

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)



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

Tai Chi Rank Test

Date: 03/21/2020 (Saturday).

Time 12-2 pm

Make up Test

Date: Tue. 24, 2020 (Tuesday)

Time: 8-9 pm

February 2020 Newsletter Summary

Octavia Fields Library Class – 02/01/2020
Basic Sabre Begins- 02/07/2020
Guest Instructor Master Jia- 02/14/2020
Kung Fu Birthday Party- 02/15/2020
Women's Self Defense Class- 02/20/2020
Accelerated Rank Test- 02/24/2020
Bill "Superfoot" Wallace Class- 02/28/2020

Basic Bo Begins- 03/06/2020
Octavia Fields Library- 03/07/2020
Tai Chi Rank Test- 03/21/2020
Kung Fu Birthday Party- 03/21/2020
World Star Tournament- 03/27/2020 to 03/29/2020.

**NO CLASS ON 3/28/2020 DUE TO WORLD STAR
TOURNAMENT**

Report Card Points

Antoine Berchara	1.5
Connor Sheridan	1.5
Olivia Sheridan	0.75

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

Date: February 14, 2020 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: February 14, 2020 (Friday).

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

HeBei Chinese Martial Arts Inst.

Time 8 - 9 pm.

Make check payable to:

Cost: \$50 per person.

Guest Instructor; Master Jia



Reminder:

All shoes must be placed
on Shoe Rack, to avoid
any accidents.

Thank You.

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

Accelerated Program Rank Test

Date: 02/24/2020

Time: 6-8 pm

Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

December 5, 2009 - \$105.00

March 6, 2010 - \$85.00

July 10, 2010 - \$100.00

December 6, 2010 - \$105.00

March 19, 2011 - \$80.00

June 4, 2011 - \$115.00

September 10, 2011 - \$150.00

December 3, 2011 - \$110.00

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 .

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.

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:

Christian Gutierrez

David Yarbrough

Welcome!

Kung Fu Brown & Black Belt Rank Test

Date: 05-19-20 (Tuesday), 6 to 8 pm.

05-22-20 (Friday), 6 to 8 pm.

05-23-20 (Saturday), 9 am to 3pm.

Red, Brown and Black Belt Class

Every Saturday morning from

9:00 – 10:00 am

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.

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 Saucedo 2-1

Allison Golla 2-4

Diogo Ordenez 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

Levi Garcia 2-4

Christopher Muniz 2-1

Conner Sheridan 2-3

Xavier James 2-16

Christian Urbina 2-22

Juan P. Gomez 2-13

Sawyer Nichols 2-04

Alex Solhjou 2-04

Mauricio Gavan 2/04

Tino Leis-Olsen 2/05

Landon Green 2/09

Lamar Kendricks 2/16

Concepcion Rodriguez 2/19

Olivia Sheridan 2/27

Theodore DeGrood 2/28

Carrie Wilkerson 2/28

Happy Birthday



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- September 10, 2011 - \$150.00
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- 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.**

- January 14, 2018 - Birthday - \$5.00
- February 17, 2018 - Birthday - \$5.00
- February 24, 2018 - inner-school tournament - \$75.
- March 17, 2018 - Birthday - \$10.
- April 23, 2018 - Women's Self Defense - \$10.
- May 15, 2018- Birthday - 10.
- May 26, 2018 - Tania Myers - \$15.
- June 23, 2018 - Inner-school tournament - \$60.
- September 22, 2019 - Inner-school tournament - \$70.
- December 15, 2018 - Birthday - \$10.
- December 8, 2018 - Inner-school tournament - \$80.
- January 12, 2019 - Birthday - \$5.
- February 16, 2019 - Birthday - \$5.
- March 18, 2019 - Birthday - \$10.
- April 13, 2019 - Birthday - \$5.
- April 16, 2019 - Peace by Piecing Quilt Guild, \$100.
- April 26, 2019 - Rosel Rodriguez - \$1.





Chinese New Year Report – January 18, 2020.

On Saturday, January 18, 2020 Wang's Martial Arts held its 18th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

A vegetarian style meal was prepared for the health of all guests & kindness to animals. At the tables, guest received a red envelope that contained a lucky Chinese coin. During the reception, visitors were able to enjoy pleasant music.

As dinner approached, **Pastor William Irwin** said grace. Our Jr. Black Belt, **Makinzi Rodriguez**, followed by singing the National Anthem. As dinner was being served, our MC **Mr. Victor Makris**, honored us by playing two songs for the audience with his guitar.

Jordyn Mayo also impressed the audience with her solo dance called fireworks- Great job Jordyn!

As the evening wore on, Wang's Martial Arts students and family members staged a Chinese folk song.

The MC for the evening, **Mr. Victor Makris**, warmly welcomed everyone to the festivities and honored the present black belts (**Rafael Gonzalez, Allen DeWoody, Daniel Thibodeaux, David Barnes, Ed Green, Russell Haws, Susan Fischman, Darren Bush, Ruby Abbott, Polly Ferguson, Margaret Swavely, Chantel Barnes, Cleotis Washington, Jessie Diaz, Sue Diaz, Chris Duffy, Tania Myers, Jeannett Adams, Charles Moore, Deztanie Hellsten, Elmer Whitehead, Erin McCormic, John Prewett.**) with a Glass Purple Lotus Flower.

Subsequently, a tribute and celebration of the life and achievements of **Grand Master Victor Cheng**. In memory of **Ms. Nancy Green, Mr. Robert Barnes**.

Following, **Victor Cheng Scholarship** (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Student **Jessica Lafferty** for **\$1000**.

Wang's Martial Arts Scholarship was designated to a U of H Law Student, **Alexander Akabar** for **\$1,000** and a Lonestar College Student, **Madeline Vides** **\$200**.

There was also a Chinese Fashion show, WMA students, family, and friends showed off lovely silk like garments and their talent.

The entertainment program started with fabulous Chinese Lion Dance. With four lions and music team by Shaolin Kung Fu Academy. There were many smiles and joyful children.

Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! Students are encouraged to turn in their report cards, for a chance to win a **seven-foot trophy** at the Chinese New Year Banquet.



Report Card	Points	2019
5-8 yrs.	1 st	Conner Sheridan
	1 st	Anika Glasco
	2 nd	Nicole Glasco
	3 rd	Levi Garcia
	4 th	Lamar Kendricks
9-14 yrs.	1 st	Nicolas Collison
	2 nd	Madeline Briles
	3 rd	Nickelus Moreno
	3 rd	Lanese Kendricks
15 yrs and up	1 st	Joseph Alonso
		Madeline Vides

Tournament Points 2019

5-8 yrs	1 st	Levi Garcia
	2 nd	Conner Sheridan
	3 rd	Olivia Sheridan
	4 th	Anika Glasco
	4 th	Nicole Glasco
9-14 yrs	4 th	Lamar Kendricks
	5 th	Lily Garcia
	1 st	Joseph Alonso
	2 nd	Nickelus Moreno
	3 rd	Jozlyn Rodriguez
15-108 yrs	4 th	Avairya Rodriguez
	4 th	Lanese Kendricks
	5 th	Tori Archinal
	1 st	Makinzi Rodriguez
	2 nd	Allen DeWoody
	3 rd	Jeffrey Villarde
	3 rd	Rob Sheridan
	4 th	Miguel Gallegos
	5 th	John Prewett
	5 th	Pj Glasco

Don't forget those tournament points! Aft points for a chance to also win a seven-foot trophy at the 2019 New Year Event.

Throughout the year, WMA students exercised their requirements every class period so they could manifest that day what they've learned. From start to finish all of the students did an outstanding job demonstrating their talent. During this period we got to experience a magical shoe fly across the salon and land on lucky table number five. The night was full of surprises.

