

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)

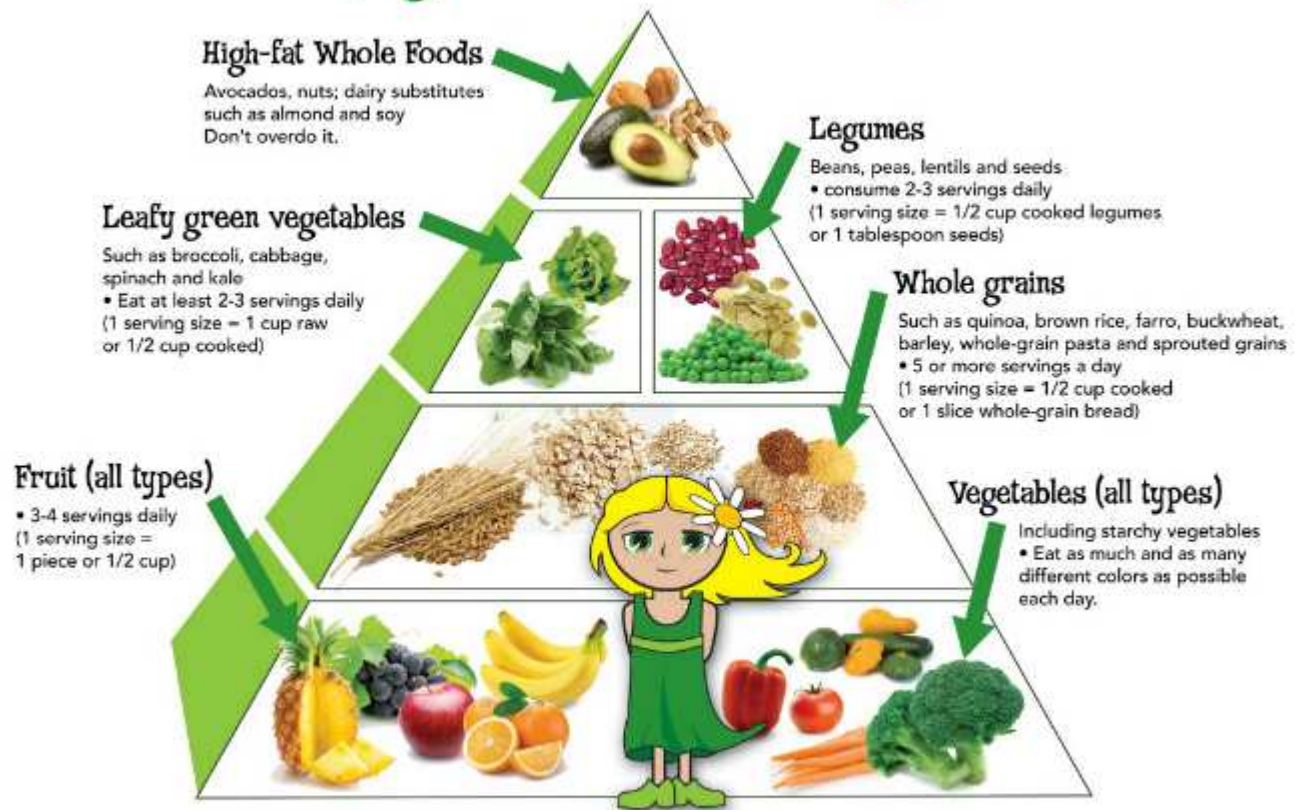
**School Phone number:**  
**281-548-1638,**  
**281-682-3387 ( Cell )**

## April 2017 Newsletter Summary



- 04/01/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 04/07/17 - Advanced Bo class starting.
- 04/08/17 - Good Oil day festival demo at 4 pm.
- 04/11/17, 04/14/17, 04/15/17 - Brown & Black belt test.
- 04/15/17 - April Birthday Party.
- 04/22/17 - Kung Fu rank test.
- 04/24/17 - Kung Fu rank test.
- 04/29/17 - Humble Rotary Club Festival 10 am - 6 pm..
- 04/29/17 - Lucky Land demonstration.

