Randy Drauchon - Orange Belt Desmon Harrison - green belt Grant Coston - Green belt Nolan Coston - Green belt Natalie Cruz – Purple belt Joshua Stockton - Purple/stripe Jose Gutierrez - Purple/stripe Maricio Galvan - Blue belt Rob Sheridan - Red belt</p>	<p><b>Age 9 - 14 years old</b></p> <p>Charles Labrador - yellow belt YiJiao Cai - Yellow/stripe YiJun Cai - Yellow/stripe Delaney Roose - Yellow belt Jessica Swindle - Yellow belt Alex Guerrero - Yellow/stripe Nigel Wee-Tom - Orange Amir Narcisse - Green Daniel Guerrero _ Yellow/stripe Nia Coston - Green Noah Gutierrez - Blue Connor Sheridan - Brown belt Jad Kawaja - Brown/stripe Jayden Ng-A-Mann - Brown/stripe Juan Ceji - brown/stripe</p>
<p><b>Age 5 - 8 years old</b></p> <p>Mateo Gramsdos - Yellow belt Yuliana Trejo - Yellow belt Sharon Yu - Yellow/stripe Jordi Alonso - Yellow/stripe Jujia Cai - Yellow/stripe Haeison Alvey - Yellow belt Louie Copley - Yellow belt Logan Best - Yellow belt Noah Garcia – Orange Tylen Johnson - Yellow/stripe Leah Gutierrez - Orange/stripe Olivia Sheridan - Green/stripe</p> <p>Hanamel Kirubel – Purple Ocean Phan – Blue belt Caleb Villalpando- Blue/stripe Levi Garcia- Blue/Stripe</p>	















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**Kung Fu & Tai Chi**  
**Rank Test**  
As ready base.

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### In School Kung Fu class schedule:

All ages: (Age 5-108)	Mon./Tue. /Wed./Thur./Fri.	6:00 - 7:00 PM
	Mon./Fri.	7:00 - 8:00 PM
	Saturday	10:00 - 11:00 AM
	Saturday	11:00 - 12:00 noon.
	Tue. /Thur. (Color belt only)	5:00 - 6:00 PM
(Age 18 - 108)	Tue. /Thur.	7:00 - 8:00 PM
Red/Brown/Black	Saturday	9:00 - 10:00 AM
Basic weapon class	Tuesday	4:00 - 5:00 PM

(Basic wooden Bo and Basic wooden sabre is included in the Kung Fu training program for yellow belt and above 15 years old and older, Green belt and above for 14 years old and younger.)

### In School Tai Chi class schedule:

All ages:	(Age 18 - 108)	Tue. Sat.	12:00 Noon - 1:00 PM
		Thur.	4:00 - 5:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM

### Kung Fu Brown & Black belt rank test.

Date : October 16, 2021 (Saturday)  
Time: 2:00 - 5:00 pm  
Place: Wang's Martial Arts

### Basic Bo Class:

August & September on every Tuesday  
Time: 4 pm - 5 pm

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

August 13, 2021 (Friday)  
Time: 7 - 8 pm.  
Cost: Paid by Wang's Martial Arts.

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

- August 13, 2021 (Friday)  
Time: 5 - 6 pm.  
Cost: Paid by Wang's Martial Arts.

**Guest Instructor; Master Jia**

**The health and safety of everyone is of great importance to us, below are the measure we have implemented and will continue to practice until further notice.**

- Any and all student companion must remain in their vehicle
- Temperatures will be checked upon entry
- Everyone is required to wear a mask
- Social distancing (6 ft apart) will be practiced at all times, including class time
- All students are required to wash their hands prior to and after class
- We will be using disinfectant wipes periodically to wipe down doorknobs and door handles.

### Report Card Points

Antoine Berchara 1.5  
Connor Sheridan 1.5  
Olivia Sheridan 0.75

**Parents:**  
Please remind students to place their belongings inside the cubicles. We are not responsible for any damages. Thank you.