There were numerous smiles and flashes from the cameras. The students were able to participate in a kicking contest, which consisted of 20 or more kicks within 10 seconds. The winners for the contest are as followed,

9-14 yrs old 1st Place- **Joseph Alonso**
 2nd Place- **Juan Ceja**

Congratulations to those students who worked hard to win the kicking contest.

Door prizes were also drawn at the banquet, the first place winners for Table Leader, and Door prize drawing are as followed,



Table Prize Drawing Winners

First Place
Second Place
Third Place
Fourth Place
Fifth Place
Sixth Place
Seventh Place
Eight Place

Lenovo Laptop
Chinese Lamp
Blue Chinese Vase
Three Wise Monkeys
Green Dragon
Chinese Scroll
Lotus Flower
Set of Chinese Chopsticks

James Dyess
Rosel Rodriguez
David Barnes
Rob Sheridan
Ed Green
Mauricio Galvan
Margaret Swavely
Tania Myers

Door Prize Drawing

First Place
Second Place
Third Place
Fourth Place
Fifth Place
Sixth Place
Seventh Place
Eight Place
Ninth Place
Tenth Place
Eleventh Place
Twelfth Place

Bicycle
32" LED TV
Big Tea Set
Golden Chinese Vase
Large Chinese Scroll
Five Lucky Rats
Lucky Cat
Golden Dragon Boat
Side Marble Top Table
Dragon and Phoenix set
Small Glass Flower
Golden Dragon

Benny Sweet
Levi Garcia
Gladiela Galvan
Maria Galindo
Anika Glasco
Madalynn Parasco
Mary Sue Lee
Jordyn Mayo
Preston Townley
Ed Green
Jackie Rodriguez
Daniel Thibodeaux

Once again the banquet was a great success, thanks to everyone at WMA, their family, and friends for making it a successful celebration.







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



Wang's Martial Arts

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Besides all the group lesson schedule we have which you are attending. We feel that as a student you will benefit from our private lesson club, with Sifu David Barnes. We've noticed your improvements as a student, and we would like to help you better your skills and techniques. The Private lesson is **only half an hour** and **once a month**, for only \$69.00. This will be added to your monthly tuition fee. If you are enrolled in our easy pay program, you will automatically save \$10.00 which will be \$59.00 monthly or \$13.72 weekly on top of your regular tuition.

You can choose the day and time that best works for you from our flexible schedule. We have different options for you to choose from, that will help improve or learn new skills. By adding this private lesson, you will progress much faster.

- **Forms (Review or learn a new form)**
- **Weapon (Review or learn a new weapon)**
- **Sparring or Drill**
- **Two men Set or Techniques**
- **Self Defense and conditioning**



Tournament & report card point - First place is seven foot trophy.



Report Card Points – Turn in your report cards all year long for a chance to win a seven foot trophy at the Chinese New Year Banquet!

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

Tournament Points: Don't forget to turn in your points after each tournament for a chance to win a seven foot trophy at the Chinese New Year Banquet!

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

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>	\$179.00	\$161.10	\$89.50	\$89.50	Free
Easy pay/Week	\$39.30	\$35.37	\$19.65	\$19.65	
Uniform	\$59.95	\$59.95	\$59.95	\$59.95	\$59.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

<u>KUNG-FU class schedule</u>			
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. Fri. 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. Fri. 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
<u>TAI CHI CHUAN</u>			
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

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

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



Wang's Martial Arts App.

We are excited to announce our school app is now available for download in Google Play or the App Store. In the app you will be able to find school events, sign up for rank tests, view requirements for each belt and more.

Android Users: If you would like to download the app please see Master Wang or Ms. Madeline so they can forward you the link to Google Play store.

If you are opening this email on your mobile device just click on the link provided and it will take you to the App store

Apple Device:

<https://itunes.apple.com/us/app/wangs-martial-arts/id1422637801?mt=8>

Android Device:

<https://play.google.com/store/apps/details?id=com.wangs.martial.arts>

Once downloaded all you have to do is enter your name, email, and app code.

App code: 2816823387 (no spaces or special characters)



**WMA - Wangs Martial Arts
Hand sign - Peace & Respect
Chinese character - Kindness**

Wang's Martial Arts

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Web site: www.WangsMartialArts.com



Date: February 20, 2020 (Thursday), Time: 8:00 - 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 Road E. #J
Humble TX, 77346
(281) 548-1638, (281) 682-3387

Fee : \$10.00 (All proceed goes to Wang's Martial Arts scholarship fund.)
Free for Wang's Martial Arts members and their family.
(9-108 years old, any rank).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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Birth Day Party for Wang's martial Arts students & Demo practice

Date: February 15, 2020 (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 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).
Free for all students who will participate demonstration & their family members.

Time: 1pm – 2 pm Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch. Singing Happy birthday song in English, Chinese & Spanish.

RSVP by February 13, 2020.

REGISTRATION FORM -

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

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Phone (281) 548-1638
Cell (281) 682-3387
E-mail: yyw3888wma@gmail.com
Website: www.WangsMartialArts.com

Sabre Class

Date: February 07, 2020 (Fri.)
February 14, 2020 (Fri.)
February 21, 2020 (Fri.)

Time : 8:00 – 9:30 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 _____



World Star

CHINESE MARTIAL ARTS COMPETITION

世界之星中華武術錦標賽

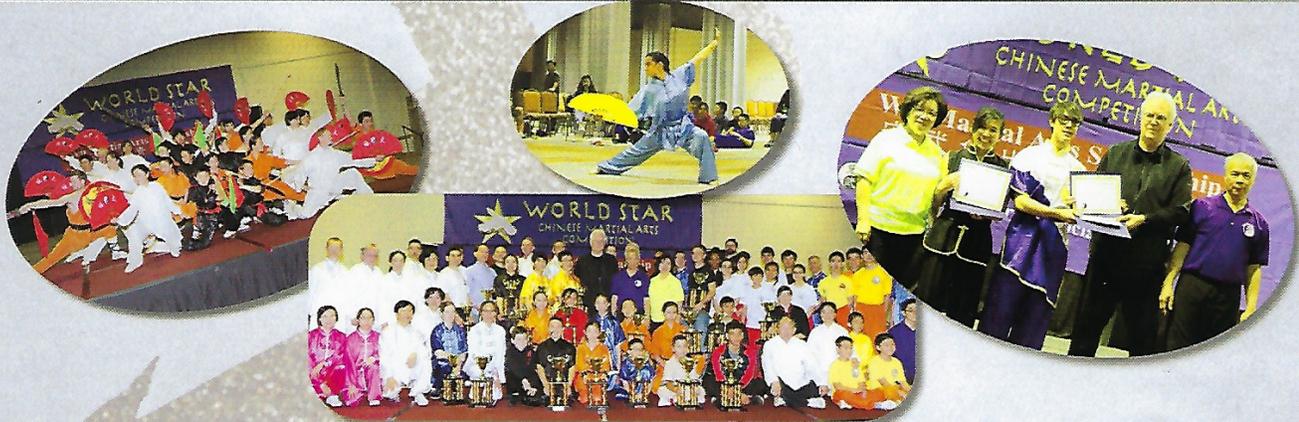
March 27-29, 2020

Workshops available Friday through Sunday

SAT MAR 28: Competition

SUN MAR 29: 2020 EXPO for Chinese Martial Arts
& 7th Wu Martial Arts Scholarship Award Ceremony

中華武術匯展 暨 第7屆宏武傑出青年獎學金頒獎典禮



Marriott Westchase

2900 Briarpark Dr.
Houston TX 77042

Registration / Details:

www.kungfucompetition.com

Contact:

Wu Martial Arts Association

Ernie Wu - 713-780-4007

wumartialartsassociation@gmail.com

Hosted by Wu Martial Arts Association 501(c)(3) non profit organization
All proceed benefits to Wu Martial Arts Scholarship



World Star Chinese Martial Arts Competition (WSCMAC)

March 27 -29, 2020

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

Registration Form

(Please Print Clearly)

Date: _____

Name: _____
 Last Name MI First Name
 Birthday: _____ Weight: _____ Years of Training: _____
 Home Address: _____ City/State/Zip: _____
 Phone: _____ Email: _____

Martial Arts School: _____ Instructor: _____
 School Address: _____ City/State/Zip: _____
 School Phone: _____ Email: _____

DIVISION Enter competition division number below. (*check www.kungfucompetition.com for division number & special notes)
 • *First register last compete.* ★ Honor medals will be awarded to all kids 12 and under who place after 3rd.