## An Ordinary Vegan, Whole-Food, Vegan, Plant-Based Diet



Always remember to balance the food you eat with physical activity!  
[www.ordinaryvegan.net](http://www.ordinaryvegan.net)

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

Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

- December 5, 2009 - \$105.00
- March 6, 2010 - \$85.00
- July 10, 2010 - \$100.00
- December 6, 2010 - \$105.00
- March 19, 2011 - \$80.00
- June 4, 2011 - \$115.00
- September 10, 2011 - \$150.00
- December 3, 2011 - \$110.00
- March 3, 2012 - \$150.00
- Outdoor Training (3-25-12) - \$100.00
- June 30, 2012 - \$160.00
- September 29, 2012 - \$185.00
- December 15, 2012 - \$125.00
- May 4, 2013 - \$90.00
- August 10, 2013 - \$105.00
- November 2, 2013 - \$85.00
- March 29, 2014 - \$90.00
- August 2, 2014 - \$90.00
- November 8, 2014 - \$45.00
- January 24, 2015 - \$60.00
- May 16, 2015 - \$65.00
- Susan Fischman (7/18/15) - \$5.00
- October 3, 2015 - \$55.00
- December 19, 2015 - \$75.00
- March 5, 2016 - \$45.00
- March 2016 Birthday - \$25.00
- April 2016 Birthday - \$40.00
- May 2016 Birthday - \$20.00
- June 2016 Birthday - \$10.00
- Darren Bush (6/14/16) - \$500.00
- June 25, 2016 - \$20.00
- July, 2016 Birthday - \$30.00
- August 13, 2016 Birthday - \$40.00
- Marilyn Kidd (9/1/16) - \$200.00
- Padraic Gilbert (1/21/17) - \$100

Total - \$3823.98 - \$300 - \$300 - \$1000 - \$2000 = \$223.98

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

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

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

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

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

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

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card: All A's - \$500.00 A & B's - \$300.00 All B's - \$200.00

Proverbs 4 .

- 18 The path of the righteous is like the morning sun, shining ever brighter till the full light of day.
- 19 But the way of the wicked is like deep darkness; they do not know what makes them stumble.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 4-17-17 (Monday) Time: 8:00 - 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 - 14 years old Date: 4/13/2017 (Thursday) Time: 8:00 - 9:00 pm

Age 15 - 98 years old Date: 4/06/2017 (Thursday) 4/13/2017 (Thursday) 4/20/2017 (Thursday) 4/27/2017 (Thursday)

Time: 8:00 - 9:00 pm

New Student:

Antony Zorilla, Dusty Thain, Chad Lyons, Christopher Muniz, Angus Lyons, Devin Chambless, Myriah Jones, John Prewett, Damian Tinajero, Karla Tinajero.

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 4-22-2017, Saturday, 1:30-3:30 pm 15 yrs +: 4-22-2017, Saturday, 3:30-5:30 pm 5 - 108 yrs: 4-24-2017, Monday, 6:00-8:30 pm

Must register on or before 4-20-2017. Test fee : \$40.00 and up

Brown and Black rank test

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

Red, Brown and Black Belt Class

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

April Birthday

Dennis Cruz	4/06
Ian Fu	4/10
Aiden Trayal	4/2
Kwaku Charles	4/9
Victor Tigreros	4/6
Minh Le	4/6
Johnny Garcia	4/22
Alexander Macedo	4/30
Harmoney Williams	4/5
Sammie Pate	4/6
Matthew Hunt	4/12
Johntt Seals	4/22
Gabriel Duda	4/23
Billy Musgrave	4/29
Joseph Barela	4/20
Chris Avela	4/15
Diego Ramirez	4/10
Lisa Whitehead	4/16
Russell Hawes	4/8
Jonathan Mireles	4/1
Aiden Trayal	4/2
Andrew Medrano	4/4
Lauren White	4/5
Sammie Pate	4/6
Sarah Szczepaniec	4/18

Happy Birthday



Tai Chi Rank Test

Date: 6-17-2017 ( Sat. ) Time: 12 noon - 2:00 pm

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

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



# Wang's Martial Arts

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

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

## Birth Day Party for Wang's martial Arts students

Date: April 15, 2017 (Saturday)  
Place: Wang's Martial Arts  
5311 FM 1960 E. #J  
Humble, TX 77346  
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of February. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

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

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

NAME: \_\_\_\_\_, DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

e-mail: \_\_\_\_\_

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

# Family Special

## Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b> <small>(12 to 13 lessons in a month)</small>	<b>\$159.00</b>	<b>\$143.00</b>	<b>\$74.50</b>	<b>\$74.50</b>	<b>Free</b>
<b>Uniform</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