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.

June 10, 2017 tournament - \$25.

August 19, 2017 Birthday - \$10.

September 16, 2017 Birthday - \$10.

October 14, 2017 Birthday - \$5.

November 12, 2017 Culture class - \$50.

November 20, 2017 Basic Escrima - \$25.

December 6, 2017 Basic nun chuck - \$50

December 9, 2017 tournament - \$50.

December 17, 2017 Chinese Culture - \$40.

January 15, 2018 Basic Escrima - \$25.

January 29, 2018 Women's SD - \$30.

2/3/18 Craig Glasco - \$10.

February 24, 2018 tournament - \$45.

February 26, 2018 Women's SD - \$20.

Wang's Martial Arts (Jan. & Feb.) - \$200

Darren Bush - \$500.

Craig Glasco - \$25.

Cynthia Pate - \$50.

**Total - \$6013.98 - \$300 - \$300 - \$1000**

**-\$2000 - \$2000 = \$413.98**

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

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

**\$1000 scholarship to HISD student on 01-30-16.**

**\$1000 scholarship to HISD student on 01-21-17.**

**\$1000 scholarship to UH student on 01-21-17.**

**\$500 scholarship to UH student on 02/10/18.**

**\$1000 scholarship to UH student on 02/10/18.**

**\$500 scholarship to UH student on 02/10/18.**

**Proverbs 4 .**

<sup>18</sup> The path of the righteous is like the morning sun,

shining ever brighter till the full light of day.

<sup>19</sup> But the way of the wicked is like deep darkness;

they do not know what makes them stumble.

**Scholarship donation;**

05/18/19 Darren Bush \$500.

05/18/19 WMA \$500.

06/12/19 Rosel Rodriguez \$1.

06/12/19 Lily Valdez \$10.

07/12/19 Rosel Rodriguez \$2.

07/18/19 Anonymous \$18.

07/19/19 Caleb Villalpando \$5.

07/24/19 Ruby Abbott \$50.

07/31/19 Madeline Vides \$3.

09/14/19 Margret Swavly \$5.

09/16/19 Ruby Abbott \$50.

10/28/19 Raffle of small laptop \$240.