Fee \$65 (includes 1st event) Early Registration - must be received by 3/14/20 \$ _____
 \$85 (includes 1st event) Registration if received after 3/14/20 \$ _____
 \$20 per additional event after the 1st event (_____ x \$20) \$ _____
 ✓ the box, \$20 for **each Grand Champion** (Level IV only**) .. (_____ x \$20) \$ _____
Spectator: Adult (_____ x \$20) + Kids (7-12) (_____ x \$10) *Kids 6 & under **Free** \$ _____
with free ticket for EXPO of Chinese Martial Arts

EXPO of Chinese Martial Arts (Sunday, March 29)

Admission: Adult (_____ x \$10) *Competitors, with spectator tickets and kids 12 & under are **Free**. . . . \$ _____

*** All fees paid are non-refundable ***

Cash Check# _____ **TOTAL \$** _____

Register before 3/14/2020, Online pay or Send *signed registration form and payment* to:

WMAA (Wu Martial Arts Association)
 9777 Harwin Dr. #509, Houston, TX 77036

CASH ONLY on March 27-29

**See web site for Grand Champion requirements.

Waiver

I _____ the undersigned, knowingly and voluntarily submit my entry in the World Star Chinese Martial Arts Competition (the Competition). I assume all risk of physical and mental injuries, disabilities, and losses that may result from or in connection with my participation in the Competition. Acting for myself, heirs, personal representatives, and assignees, I do hereby release the World Star Chinese Martial Arts Competition, the Houston Marriott Westchase, its agents, officers, representatives, sponsors, volunteers, and all other related members from all claims, actions, suits, and controversies at law by reason of a matter or cause sustained by me as a result of or in connection with my participation in the Competition. I understand that participation in the Competition, especially but not limited to sparring, grappling, Sanda (Kickboxing), Sport Sanda, Shuai Jiao (Chinese wrestling), Chi Sao, push hands and other reaction skills events, entails a risk of injury, and I assume full responsibility for my actions intentional or otherwise. I fully understand that any medical attention or treatment afforded to me on site by the Competition will be of a first-aid nature only, and I release its agents, officers, representatives sponsors, volunteers, and other related members and entities from any liability from such aid. I consent that any pictures or video furnished by me or taken of me at the tournament can be used for publicity, promotion, or media showing now or in the future and I waive compensation in regards thereto. I have read and fully understand the rules, regulations, and general information published by the Competition and agree with them in their entirety. I understand that I may be dismissed from the Competition for unsportsmanlike conduct without refund of my entry fees. I have read and fully understand the above waiver.

X _____ DATE _____

Signature of Competitor (or Parent/Legal Guardian if competitor is under 18)

2020 WSCMAC Divisions

LEVEL I: under 1 year of training; **LEVEL II:** under 2 years of training; **LEVEL III:** under 4 years of training; **LEVEL IV:** under 4 years of training