**KUNG-FU class schedule**

Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri.  Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM  10:00 - 11:00 AM

**TAI CHI CHUAN**

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

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

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

[www.WangsMartialArts.com](http://www.WangsMartialArts.com)

**Call for a Free Lesson**



Guest Name: \_\_\_\_\_, by student \_\_\_\_\_

Date: \_\_\_\_\_

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

**INNER SCHOOL TOURNAMENT**

Date: 6-10-2017 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
5311 FM 1960 Road E. #J  
Humble, TX 77346  
(281) 548-1638, (281) 682-3387  
Entry Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



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

\*\*\*\*\* **FORMS**\*\*\*\*\*

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

\*\*\*\*\* **WEAPONS**\*\*\*\*\*

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

\*\*\*\*\* **SPARRING**\*\*\*\*\*

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

Registration form for INNER-SCHOOL TOURNAMENT

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_, STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ e-mail address: \_\_\_\_\_

RANK: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

DIVISIONS: FORMS \_\_\_\_\_ SPARRING \_\_\_\_\_ WEAPONS \_\_\_\_\_ Amount Paid \_\_\_\_\_

# Kung Fu Rank Test Results - 02/11/17

Age 15 year old and +  
 Mathew Trimm - Yellow  
 Mohamed Elalfy - Yellow  
 Ricky Shepherd - Yellow  
 Miguel Cacaninoin - Orange  
 Joshua Stockton - Orange  
 Dana Rose - Orange  
 Harry Eugene - Green/stripes  
 Mathilde Le Bon - Purple  
 Jeffrey Villarde - Purple/stripes  
 James Mayo - Blue/stripes  
 Clement Le Bon - Blue/stripes  
 Magdelan Arce - Red  
 Cleotis Washington - Red  
 Charles Moore - Red



Age 9 - 14 years old  
 Sergio Gonzalez - Yellow  
 Elyse Fu - Yellow/stripes  
 Jeremy Rangel - Orange  
 Jalen latin - Orange  
 Tori Archinal - Green  
 Brandon Figueroa - Purple  
 Hunter Figueroa - Purple  
 Jameson Ezzell - Red  
 Dominic Venegas - Red

Brown & Black Belt Test - 4/15/2017

Susan Fischman - Black (2nd),  
 Ruby Abbott - Black (1st),  
 Joel Le Bon - Black (1st),  
 Deztanie Hellsten - Jr. Black,  
 Joseph Hellsten - Jr. Black,  
 Joseph Alonso - Jr. Black (1st),  
 Madeline Briles - Jr. Black (1st),  
 Alfred Kai Marayag - Brown/stripes

-----  
 Age 5 - 8 years old

Paul Tang - Orange  
 Danna Caceres - Orange  
 Nickelus Moreno - Green/stripes  
 Jordyn Mayo - Blue/stripes



Tai Chi test Result - 3/18/2017.

Hai Deng - Yellow  
 Charbel Bechara - Yellow  
 Richard Olson - Yellow  
 Bill Campbell - Orange  
 Chris Duffy - Orange  
 Richard Sibley - Orange  
 Tania Myers - Green  
 Cynthia Pate - Purple  
 Sammie Pate - Purple  
 Ruby Abbott - Blue



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(281) 682-3387  
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Web site www.WangsMartialArts.com

## Baisc Bo



Date: May 05, 2017 (Friday)  
May 12, 2017 (Friday)  
May 19, 2017 (Friday)  
May 26, 2017 (Friday)

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

Pre-requisite: Adults (15 years old and up) –  
Yellow belt and up.  
Jr. students (5–14 years old)- green belt and  
above.

Fee : \$49.00  
\$24.50 for review class

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

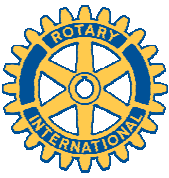
PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_

e-mail: \_\_\_\_\_

Amount Paid \_\_\_\_\_ .





