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October 2008 Newsletter

CLASSES HAVE BEEN MOVED FROM THE BACK PORTION OF THE BUILDING TO THE FRONT PORTION OF THE BUILDING FACING WILSON ROAD) AND WILL NO LONGER TAKE PLACE IN THE PORTION FACING FIRST STREET.

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

Black Belt Club Test

Date: 10-25-08 (Saturday)

Time: 2-4:00pm

Advanced Saber

Date: Saturday, 11-01-08

Saturday, 11-08-08

Saturday, 11-15-08

Saturday, 11-22-08

Time: 2-3:00pm

Cost: \$59.00

Review: \$29.50

Red, Brn, Blk belts. Must

have taken basic saber

Min. 6 or more people

Basic Bo

Date: 10-04-08 (Sat)

10-11-08 (Sat)

10-25-08 (Sat)

Time: 9-10 am

Cost: \$39.00;

Review: \$19.50

9-14 yrs: Grn Blt +

15+ yrs: Ylw Blt +

Min. 6 or more people

FOR THOSE WHO MISSED THE LAST RANK TEST DUE TO THE HURRICANE, THE MAKE-UP RANK TEST WILL BE OCTOBER 25, 2008 FROM 2:00-4:00 PM.

ONE DAY TRAINING CAMP

Date: SUNDAY, November 9, 2008

Time: 9am-4pm

Cost: \$25.00 (NEED MINIMUM OF 10 PEOPLE)

SEE FLIER FOR MORE DETAILS

Brown and Black Belt Class

Date: Saturday, 10-4-08

Time: 1:00-2:00 pm

Proverbs 23:12

“Apply your mind to instruction
and your ear to words of
knowledge.”

New Students

Matthew Hahn

Marcus Gilmore

Barbara Carmichael

Peter Ghingh

Internet Specials

Be sure to visit our website at www.WangsMartialArts.com where coupons and specials are frequently posted. Visiting will also keep you updated on upcoming events and the latest pictures of your Kung Fu friends and family.

Featured Event:

**The next Brown and Black Belt Test
will be:**

Tuesday, Oct. 14th, 6-8pm

Thursday, Oct. 16th, 6-8pm

Saturday, Oct. 18th, 10am-4pm

START PREPARING FOR THE TEST NOW!!!

Chinese Herbal Treatment for Better Health

Would you like to improve your flexibility?

A great number of health problems are caused by toxins in the body that inhibit the proper function of the nerves and other chemical reactions in the body.

The Shenqi Herbal Bath treatment penetrates the skin making contact with deeper layers of tissue to cleanse the body of toxins and repair damaged nerves. The Shenqi Herbal Bath is an excellent treatment for cleansing, tissue repair, and increasing flexibility.

Please see Master Wang for more details.

October Birthdays

Abel DeJora	10/09
Andrea Barela	10/04
Angelo Garcia	10/02
Daniele Cauvet	10/12
Greg Burton	10/18
Jorel Rivera	10/06
Lee Stevenson	10/11
Lukasz Cupial	10/30
Mako Jaeger	10/24
Marvin Henderson	10/20
Sarah Kennedy	10/14
Vianca Vazquez	10/31
Victor Donatto	10/23

Tournament Points

James Wang 36

Kung Fu Rank Test

5-8 yrs: 12-06-08 (Sat)
2-3:30pm
9-14 yrs: 12-04-08 (Thur)
6-8pm
15 yrs +: 12-06-08 (Sat)
3:5:30pm

Report Card Point Updates

Aaron Jesel	2
Andrea Barela	3
Antonio Bocanegra II	1.5
David Ehlig	2
Elizabeth Benton	1.5
Jaci Moricca	2.25
Jacob Darst	3.5
Joshua Moricca	2.25
Travis Gholston	1.5
Dominic Sere	3.0
James Wang	2.0
Mustafa Qarryzada	3.0

Rank Test Results – September 2008

Travis Gholston	Green/S
Marvin Henderson III	Green/S
Josh Moricca	Red
Jose Guzman	Red
Christopher Roche	Yellow
Roberto Matsumura	Yellow/S
Paul Turk	Green
Miguel Garcia	Green
Chris Avelar	Green
Matthew Baker	Green
Marvin Henderson	Purple/S
Sarah Kennedy	Purple/S
Rand Warzeka	Blue
Bennett Durkin	Red/S
Deborah Feuerbacher	Red/S

Buddy Pass*Bring 5 friends to try 2 weeks of Kung Fu FREE!!*

From now until October 31, 2008, students are invited to bring in up to five friends to try two weeks of Kung Fu for **FREE!!**

Bring in the Buddy Pass coupon with your name and your friend or family member's name to take advantage of this opportunity!

ASK ABOUT A FREE TRIAL CLASS!**“JIAN MEI”**

Wang's Martial Arts invites you to participate in a free trial class for “Jian Mei.” This course, named after the Chinese characters for “fitness” and “beauty,” is designed to build muscle strength and increase flexibility without strain or high intensity. It incorporates Tai Chi breathing exercises as well as postures and stances common to Yoga, Pilates and martial arts.

Building strength and flexibility in the muscles is vital to every lifestyle. Some of the benefits of improved flexibility include:

- **Reduced muscle tension**
- **Increased range of movement in the joints**
- **Enhanced muscular coordination**
- **Increased circulation of the blood throughout the body**
- **Increased energy levels (as a result of increased circulation)**

When you strengthen your muscles and increase your flexibility, you will notice that you feel better, are more toned and can get through your daily activities with more ease.

While your child is working out in the Kung Fu class, you can participate in the “Jian Mei” class in the room next door for enhanced flexibility and strength!

Day/Time: Saturday, 9:00 – 10:00 AM**Place: Wang's Martial Arts****Cost: \$39.00 per month****Please wear comfortable clothes that you can move around in with ease.**