*** Any competitor may compete at a higher level or different age division pending approval by WSCMAC

TRADITIONAL KUNGFU		Teens 13-17*		KA154	Level IV women Southern short	WK136	Level III girls other
	Pee-Wees 6 & under		Hand Forms	KA155	Level IV men Southern other	WK141	Level IV boys long
	Hand Forms	KT011	Level I boys & girls	KA156	Level IV women Southern other	WK142	Level IV girls long
KP011	Level I boys & girls	KT021	Level II boys		Adults 36-45	WK143	Level IV boys short
KP022	Level II boys & girls	KT022	Level II girls		Hand Forms	WK144	Level IV girls short
	Weapons	KT031	Level III boys	KB011	Level I men & women	WK145	Level IV boys other
KP101	All levels boys & girls	KT032	Level III girls	KB021	Level II men & women	WK146	Level IV girls other
	Kids 7-9	KT033	Level III boys open	KB031	Level III men		Juniors 10-12
	Hand Forms	KT034	Level III girls open	KB032	Level III women		Hand Forms
KK011	Level I boys & girls	KT041	Level IV boys long fist	KB041	Level IV men	WJ011	Level I boys & girls
KK021	Level II boys	KT042	Level IV girls long fist	KB042	Level IV women	WJ021	Level II boys
KK022	Level II girls	KT043	Level IV boys open	KB043	Level IV men other	WJ022	Level II girls
KK031	Level III boys	KT044	Level IV girls open	KB044	Level IV women other	WJ031	Level III boys
KK032	Level III girls	KT045	Level IV boys other		Weapons	WJ032	Level III girls
KK033	Level III boys other	KT046	Level IV girls other	KB111	Level I men & women	WJ041	Level IV boys
KK034	Level III girls other	KT051	Level IV boys Southern	KB121	Level II men & women long	WJ042	Level IV girls
KK041	Level IV boys	KT052	Level IV girls Southern	KB122	Level II men & women short	WJ051	Level IV boys Nan Quan
KK042	Level IV girls		Weapons	KB123	Level II men & women other	WJ052	Level IV girls Nan Quan
KK043	Level IV boys other	KT111	Level I boys & girls	KB131	Level III men long		Weapons
KK044	Level IV girls other	KT121	Level II boys long	KB132	Level III women long	WJ111	Level I boys & girls
	Weapons	KT122	Level II girls long	KB133	Level III men short	WJ121	Level II boys long
KK111	Level I boys & girls	KT123	Level II boys short	KB134	Level III women short	WJ122	Level II girls long
KK121	Level II boys long	KT124	Level II girls short	KB135	Level III men other	WJ123	Level II boys short
KK122	Level II girls long	KT131	Level III boys long	KB136	Level III women other	WJ124	Level II girls short
KK123	Level II boys short	KT132	Level III girls long	KB141	Level IV men long	WJ131	Level III boys long
KK124	Level II girls short	KT133	Level III boys short	KB142	Level IV women long	WJ132	Level III girls long
KK131	Level III boys long	KT134	Level III girls short	KB143	Level IV men short	WJ133	Level III boys short
KK132	Level III girls long	KT135	Level III boys other	KB144	Level IV women short	WJ134	Level III girls short
KK133	Level III boys short	KT136	Level III girls other	KB145	Level IV men other	WJ135	Level III boys other
KK134	Level III girls short	KT141	Level IV boys long	KB146	Level IV women other	WJ136	Level III girls other
KK135	Level III boys other	KT142	Level IV girls long		Adults 46 & over	WJ141	Level IV boys long
KK136	Level III girls other	KT143	Level IV boys short		Hand Forms	WJ142	Level IV girls long
KK141	Level IV boys long	KT144	Level IV girls short	KC011	Level I & II men & women	WJ143	Level IV boys short
KK142	Level IV girls long	KT145	Level IV boys other	KC031	Level III men & women	WJ144	Level IV girls short
KK143	Level IV boys short	KT146	Level IV girls other	KC041	Level IV men	WJ145	Level IV boys other
KK144	Level IV girls short	KT151	Level IV boys Southern long	KC042	Level IV women	WJ146	Level IV girls other
KK145	Level IV boys other	KT152	Level IV girls Southern long	KC043	Level IV men other	WJ151	Level IV boys Southern long
KK146	Level IV girls other	KT153	Level IV boys Southern short	KC044	Level IV women other	WJ152	Level IV girls Southern long
	Juniors 10-12	KT154	Level IV girls Southern short		Weapons	WJ153	Level IV boys Southern short
	Hand Forms	KT155	Level IV boys Southern other	KC111	Level I & II men & women	WJ154	Level IV girls Southern short
KJ011	Level I boys & girls	KT156	Level IV girls Southern other	KC131	Level III men & women	WJ155	Level IV boys Southern other
KJ021	Level II boys		Adults 18-35	KC141	Level IV men long	WJ156	Level IV girls Southern other
KJ022	Level II girls		Hand Forms	KC142	Level IV women long		Teens 13-17
KJ031	Level III boys	KA011	Level I men & women	KC143	Level IV men short		Hand Forms
KJ032	Level III girls	KA021	Level II men	KC144	Level IV women short	WT011	Level I boys & girls
KJ033	Level III boys other	KA022	Level II women	KC145	Level IV men other	WT021	Level II boys
KJ034	Level III girls other	KA031	Level III men	KC146	Level IV women other	WT022	Level II girls
KJ041	Level IV boys	KA032	Level III women			WT031	Level III boys
KJ042	Level IV girls	KA041	Level IV men long fist			WT032	Level III girls
KJ043	Level IV boys other	KA042	Level IV women long fist			WT041	Level IV boys Chang Quan
KJ044	Level IV girls other	KA043	Level IV men open		WUSHU	WT042	Level IV girls Chang Quan
KJ051	Level IV boys Southern	KA044	Level IV women open		Pee-Wees 6 & under	WT043	Level IV boys Other Styles
KJ052	Level IV girls Southern	KA045	Level IV men other		Hand Forms	WT044	Level IV girls Other Styles
	Weapons	KA046	Level IV women other	WP011	Level I & II boys & girls	WT051	Level IV boys Nan Quan
KJ111	Level I boys & girls	KA051	Level IV men Southern	WP031	Level III & IV boys & girls	WT052	Level IV girls Nan Quan
KJ121	Level II boys long	KA052	Level IV women Southern		Weapons		Weapons
KJ122	Level II girls long		Weapons	WP111	All levels boys & girls	WT111	Level I boys & girls
KJ123	Level II boys short	KA111	Level I men & women		Kids 7-9	WT121	Level II boys long
KJ124	Level II girls short	KA121	Level II men long		Hand Forms	WT122	Level II girls long
KJ131	Level III boys long	KA122	Level II women long	WK011	Level I boys & girls	WT123	Level II boys short
KJ132	Level III girls long	KA123	Level II men short	WK021	Level II boys	WT124	Level II girls short
KJ133	Level III boys short	KA124	Level II women short	WK022	Level II girls	WT131	Level III boys long
KJ134	Level III girls short	KA131	Level III men long	WK031	Level III boys	WT132	Level III girls long
KJ135	Level III boys other	KA132	Level III women long	WK032	Level III girls	WT133	Level III boys short
KJ136	Level III girls other	KA133	Level III men short	WK041	Level IV boys	WT134	Level III girls short
KJ141	Level IV boys long	KA134	Level III women short	WK042	Level IV girls	WT135	Level III boys other
KJ142	Level IV girls long	KA135	Level III men other		Weapons	WT136	Level III girls other
KJ143	Level IV boys short	KA136	Level III women other	WK111	Level I boys & girls	WT141	Level IV boys long
KJ144	Level IV girls short	KA141	Level IV men long	WK121	Level II boys long	WT142	Level IV girls long
KJ145	Level IV boys other	KA142	Level IV women long	WK122	Level II girls long	WT143	Level IV boys short
KJ146	Level IV girls other	KA143	Level IV men short	WK123	Level II boys short	WT144	Level IV girls short
KJ151	Level IV boys Southern long	KA144	Level IV women short	WK124	Level II girls short	WT145	Level IV boys other
KJ152	Level IV girls Southern long	KA145	Level IV men other	WK131	Level III boys long	WT146	Level IV girls other
KJ153	Level IV boys Southern short	KA146	Level IV women other	WK132	Level III girls long	WT151	Level IV boys Southern long
KJ154	Level IV girls Southern short	KA151	Level IV men Southern long	WK133	Level III boys short	WT152	Level IV girls Southern long
KJ155	Level IV boys Southern other	KA152	Level IV women Southern long	WK134	Level III girls short	WT153	Level IV boys Southern short
KJ156	Level IV girls Southern other	KA153	Level IV men Southern short	WK135	Level III boys other	WT154	Level IV girls Southern short