02/07/20 Rosel Rodriguez \$10

**New Students:  
Welcome!**

**Don't forget to check  
our School App to see  
upcoming events, pay  
for Rank Tests, school  
workshops and more!**

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

**\* 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.

***August Birthday***

Ashley Alagna 8/30

Eloy Saucedo 8/13

Brandon Rattay 8/21

Jennifer Rodger 8/09

Douglas Jasper 8/02

Xiomara Ramirez 8/26

Jacob Darst 8/11

Edvardo Gutierrez 8/28

Donovan Tran 8/13

Dillon Fragoso 8/25

Nathan Berry 8/07

John Kramer 8/18

DeJuan Bailey 8/21

Jordan Santos 8/31

Daniel Davison 8/30

Alexus Golden 8/31

Cameron Runnels 8/26

Marion Hunter 8/25

Jaisa Davis 8/23

Jose Guzman 8/25

Daniel Thibodeaux 8/23

Charbel Bechara 8/02

Ethan Fu 8/04

Angus Lyons 8/04

Kathleen Veley 8/06

Arturo Rodriguez 8/07

Jeffrey Villarde 8/11

Galilea Navarro 8/15

Jesus Delgado 8/15

Dillon Flanagan 8/15

Lana Draughan 8/18

Dennis Dodson 8/18

Damien Macedo 8/18

Donato Salvitti 8/19

Dung Nguyen 8/20

Linda Alberty 8/20

Nolan Coston 8/10

Charlie Dove 8/13

Amanda Dunn 8/16

Chad Dove 8/16

Lily Valdez 8/20

Jared Torres 8/21

Alex Lyon 8/21

Juliana Uzeta 8/22

Cruz Flores 8/23

Carlos Aquino 8/26

Jimmy Sullivan 8/26

Jose Ramirez 8/30

Christine Kirk 8/30

Timothy Grier 8/30

Anthony Marcia 8/31

Mary Bush 8/05

Tylen Johnson 8/20

Joselyn Bonds 8/25

***Happy Birthday***











# Wang's Martial Arts

## Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member or more
<b>Tuition/month</b> (4 to 5 lessons in a month)	<b>\$120.00</b>	<b>\$108.00</b>	<b>\$60.00</b>
<b>Easy pay/Week</b>	<b>\$25.58</b>	<b>\$23.02</b>	<b>\$12.79</b>
<b>Uniform</b>	<b>\$69.95</b>	<b>\$69.95</b>	<b>\$69.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

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All ages: (Age 18 - 108) Tue. Sat. 12:00 Noon - 1:00 PM  
 Thur. 4:00 - 5:00 PM  
 Mon./Wed./Fri. 5:00 - 6:00 PM  
 Wed. 7:00 - 8:00 PM

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## Call for a Free Lesson (281) 682-3387.



Paul B. Greenwood's Medical - Testimony (May 1, 2021)

On Wednesday, April 28, 2021, Master Wang asked me if I would share my medical issue on my kidney. Following my doctor's orders, I changed my eating habits to hopefully improve the functioning of my one kidney.

Late 2001 I found out that I had one (1) functioning kidney. My other kidney was not functioning due to a blockage in the blood vessel supplying it, which couldn't be opened by placing a stint in the vessel. The doctor said fortunately I have one (1) good kidney doing the work for two (2) kidneys. He stated I could have a normal life just watch my Potassium intake .

In Sept. 2020 thru blood work, I found out that my one (1) functioning kidney was not working as it was in 2001. My family doctor said I should consult with a Nephrologist ( kidney doctor ), which I did. Through a series of Renal Scans and Renal Ultrasounds, it was determined my one (1) functioning kidney was operating, but with limited capacity for filtration. Fortunately I did not need a kidney transplant nor dialysis.

In Dec. 2020, I met with my Nephrologist again after blood work was taken and he recommended I limit my protein intake. He did not quantify this amount of protein intake.

Later in Dec. 2020, I decided to consult with a Registered Dietitian, who recommended to me a basic Renal diet of sorts limiting Sodium, Potassium and Protein. I immediately started a daily meal diary indicating contents of Sodium, Potassium and Protein for foods eaten that particular day.

In Mar. 2021, after following the recommendations of my Registered Dietitian on proper foods to eat, blood work was done again for the Nephrologist. I found now that my Creatinine, BUN and GFR ( Glomulus Filtration Rate ) all had improved over a three (3) month period.

My GFR went from 46 to 55.

In summary, my Nephrologist was surprised at the improvement on my one (1) functioning kidney. This confirmed to me that eating the correct foods in proper proportions is essential to good health.

I personally thank Master Wang for his encouraging words about good eating habits and how it can have a profound effect on your personal health.



## T-Shirt days

Wednesday & Saturday class

(Unless if we have special event, rank test, demonstration need to be in full uniform).



\$16.00







# 5 REASONS TO GO VEGETARIAN

IF YOU FIND YOURSELF FEELING CONSTANTLY SLUGGISH, IT MAY BE A SIGN TO SWITCH DIET, SO HERE ARE SOME REASONS TO GO VEGETARIAN...



## 1. REDUCES RISK OF HEART DISEASE

Meat clogs up arteries to stop blood getting to the heart.

Salads don't.



## 2. HELPS YOU LOSE WEIGHT

Because of the fat they have in them, meat puts weight on a person's body.

Salads don't.



## 3. COMPASSION FOR ANIMALS

Meat comes from animals.

Salads don't.