Rotary



## Rotary Club of Humble

**Would you "buy" chances to win a prize  
if you knew who the winners were going to be?  
Before you "buy" those chances  
Let me tell you who are going to be the winners.....**

- Battered women and their children
- Individuals with learning disabilities
- Families unable to feed or cloth their children
- Emergency housing for families in need
- Parenting education and legal advocacy for those in need
- Counseling and support groups for abuse
- Employment and internship opportunities
- Assistance toward self sufficiency
- Scholarships for FFA and Humble ISD students
- Food for needy families
- Opportunities for Rotary Exchange Students
- Promote world peace thru cultural exchange students and host families
- Adult education to improve job opportunities
- Developmental learning opportunities
- Open children's' eyes to learning opportunities
- Provide water to foreign rural communities"
- Eradicate polio in the world
- Provide the opportunity for a local student to extend Diplomatic Studies
- Eye and deformity operations for poor Mexican children

**The acquisition of a \$100.00 "Chance" to WIN a new 2017 Chevy Camaro or Chevy Colorado & many additional prizes will provide the opportunity for someone in need.**

All the proceeds are given way with 90% of the proceeds given locally.

Drawing is Saturday, April 29, 2017 – at our HUMBLE ROTARY FESTIVAL, CAR SHOW, at the Humble Civic Center Arena 10AM to-6PM

You do not need to be present to win BUT YOU MIGHT NOT WANT TO MISS THIS FUN DAY.

**Buy your chances to "Change Lives".**

**30 minutes private lesson with a purchase of car raffle ticket before  
4/20/17.**

**(at Wang's Martial Arts)**

**Contact Yun Yang Wang,  
e-mail: yyw3888wma@gmail.com call 281-682-3387**

# Top Ten Reasons to Buy American Made

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

Top Ten Reasons to Buy USA Made Products:

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

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

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

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

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

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

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

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

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

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

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

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

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

**To celebrate**

**New Year.**

**Buy American Made.**





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**Ashley Parker**

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Fax 281-540-4103



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www.humblecamera.com

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**Natural, fresh produce from a  
2 1/2 acre farm located in  
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10 am ~ 4 pm Saturday & Sunday

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☎ 713-931-6100

🌐 [www.LastOrganicOutpost.com](http://www.LastOrganicOutpost.com)



## Avon

Monica Piel  
Sales Associate  
Monicapiel23@gmail.com

P.O. Box 3244  
Humble Tx 77347

832-445-8715

[yourAvon.com/monicapiel](http://yourAvon.com/monicapiel)



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Wang's Martial Arts

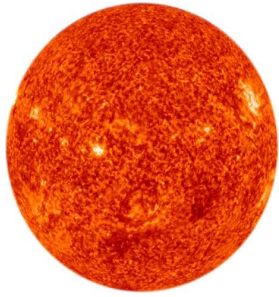
**For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.**



**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.**





# TRUE SOUTH ENERGY

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

## **YOU CAN**

- **Generate Your Own Electricity**
- **Offset up to 100% of your kWh Charges on your Electrical Bill**
- **Start Saving Money right away**
- **Achieve a Return on your Investment**
- **Receive Credit for Excess Energy you produce**
- **Increase the Value of your Property**
- **Qualify for Property Tax & Franchise Tax Exemptions**
- **Take Advantage of Federal Income Tax Credits (30% of System Cost in 2016)**
- **Contribute to National Security through Energy Independence**
- **Reduce your Carbon Footprint**

## **WE PROVIDE**

- **Turn-Key Systems**  
**Professional Design, Engineering, Permitting and Installation**

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

We will:

- Assess your energy needs** based on past utility bills
- Determine the ideal location** for solar energy production
- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical bills

*Mention this ad for special pricing available only to  
**Wang's Martial Arts**  
students and families*

For the benefit of everyone's health, eat Organic vegetables, fruits, grains and be kind to all animals.



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Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Schedule:

- 04/01/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 04/07/17 - Advanced Bo class starting.
- 04/08/17 - Good Oil day festival demo at 4 pm.
- 04/11/17, 04/14/17, 04/15/17 - Brown & Black belt test.
- 04/15/17 - April Birthday Party.
- 04/22/17 - Kung Fu rank test.
- 04/24/17 - Kung Fu rank test.
- 04/29/17 - Humble Rotary Club Festival 10 am - 6 pm..
- 04/29/17 - Lucky Land demonstration.
  
- 05/05/17 - Basic Bo class start.
- 05/06/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 05/14/17 - Comicpalooza 2017 Kung Fu panel.
- 05/20/17 - Octavia Fields Branch Library Asian Festival & May Birthday party 9 am to 1 pm.
- 05/27/17 - Lucky Land demonstration.