WT155	Level IV boys Southern other		TRADITIONAL TAICHI	TB142	Level IV women straight sword	**	PUSH HANDS (kids)
WT156	Level IV girls Southern other		Youth 17 & under	TB143	Level IV men broadsword		Fixed Step
	Adults 18 -35		Hand Forms	TB144	Level IV women broadsword	PK311	89 lbs & under
	Hand Forms	TY011	Level I men & women	TB145	Level IV men other weapon	PK312	90 - 145 lbs
WA011	Level I men & women	TY021	Level II men	TB146	Level IV women other weapon		Restricted Step
WA021	Level II men	TY022	Level II women			PK321	89 lbs & under
WA022	Level II women	TY031	Level III men			PK322	90 - 145 lbs
WA031	Level III men	TY032	Level III women				
WA032	Level III women	TY041	Chen Level IV men		COMPETITION TAICHI	**	PUSH HANDS (18 & over)
WA041	Level IV men Chang Quan	TY042	Chen Level IV women	TC411	Taichi 24 Hand Form		Fixed Step
WA042	Level IV women Chang Quan	TY043	Yang Level IV men	TC421	Level I men & women	PA331	Men < 145 lbs
WA043	Level IV men Other Styles	TY044	Yang Level IV women	TC431	Level II men & women	PA332	Men 145 - 175 lbs
WA044	Level IV women Other Styles	TY045	Other Style Level IV men	TC441	Level III men & women	PA333	Men 176 - 205 lbs
WA051	Level IV men Nan Quan	TY046	Other Style Level IV women	TC442	Level IV men	PA334	Men > 205 lbs
WA052	Level IV women Nan Quan		Weapons	TC442	Level IV women	PA335	Women < 135 lbs
	Weapons	TY111	Level I men & women weapons	TC511	Taichi 42 Hand Form	PA336	Women 135 - 160 lbs
WA111	Level I men & women	TY121	Level II men weapons	TC521	Level I men & women		Restricted Step
WA121	Level II men long	TY122	Level II women weapons	TC531	Level II men & women	PA341	Men < 145 lbs
WA122	Level II women long	TY131	Level III men straight sword	TC541	Level III men & women	PA342	Men 14 5- 175 lbs
WA123	Level II men short	TY132	Level III women straight sword	TC542	Level IV men	PA343	Men 176 - 205 lbs
WA124	Level II women short	TY133	Level III men other weapon		Taichi other Hand Form	PA344	Men > 205 lbs
WA131	Level III men long	TY134	Level III women other weapon	TC611	Taichi 32 Sword	PA345	Women < 135 lbs
WA132	Level III women long	TY141	Level IV men straight sword	TC621	Level I men & women	PA346	Women 135 - 160 lbs
WA133	Level III men short	TY142	Level IV women straight sword	TC631	Level II men & women	**	CONTINUOUS SPARRING
WA134	Level III women short	TY143	Level IV men broadsword	TC641	Level III men & women		Pee-Wees 6 & under
WA135	Level III men other	TY144	Level IV women broadsword	TC642	Level IV men	SP301	All Levels boys & girls
WA136	Level III women other	TY145	Level IV men other weapon		Level IV women		Kids 7-9
WA141	Level IV men long	TY146	Level IV women other weapon	TC711	Taichi 42 Sword	SK311	Level I & II boys
WA142	Level IV women long		Adult (18-45)	TC721	Level I men & women	SK312	Level I & II girls
WA143	Level IV men short		Hand Forms	TC731	Level II men & women	SK331	Level III boys
WA144	Level IV women short	TA011	Level I men & women	TC741	Level III men & women	SK332	Level III girls
WA145	Level IV men other	TA021	Level II men	TC742	Level IV men	SK341	Level IV boys
WA146	Level IV women other	TA022	Level II women		Level IV women	SK342	Level IV girls
WA151	Level IV men Southern long	TA031	Level III men	TC811	Taichi 42 Sword		Juniors 10-12
WA152	Level IV women Southern long	TA032	Level III women	TC821	Level I men & women	SJ311	Level I & II boys
WA153	Level IV men Southern short	TA041	Chen Level IV men	TC831	Level II men & women	SJ312	Level I & II girls
WA154	Level IV women Southern short	TA042	Chen Level IV women	TC841	Level III men & women	SJ331	Level III boys
WA155	Level IV men Southern other	TA043	Yang Level IV men	TC842	Level IV men	SJ332	Level III girls
WA156	Level IV women Southern other	TA044	Yang Level IV women		Level IV women	SJ341	Level IV boys
		TA045	Other Style Level IV men			SJ342	Level IV girls
		TA046	Other Style Level IV women		OTHER INTERNAL STYLES		Teens 13-15
			Weapons		Bagua	ST311	Level I & II boys
** WING CHUN		TA111	Level I men & women weapons	NB011	Level I men & women	ST312	Level I & II girls
Kids 12 & under		TA121	Level II men weapons	NB021	Level II men & women	ST331	Level III boys
Hand Forms		TA122	Level II women weapons	NB031	Level III men & women	ST332	Level III girls
CK011	Level I & II	TA131	Level III men straight sword	NB041	Level IV men	ST341	Level IV boys
CK031	Level III & IV	TA132	Level III women straight sword	NB042	Level IV women	ST342	Level IV girls
Weapons		TA133	Level III men other weapon		Liuhe Bafa		Teens 16-17
CK111	Level I & II	TA134	Level III women other weapon	NL011	Level I men & women	SS311	Level I & II boys
CK131	Level III & IV	TA141	Level IV men straight sword	NL021	Level II men & women	SS312	Level I & II girls
Teens 13-17		TA142	Level IV women straight sword	NL031	Level III men & women	SS331	Level III boys
Hand Forms		TA143	Level IV men broadsword	NL041	Level IV men	SS332	Level III girls
CT011	Level I & II	TA144	Level IV women broadsword	NL042	Level IV women	SS341	Level IV boys
CT031	Level III & IV	TA145	Level IV men other weapon		Xing Yi	SS342	Level IV girls
Weapons		TA146	Level IV women other weapon	NX011	Level I men & women		Level I & II Adults (18 +)
CT111	Level I & II		Adult (46 & over)	NX021	Level II men & women	SA311	Men < 165 lbs
CT131	Level III & IV		Hand Forms	NX031	Level III men & women	SA312	Men 165-185 lbs
Adults 18 & over		TB011	Level I men & women	NX041	Level IV men	SA313	Men 186 lbs & over
Hand Forms		TB021	Level II men	NX042	Level IV women	SA314	Women <135 lbs
CA011	Level I & II	TB022	Level II women		Other Internal Handform	SA315	Women 135 lbs & over
CA031	Level III & IV	TB031	Level III men	NR011	Level I men & women		Level III Adults (18 +)
Weapons		TB032	Level III women	NR021	Level II men & women	SA331	Men < 165 lbs
CA111	Level I & II	TB041	Chen Level IV men	NR031	Level III men & women	SA332	Men 165-185 lbs
CA131	Level III & IV	TB042	Chen Level IV women	NR041	Level IV men	SA333	Men 186 lbs & over
** Chi Sao Lever I & II		TB043	Yang Level IV men	NR042	Level IV women	SA334	Women <135 lbs
CS311	Men < 160 lbs	TB044	Yang Level IV women		Other Internal Weapons	SA335	Women 135 lbs & over
CS312	Men 160-185 lbs	TB045	Other Style Level IV men	NR111	Level I men & women		Level IV Adults (18 +)
CS313	Men > 185 lbs	TB046	Other Style Level IV women	NR121	Level II men & women	SA341	Men < 165 lbs
CS314	Women < 135 lbs		Weapons	NR131	Level III men & women	SA342	Men 165-185 lbs
CS315	Women 135 lbs & over	TB111	Level I men & women weapons	NR141	Level IV men	SA343	Men 186 lbs & over
** Chi Sao Level III & IV		TB121	Level II men weapons	NR142	Level IV women	SA344	Women <135 lbs
CS331	Men < 160 lbs	TB122	Level II women weapons			SA345	Women 135 lbs & over
CS332	Men 160-185 lbs	TB131	Level III men straight sword				
CS333	Men > 185 lbs	TB132	Level III women straight sword				
CS334	Women < 135 lbs	TB133	Level III men other weapon				
CS335	Women 135 lbs & over	TB134	Level III women other weapon				
		TB141	Level IV men straight sword				

** Not rated for Grand Champion

Iron On Patches for Kung Fu Uniforms

Every student who turns in their report card with straight A's, will receive an iron on Academic patch, that can be placed on the right lower pant leg of their uniform.



Every student who participates in a Inner School Tournament, and has earned all 1st place awards, will receive a Rising Star iron patch, that can be placed on the left lower pant leg of their uniform.



Tai Chi: Balance in Motion

This ancient alternative medicine may offer many health benefits, including improved coordination and more restful sleep. By [Eric Metcalf, MPH](#) Medically Reviewed by [Cynthia Haines, MD](#)

When you think of martial arts, images of experts breaking boards or perhaps Chuck Norris teaching bad guys a lesson may come to mind.

But an [alternative medicine](#) practice called tai chi — which has roots in a centuries-old Chinese martial art — is experiencing a new wave of popularity. Instead of promoting the practice as a type of self-defense, Eastern practitioners promote tai chi as a way of bringing balance to your body, and Western medical researchers are busy exploring how this form of alternative medicine may help prevent and treat illnesses and injuries.

What Is Tai Chi?

According to legend, Chinese monks began practicing tai chi both to increase their ability to hold meditative poses and protect their monasteries from invaders. While performing tai chi, the participant smoothly proceeds through a flow of movements that are said to mimic the motions of animals such as the tiger and crane.

From the [Chinese medicine](#) standpoint, a vital energy called "qi" should constantly be circulating through your body. However, it can become blocked and stagnant, which disrupts your health — practicing tai chi is said to improve the flow of the qi energy.

Principles that are emphasized in the practice of this alternative medicine include:

- **Balance.** You maintain good body alignment while moving from foot to foot.
- **Relaxation.** You concentrate on your movement while keeping your mind calm and clear.
- **Coordination.** You learn to move your body through complex motions while maintaining good posture.

This form of alternative medicine is growing in popularity. According to the National Center for Complementary and Alternative Medicine (NCCAM), a recent survey revealed that an estimated 2.3 million adults had practiced tai chi in the previous year.