## 4. BEING VEGETARIAN WOULD HELP END WORLD HUNGER

The animals that the meat comes from need loads of food to be fattened up. Salads don't. That food could go to people who need it.



## 5. BEING VEGETARIAN SETS A GOOD EXAMPLE TO THE YOUNGER GENERATION

By seeing adults refusing to eat meat, kids may do the same and could adopt a healthy lifestyle, seriously reducing the risk of heart disease and cancer later in life. While feeding little ones meat is quick and easy, it can create a detrimental effect on their health.

Salads don't.



What are the benefits of a clean diet?

We live in a fast paced environment, which spoiled us when it comes to eating. We are always on the go and society has made it a norm to eat on the go. About half of your day is spent in your vehicle, and well you also get hungry. It is now so easy to order food without having to get off your car and just eat it on the go. Have you stopped and asked yourself what really goes into all of these foods? Like they say, "you are what you eat". Sure we make healthier choices when we grocery shopping, but are they really a healthy choice?

It is so easy to fall off the wagon and start "next Monday" with the clean eating, is it worth the risk of waiting? Why not start now? Nowadays, we have so many options to transition into a healthy clean diet. Organic fruits, vegetables, and pastas are now a choice.

No one tells us the risks of eating veggies and fruits that are exposed to pesticides, the effects it can have in your organs nor the permanent damage something so minimal can do. They might be a little more expensive when purchasing but in the long run it will be cheaper for your health.

Veggie beef, veggie poultry and veggie fish are also part of this trend.

Farm animals are also fattened and exposed to chemicals while alive and dead. In order to maintain their shelf life, they must be put through a number of chemicals to preserve its shape, color, and texture.

One cannot quit a habit from one day to another, therefore we must slowly transition our minds and body into a healthier and cleaner lifestyle.

What are the benefits of a Clean Healthy Eating?

- Lowers the risks of Cancer
- Lowers risks of Diabetes
- Prevents (In some cases reverses) Heart disease
- Helps with Weight Loss
- Expands life expectancy
- Less animals are harmed every day.

# Accidental Food Poisoning

By Elmer Whitehead Jr.  
2<sup>nd</sup> Degree Black Belt  
May 19, 2021

It was a normal evening in May at the Whitehead house. We are always asking, “What is for dinner?” and “Who is cooking?” On this evening, the lots fell to a classic Whitehead dish, spaghetti, and my wife.

While my two daughters and I were moving around completing other chores, my wife began cooking dinner. From the corner of my eye, nothing looked out of the ordinary. I watched her brown and season the meat in the skillet. I watched her boil the pasta in a pot and then drain it in a strainer. She then poured the marinara sauce on the meat and stirred in the pasta. As the spaghetti was being finalized, I could smell the aroma of the buttered garlic bread baking in the oven. I prepared the drinks as we sat down to eat around 6 PM. We arose from the table saying, “That was the best spaghetti we ever had”.

By 10 PM, the drama began! To make a long story short, my stomach was upset! It was intent on emptying its’ contents by any means necessary! This began the bouts of vomiting and diarrhea. By 3 AM, my youngest daughter and wife joined the party. By 6 AM my older daughter followed suit. They were fine within a day. My bouts continued for three days.

On the third day, I was supposed to go to Kung Fu class. I knew I was not up to the task, so I called Master Wang to tell him I would not be able to make it. When I explained why, he informed me about how activated charcoal could help settle my stomach and stop the bouts of vomiting and diarrhea. After three days of bouts with no end in sight, I was ready to try anything!

I bought activated charcoal capsules from a health food store later that day. Within 4 to 6 hours, my bouts finally ended! I subsequently did a little reading on it and activated charcoal is generally used at the first signs of stomach discomfort. The capsules are taken whole and swallowed with a cup of water.

My only regret is that I didn’t call Master Wang a few days earlier! I now have a bottle at home that is ready to be used should the next event occurs – which, I hope is no time soon.