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



\$12.00



**CLASS SCHEDULE**  
**(Expanded class times effective on February 1, 2017)**

**KUNG-FU**

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		<b>Tue./ Fri.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 pm (New)</b>
		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
		<b>Tue./Fri.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 PM (New)</b>
		Saturday	10:00 - 11:00 AM

**T'AI CHI CHUAN**

Adult	(Age 18 - 108)	Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue.	8:00 - 9:00 PM
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM

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

## Advanced Bo



Date : April 07, 2017 (Fri.)  
April 14, 2017 (Fri.)  
April 21, 2017 (Fri.)  
April 28, 2017 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Bo)  
(9-108 years old, Red, Brown & Black)

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_

Since earning (2<sup>nd</sup>) 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

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# Top 20 Uses For Apple Cider Vinegar



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

Believe It Or Not, But This Treats Diabetes, Asthma, Cholesterol And Kidney Issues Used Together With Okra Water – Now You Will Be Able To Prepare It Yourself

# Believe It Or Not, But This Treats Diabetes, Asthma, Cholesterol And Kidney Issues Used Together With Okra Water – Now You Will Be Able To Prepare It Yourself

Healthy Drinks, Natural Remedies

This is a tropical fruit from the area of North- East Africa. People may find it and consume it during the whole year. People should use it stewed, fried and believe it or not boiled or pickled, it is all up to you. This fruit it is called Okra.



21 milligrams of vitamin C, 80 micrograms of foliate, magnesium of approximately 60 milligrams, 2 grams of protein, 7.6 grams of carbohydrates and 3 grams of dietary fiber, are all nutritious substances of which the okra is consisted of. Calories do not exist in this fruit and it has little fat.

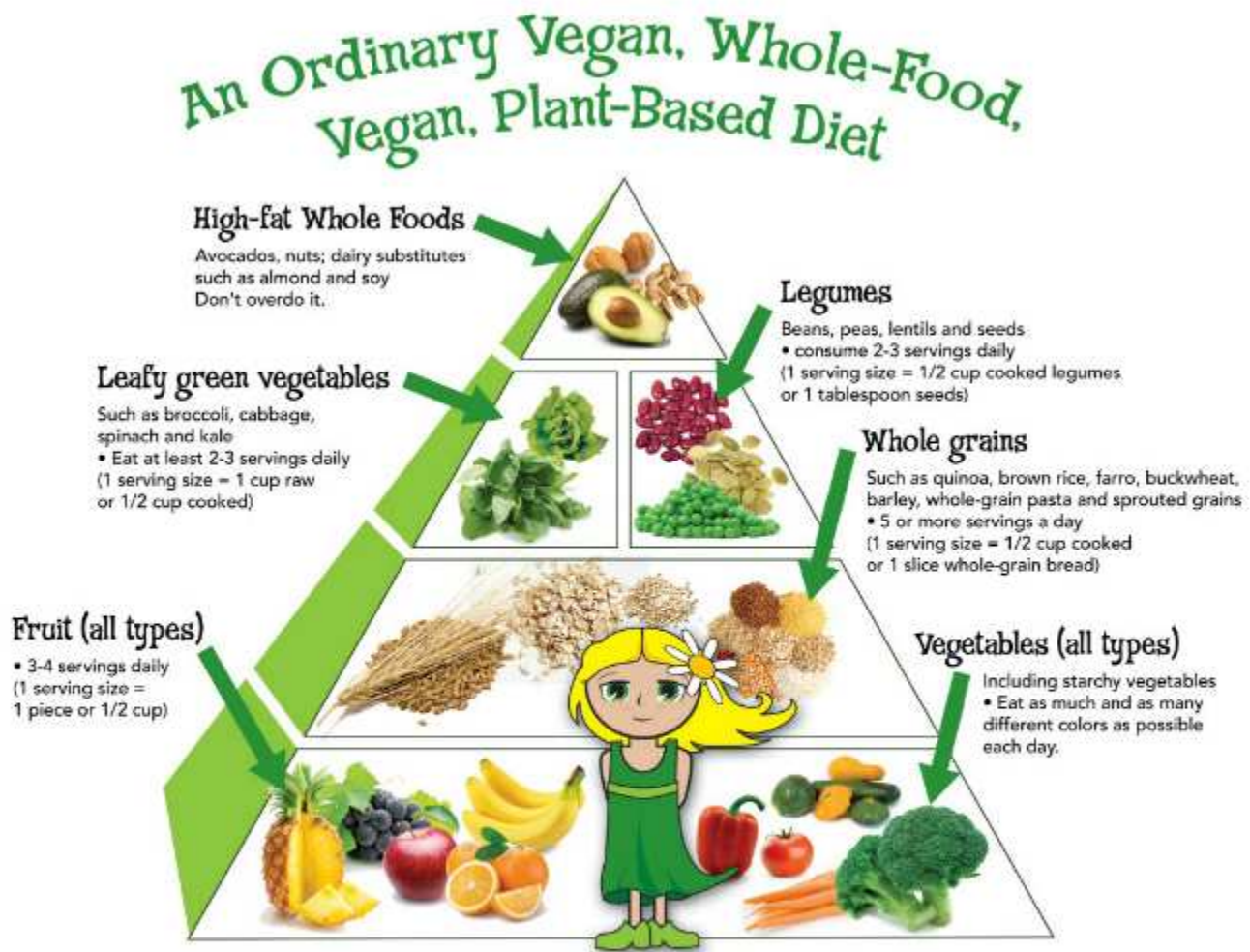
The most essential thing about it is that it makes better the condition of the immune system and it makes it stronger. It lowers the cholesterol, controls diabetes, forbids various kidney issues and lowers glucose.