How Tai Chi Could Improve Your Health

In recent years, researchers have explored the possible effects of tai chi on a number of conditions and found that this alternative medicine may be beneficial for these problems:

- **Falls.** Preventing falls in the elderly community is a major focus of interest in tai chi. In one recent study, researchers reviewed studies on how to prevent falls among older people and found that tai chi was effective in reducing the rate of falls for this age group.
- **Sleep disorders.** A study in older people found that practicing tai chi for six months compared with low-impact exercise was associated with [better sleep](#) and less daytime sleepiness.
- **Stroke.** A recent study explored why tai chi might be a helpful alternative medicine for people who have had strokes. The practice is associated with improved balance, lower blood pressure, and elevated mood — all of which were beneficial for people who have survived strokes.
- **Knee pain.** In another study, one group of older people with osteoarthritis of the knee performed tai chi regularly for 12 weeks, while another group with the same condition did not. Those participating in this alternative medicine reported decreased pain and improvements in physical function and stiffness.

NCCAM recommends that you discuss tai chi with your doctor before participating if you have a medical condition or you haven't exercised in a while. In addition, you might experience muscle soreness when you start or if you perform movements too vigorously.

Because the movements are slow and controlled — focusing on simple poise instead of strength — tai chi makes a helpful [meditative](#) activity for any age group.



Rank test picture February 25, 2019.



Rank Test on 10/28/2019.



OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- Information for Parents
- Student Waiver Application
- Parent Permission Form

Deadline to submit ALL paperwork is May 29, 2020
Only email submission of forms will be accepted for review to the following email address:

OCPE@Humbleisd.net

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 on 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
2020-2021**

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for **Fall Semester** _____ **Spring Semester** _____ **Both** _____

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 workout schedule will be: (90% of training time must be Monday-Friday)

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 I and 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 and to submit via fax student grade and attendance report to the campus Registrar by the end of the grading period in fall and spring. 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

SEMESTER REPORT

**IT IS THE RESPONSIBILITY OF THE INSTRUCTOR/VENDOR TO SEE THAT THIS
"Semester Report" is faxed to the campus Registrar prior to the end of the
semester. (Dec. 11, 2020 and May 14, 2021)**

This is only an example of the form the instructor/vendor will receive with their application packet.
**NO STUDENT IS TO RETURN ANY SEMESTER REPORT TO THEIR
COUNSELOR/REGISTRAR.**

Student's Name _____

Commercial Establishment _____

Instructor's Name _____ Phone _____

Student's home campus _____ Student's Grade Level _____

Number of absences _____ Conduct _____

Grade (Middle School): Pass Fail (Circle One)

Numeric Grade (High School) _____

Instructor's Signature **Date**

Comments: _____



**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	281-641-4616
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 77339	281-641-4200	281-641-4260
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	281-641-6282
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
West Lake Middle School	11810 Madera Run Parkway Humble, TX 77346	281-641-5807	281-641-5817
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 High School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6517
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 6, 2019
May 15, 2020

Grade Report Form
(Fax to Registrar)

Circle Grading Period: **FALL** or **SPRING**

(Due in December and May)

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 _____

Kung Fu Rank Test Results –01/27/2020

Age 15 year old and +

Jose Gutierrez- Green Stripe
Miguel Gallegos- Green Stripe
Ezequiel Galvan- Green Stripe
Mauricio Galvan- Green Stripe
Madeline Vides- Green Stripe
Preston Townley- Green Stripe
Rob Sheridan – Blue Belt
Pj Glasco- Blue Stripe
Craig Glasco- Blue Stripe

Accelerated Program Rank Test 12/23/2019

Bryce Hobbs- Orange/Stripe
Madeline Vides- Green Belt

Age 9 - 14 years old

Miguel Valladares- Yellow Stripe
Jordan Torres- Orange Stripe
Lanese Kendricks- Green Stripe
Noah Gutierrez- Purple Belt
Nicholas Collison- Purple Belt

Age 5 - 8 years old

Leah Gutierrez- Yellow Stripe
Antoine Berchara- Orange Belt
Ocean Phan- Orange Belt
Olivia Sheridan- Orange Belt
Caleb Villalpando- Green Belt
Lamar Kendricks- Green Belt
Nicole Glasco- Blue Stripe
Anika Glasco- Blue Stripe
Connor Sheridan- Red Belt

Tai Chi test Result – 12-14-2019

Frank Martinez- Orange Belt
Charbel Berchara- Green Belt
Jim Gustin- Red Belt
Edu Araujo- Brown Belt
Sammie Pate- Black Belt (2nd)
Cynthia Pate- Black Belt (2nd)

Brown & Black Belt Test – 10/12/2019

Harry Eugene- Brown Belt
Paul Tang- Brown Belt
Jad Kawaja- Brown Belt
Jackie Rodriguez- Brown/Stripe
Ricky Shepherd- Brown/Stripe
Avairya Rodriguez- Jr. Black Belt
Tori Archinal- Jr. Black Belt
Jozlyn Rodriguez- Jr. Black Belt
Nickelus Moreno- Jr. Black Belt
Makinzi Rodriguez- Jr. Black Belt
Deztanie Hellsten- Black Belt 1st
John Prewett- Black Belt 1st



Inner School Tournament Results 08/31/2019

5-14 Years Old

Beginner	Forms
Lanese Kendricks	1 st Place
Lamar Kendricks	2 nd Place
Olivia Sheridan	3 rd Place

Intermediate	Forms
Anika Glasco	1 st Place
Connor Sheridan	2 nd Place
Nicole Glasco	3 rd Place
Levi Garcia	4 th Place

Advanced	Forms
Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

Advanced	Weapons
Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

Beginner	Sparring
Lamar Kendricks	1 st Place
Olivia Sheridan	2 nd Place
Lanese Kendricks	3 rd Place

Intermediate	Sparring
Connor Sheridan	1 st Place
Levi Garcia	2 nd Place

Advanced	Sparring
Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

15 Years and Older

Beginner	Forms
Miguel Gallegos	1 st Place

Intermediate	Forms
PJ Glasco	1 st Place
Rob Sheridan	2 nd Place
Craig Glasco	3 rd Place

Advanced	Forms
Allen DeWoody	1 st Place

Intermediate	Weapons
Margaret Swavely	1 st Place
PJ Glasco	2 nd Place
Jim Gustin	3 rd Place

Advanced	Weapon
Allen Dewoody	1 st Place

Intermediate	Sparring
Craig Glasco	1 st Place
Rob Sheridan	2 nd Place

Tai Chi

Advanced	Forms
Margaret Swavely	1 st Place
Jim Gustin	2 nd Place

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.



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

Web site: www.WangsMartialArts.com

Schedule

Octavia Fields Library Class – 02/01/2020
Basic Sabre Begins- 02/07/2020
Guest Instructor Master Jia- 02/14/2020
Kung Fu Birthday Party- 02/15/2020
Women's Self Defense Class- 02/20/2020
Accelerated Rank Test- 02/24/2020
Bill "Superfoot" Wallace Class- 02/28/2020

Basic Bo Begins- 03/06/2020
Octavia Fields Library- 03/07/2020
Tai Chi Rank Test- 03/21/2020
Kung Fu Birthday Party- 03/21/2020
World Star Tournament- 03/27/2020

NO CLASS ON 3/28/2020 DUE TO WORLD STAR TOURNAMENT



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 & found box.
- We will only keep for 10 days,
- After 10 days, if no pick up or claim, things will be donated to HAAM.

T-Shirt days

Wednesday & Saturday class

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



\$16.00



\$12.00

CLASS SCHEDULE
(New class times effective on September 15, 2018)

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
		Tuesday	7:00 - 8:00 (9 - 14 years old, Green belt above).
		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



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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 & found box.

But we will only keep for 10 days, after that we will donate to HAAM in Humble.