First of all, pick one fresh okra, then begin with cutting of the head and after that the part of the tail. Chop approximately 2 to 3 slices of the fruit, then add them into a glass of water and at the end let it stay like that during the night. When you wake up in the morning, previously having breakfast drink the beverage.

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

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

Source and image source: [healthyfoodworld.net](http://healthyfoodworld.net)



Always remember to balance the food you eat with physical activity!  
[www.ordinaryvegan.net](http://www.ordinaryvegan.net)

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

# The Raw Food Pyramid

Medicinal Foods:  
Eat Sparingly



Sea Weed, Nutritional Yeast



Herbs, Microgreens &  
Juicing Grasses

Proteins &  
Amino Acids:  
Eat Moderately



Nuts & Seeds



Sprouts & Legumes

Foundation  
Foods: Eat  
Generously



Fruits & Vegetables



Leafy Greens



Water

2017

# 2ND ANNUAL TEXAS KUNG FU FESTIVAL

美国德州功夫节



Join us in celebrating various martial art disciplines from different cultures. Be amazed as more than 20 martial art schools come together and showcase their spectacular skills! Take great delight in the music, workshops, raffle drawing, board breaking and games for all ages.



Saturday, April 22, 2017 11am-4pm

NEW LOCATION: The Bowl @ Brazos River Park

US 59 South Frontage Rd., Sugar Land TX 77479 (behind U of H Sugar Land)

Free entrance and parking for everyone!

[www.texaskungfestival.com](http://www.texaskungfestival.com)

[marketing@texaskungfestival.com](mailto:marketing@texaskungfestival.com)

281-265-0318

281-892-1805

Texas Kung Fu Festival is a non-profit charitable organization under the 501(c)(3) IRS code. All donations are tax-deductible to the extent allowed by law. Proceeds of this event will be donated to:



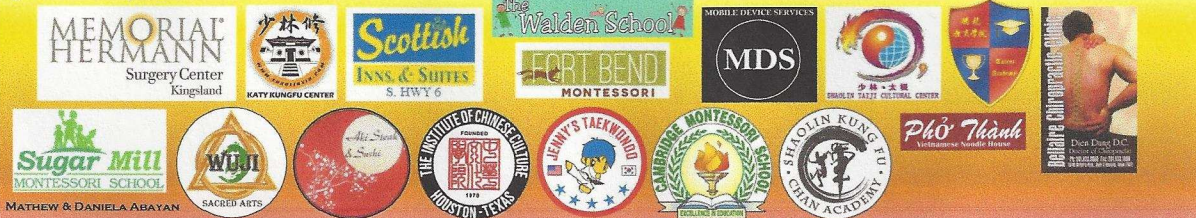
THE SUNSHINE KIDS  
Dedicated to children with cancer