TAI – CHI – CHUAN - Testimony

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



Elderberry Fights Flu Symptoms

By Dr. Mehmet Oz and Dr. Mike Roizen, MDs

Pliny the Elder was a first century Roman author and naturalist. One of his most famous sayings is: "Truth comes out in wine."

Did he know about elderberry wine? Being a naturalist (and Roman), there's a good chance he did. After all, the health benefits of elderberry syrup for treating the symptoms of the flu have been anecdotally cited since before his time.

But it's only in the last 20 years that the medicinal properties of the elderberry have been scientifically documented.

- A small study published in 1998 showed that 93 percent of flu patients given elderberry syrup (Sambucol) were completely symptom-free within two days, while those taking a placebo recovered in about six days.
- Another controlled study from 1999-2000 in Norway reported that flu patients taking three teaspoons of elderberry syrup four times a day saw their symptoms improve four days earlier than others who took a placebo.
- And a randomized, double-blind trial in 2009 found that 48 hours after flu sufferers took elderberry extract, 28 percent of them were devoid of all flu symptoms and 60 percent showed some symptom relief. Not a single patient in the placebo control group showed any relief.

Elderberries are more bitter than blackberries or raspberries, which is why they're distilled into wines or baked in pies in combination with other berries.

But the concentrated syrup is what you want if you have flu symptoms. As the American Nutrition Association states, "Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza."

Raw fruit and vegetables provide better mental health outcomes

Posted on May 7, 2018 in [Featured News](#), [Health](#)



The study surveyed more than 400 young adults — an age group with typically the lowest fruit and vegetable consumption and at high risk for mental health disorders. Image: Shutterstock

New study identifies the top 10 raw foods related to better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.

— By University of Otago

Seeking the feel good factor? Go natural.

That is the simple message from University of Otago researchers who have discovered raw fruit and vegetables may be better for your [mental health](#) than cooked, canned and processed fruit and vegetables.

[Dr. Tamlin Conner](#), Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5+ a day).

However, the study, published in [Frontiers in Psychology](#), found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed.

"Our research has highlighted that the consumption of fruit and vegetables in their 'unmodified' state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables," she says.

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish [nutrient levels](#).

"This likely limits the delivery of nutrients that are essential for optimal emotional functioning."

Related: [Organic food provides significant environmental benefits to plant-rich diets](#)

For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group's typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the association between fruit and vegetable intake and mental health (such as [exercise](#), [sleep](#), unhealthy diet, chronic health conditions, socioeconomic status, ethnicity, and [gender](#)).

"Controlling for the covariates, raw fruit and vegetable consumption predicted lower levels of mental illness symptomology, such as [depression](#), and improved levels of psychological wellbeing including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

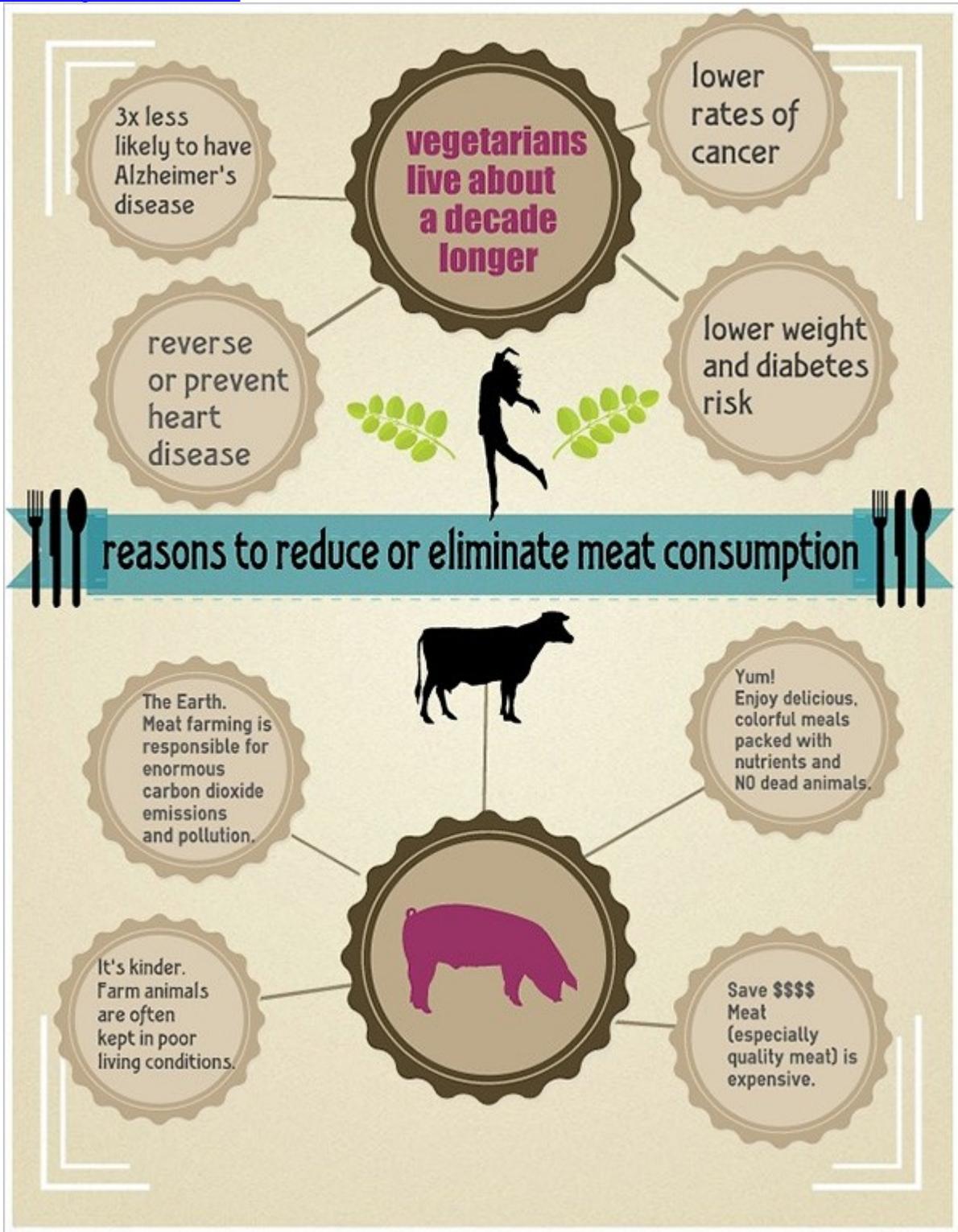
"This research is increasingly vital as lifestyle approaches such as [dietary change](#) may provide an accessible, safe, and adjuvant approach to improving mental health," Dr. Conner says.



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CLEAN PROTEINS

HOW MANY GRAMS OF PROTEIN ARE IN THESE PLANT-BASED VARIETIES?



Sesame Seeds
1 oz = 6.5 grams



Broccoli
1 cup = 5 grams



Chickpeas
1 cup = 39 grams



Hemp Seeds
1 oz = 11 grams protein



Broccoli Rabe
3.5 oz = 3.2 grams



Tahini
3 Tbsp = 8 grams



Walnuts
1/4 cup = 5 grams



Alfalfa Sprouts
3.5 oz = 4 grams



Quinoa
1 cup = 9 grams protein



Cashews
1 oz = 4.4 grams



Spinach
1 cup = 5 grams



Refried Beans
1 cup = 15.5 grams



Almonds
2 Tbsp = 4 grams



Kale
2 cups = 5 grams



Oatmeal
1 cup = 6 grams



Pistachios
1 oz = 5.8 grams



Sweet Potato
1 cup = 5 grams



**Non-dairy Milks
(Soy, Almond, Hemp
or Coconut)**
1 cup = 9 grams



Peanuts
1 oz = 6.5 grams



Lentils
1 cup = 18 grams



**Nut butters
(peanut, almond
or cashew)**
2 Tbsp = 8-10 grams



**Beans
(Pinto, Kidney
or Black Beans)**
1 cup = 13-15 grams



Avocado
1 medium-sized = 10



Soybeans
1 cup = 28 grams

HONORABLE MENTIONS

Spirulina Chlorella
Sea vegetables Edamame

- Protein powder from Sun Warrior
- Sprouted grain bread products
- Amaranth, bulgur, brown rice, wheat germ and oat bran

60% ↓

If everyone became vegetarian by 2050



FOOD-RELATED EMISSIONS

would drop by 60%

Worldwide vegetarianism by 2050 would lead to a global



MORTALITY REDUCTION

reduction of up to 10%

Some research has linked vegan diets with lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and some types of cancer.



YOU CAN EAT A TOTALLY PLANT-BASED DIET

that supports excellent health, whilst helping animals and protecting the planet.

One of the most effective things an individual can do to lower their carbon footprint is to



ALL ANIMAL PRODUCTS.

This goes way beyond the problem of cow flatulence!



Vegans tend to have better vision and less macular degeneration – all that extra vitamin c and consequent collagen leads to much better skin.



A PLANT-BASED DIET

is better for the planet as it requires much less energy and farmland to feed a vegan.

Vegans have been found to enjoy

LONGER AND HEALTHIER LIVES

when compared to meat-eaters.



LOVE US, NOT EAT US !



WWW.RESURGING.ORG

All Lives Are Precious

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.

MARTIAL ARTS FOR STUDENTS WITH ADHD

In ADHD, Benefits of Martial Arts, National

by SDSS October 31, 2016

STUDENTS WITH ADHD CAN BENEFIT GREATLY FROM THE MARTIAL ARTS.

If your child has ADHD, you know how challenging it is for them to succeed in school, in sports, and in many of the activities that come naturally to many of their peers. At the same time, you know how they need activity and a place to channel their energy more than most kids. The good news is, Martial Arts is often the perfect fit for their learning style, providing the individual attention they need and providing a place to channel their extra energy in a positive way.

If your child has been diagnosed with ADHD, you probably see any or all of the following challenges:

- 1 **Following directions.** This has become an issue for all children in today's media-saturated society, especially since most kids live 24/7 with mobile devices. For children with ADHD, the problem is far worse. They often miss multi-step directions, and even if they catch them, they lose focus and attention while trying to carry them out.
- 2 **Impulsivity.** Your child may sometimes act without thinking. That, combined with exceptionally high energy, creates challenges in the classroom, in the home, and everywhere in life.
- 3 **Inattention.** This one seems obvious, but in moments when you're trying to teach a child with ADHD, or help them learn to do things around the house or even teach them basic safety, it becomes apparent just how inattentive this disorder makes them.
- 4 **Low frustration tolerance.** Life is tough for a student with ADHD, and it becomes worse because they get lots of "you failed" messages in life. Children are not naturally patient, but there is an even lower threshold for kids with ADHD. This makes for an angst-ridden childhood experience.

The problem is, of course, that ADHD makes it even more challenging for the child to cope with these issues. It is just as challenging for the adults who care for them, whether it be parents, teachers, or relatives. Children with ADHD experience a greater degree of conflict in the home and at school. That leads to a growing cycle of frustration, depression, diminished self-esteem, and a lack of peace at home and in school. ADHD is brutal for everyone involved.

Doctors and Psychologists are still learning about this disorder, even today. As of this writing, there is no known "cure," but, there are many ways in which the martial arts can and will help your child be more successful.

- 1 **Social development:** Students learn values such as Self Discipline, Self Control, Respect, Honesty, and Patience in the martial arts. It is woven into any substantial martial arts experience. Kids learn that they can control their actions and behavior. It doesn't happen overnight, but as they study the martial arts, they learn personal accountability and responsibility.
- 2 **Emotional development:** Bit by bit, martial arts students discover strategies to control themselves, and not let their ADHD control them. They learn, through genuine accomplishment, that they are capable people who can do great things. When a child earns a new belt rank or wins an award at a competition, they re-discover how good a "win" feels. Particularly for kids with ADHD who may not have scored a "win" in a while, these genuine, real-world accomplishments help them discover that they can and will be successful in life if they work hard enough at it.
- 3 **Physical development:** Probably the greatest benefit to children with ADHD, the martial arts provides a highly focused outlet that is more than enough to handle their nearly limitless energy. More importantly, success in the martial arts requires focusing that energy in positive ways. students learn to use their whole body in every block and strike. They learn when to turn it "on" and "off." For a child whose internal "engine" is perpetually in high gear, this can be a game changer.

Martial arts vs. team sports

Martial arts has a distinct advantage over team sports for kids with ADHD. In the dojo, each student is on his or her journey toward black belt. The training is highly physical, and exhausting in the most positive way. Kung Fu training involves both individualized feedback and high-repetition, both of which are essential for someone trying to learn despite this disorder.

In a team sports setting, the fast pace of play requires a focus on multiple stimuli. Players have to focus on position, on the ball, on the goal, on the rest of their team, and on the movements of the opposition. For a child with ADHD, this is a Herculean task, leading to frustration or embarrassment. These high-energy kids often bring tremendous speed and energy to the game but are prone to high-profile errors during play because they just can't track the ball or know what to do next.

On the field or the court, kids with ADHD sometimes become "ball hogs," hanging onto the ball too long and trying to do everything by themselves. It appears as selfishness, but it's not. For a child with ADHD, they often don't pass the ball because they don't know where to send it. They, quite literally, cannot see the big picture. In games like baseball or softball, they're often the child who is fast enough to steal a base but is thrown out on a baserunning error because they couldn't track the flow of the game. For children who already has a tough time handling frustration, this can make team sports a negative experience.

Not so in the Martial Arts, where every child learns a small, discrete set of skills at one time, and practices those skills until they are mastered. They learn to focus and control their entire body. They learn to react to input successfully. They learn to spar in a safe environment and discover how to focus their body and mind completely in the moment. This is a life-changing experience for a child with ADHD. As they experience success in the dojo, they translate these lessons to other areas of life.

Small group and individual attention

This is probably the best reason to enroll a child with ADHD in the martial arts as soon as you can. Students receive a combination of small group, semi-private instruction, and group classes designed for their particular developmental level. This is the absolute best learning environment for students in general, but particularly for a child with ADHD. He or she is seen and known every single class. It is "preferential seating" of the highest order because each student receives positive and constructive feedback at consistent, short intervals. The class is fast-paced, highly physical, singularly focused, and changes at regular intervals. Each group class is designed to meet the developmental needs of that particular age level. This eliminates much of the frustration and makes learning fun.

Learning can be fun again

What a relief it will be when your child discovers that learning can be FUN once again. When school is tough, when there is drama at home, when there is conflict with peers, there always seems to be negative energy in the air. You'll watch your child laugh, smile, and feel good about himself or herself as she or he pours all that energy into something positive. They will engage in learning games, run high-energy drills, and push themselves to new limits. One day, take a picture of your child walking out of class and save it. When life brings its challenges, you'll discover that the dojo has become a place where your child can focus his or her energy and find the natural joy that comes with being a kid.

Not a cure, but a life changer

There are no snap "cures" for ADHD, but the Martial Arts can change your child's life for the better. Dramatically. Any parent of a child with ADHD will tell you that life with this disorder is a draining combination of love mixed with discipline, patience seasoned with accountability, and an absolute determination that your child will grow into a successful, happy adult. The martial arts can help you both rediscover and celebrate your child's many gifts. Your child will become himself or herself once again, as you enjoy taking the journey together.