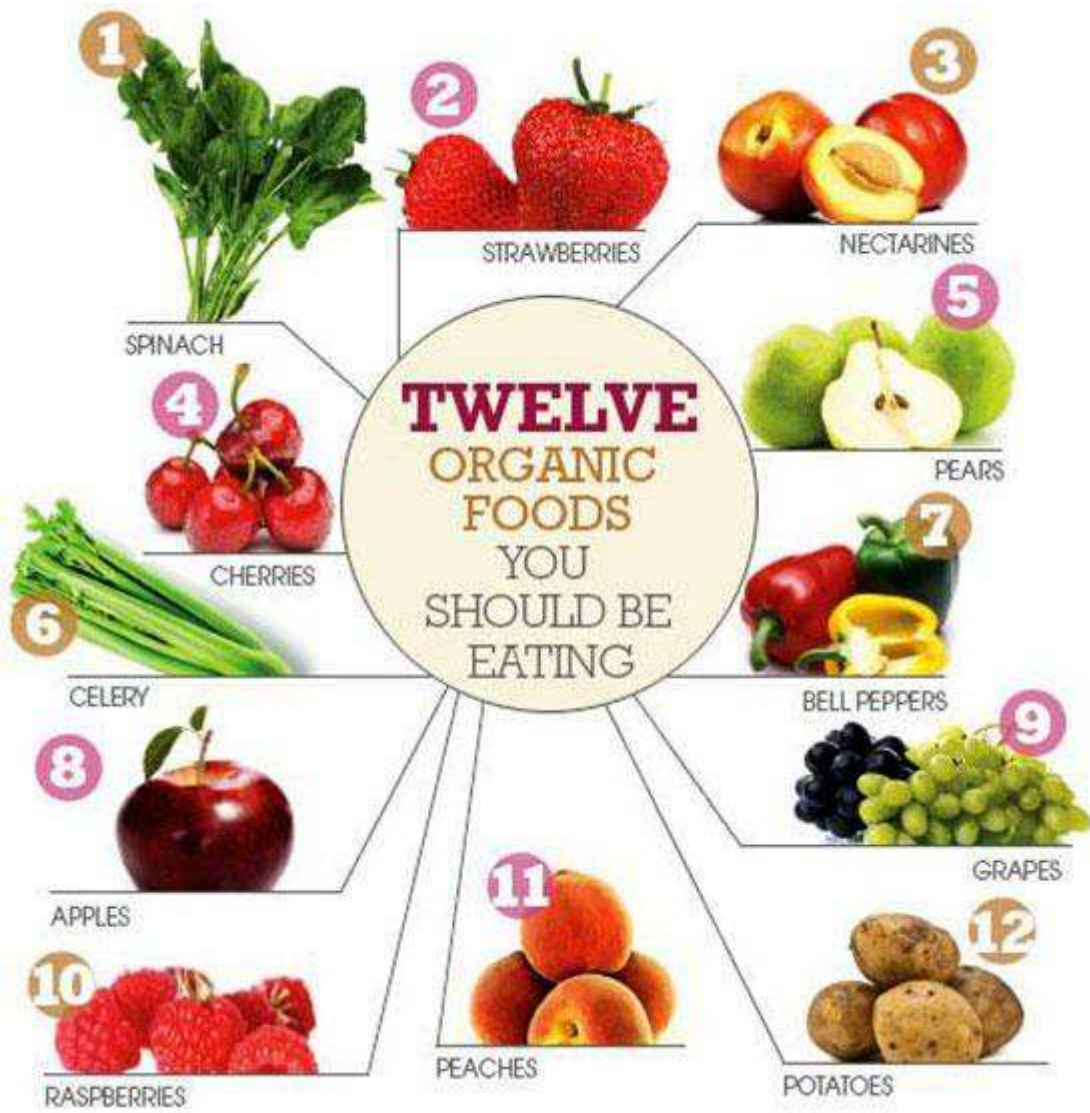


DePelchin  
CHILDREN'S CENTER



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# BENEFITS OF ORGANIC FOOD

Organic  Facts  
www.organicfacts.net

Prevents premature  
aging



Reduces risk of  
heart diseases

Boosts immune  
system



Promotes animal  
welfare

Ensures safe & healthy  
world for future  
generation



Reduces presence  
of pesticides

Tastes better than  
non-organic food



Prevents cancer



# Wang's Martial Arts

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

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

## Crescent Knife Class



Date : June 02, 2017 (Fri.)  
June 09, 2017 (Fri.)  
June 16, 2017 (Fri.)  
June 23, 2017 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Sabre or Basic Bo)

(9-108 years old, Red, Brown & Black)

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_