

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)

March 2018 Newsletter Summary

03/02/2018- Adv. Bo class start.
03/03/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
03/05/2018- Basic Escrima class 7 pm - 8 pm.
03/10/2018- Tai Chi rank test 12 noon to 1:30 pm.
03/13/2018- Tai Chi make up test 8 pm - 9 pm.
03/15/2018- Ground self defense class. 7 pm - 8 pm.
03/17/2018- March Birthday Party. 1 pm - 2:30 pm.
03/18/2018- Chinese Culture class. 2 pm - 3:30 pm.
03/19/2018- Women self defense class. 7 pm - 8 pm.
03/24/2018- Kung Fu rank test. 1:30 - 3:30 pm, 3:30 pm - 5:50 pm.
03/26/2018- Kung Fu rank test make up. 6:00 pm - 8:30 pm
03/31/2018- Lucky Land demonstration. 3 pm - 4 pm.

Kung Fu Rank Test

Date: 5-14 yrs: 3-24-2018, Saturday, 1:30-3:30 pm
15 yrs +: 3-24-2018, Saturday, 3:30-5:30 pm
5 - 108 yrs: 3-26-2018, Monday, 6:00-8:30 pm

Must register on or 3-22-2018.
Test fee : \$40.00 and up

Tai Chi Rank Test

Date: 3-10-2018 (Sat.)
Time: 12 noon – 2:00 pm or
3-13-2018 (Tue.) 8 - 9 pm.

Report card point

Anika Glasco 4.50
Nicole Glasco 3.00

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 event!

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

All point report form must turn in before 12/31/2018.

Tournament point:

Rosel Rodriguez	38
jeffrey Villarde	37
Avairya Rodriguez	30
Makinza Rodriguez	14
Cameron Vancho	12

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

All point report form must turn in before 12/31/2018.

Guest Instructor; Master Jia

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

Date: March 9, 2018 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: March 9, 2018 (Friday).

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm.

Cost: \$50 per person.

Make check payable to:

HeBei Chinese Martial Arts Inst.



**Chinese New Year celebration -
February 10, 2018.**

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.
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.
Wang's Martial Arts (January) - \$100
Darren Bush - \$500.
Craig Glasco - \$25.
Cynthia Pate - \$50.

**Total - \$5048.98 - \$300 - \$300 - \$1000
-\$2000 = \$1488.98**

**\$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 U of H student on
01-21-2017.**

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.

Brown & Black Belt Extra class

Tournament Competition Class:

Date: 3-12-18 (Monday)

Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old

Date: 3/01/2018 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 3/01/2018 (Thursday)

3/15/2018 (Thursday)

Time: 8:00 – 9:00 pm

Brown and Black rank test

April 24, 2018 (Tue.) 6 – 8 pm

April 27, 2018 (Fri.) 6 – 8 pm

April 28, 2018 (Sat.) 9 am – 3 pm

New Student:

Luciano Bautista, Eduardo Araujo,
Topiltzin Gonzalez-Chavez,
Nia Coston, Vital Jayden.

Welcome!

Accelerated program rank test

April 30, 2018 (Monday) 6 – 8 pm

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

March Birthday

David Neighbors 3/27
Esmeralda Smith 3/15
Timothy Garcia 3/13
William Stanley 3/01
Andrik Sanchez 3/8
Brandon Sarton 3/6
Toni Henderson 3/12
Melanie Campa 3/23
Guy Anderson 3/13
Thomas Essick 3/15
Kathryn Werling 3/22
Jacob Lewis 3/22
Jarrett Almond 3/8
Jose Garcia 3/23
Emma Castro 3/27
Lilly Robinson 3/15
Nick Limones 3/2
Emma Ferguson 3/2
Hunter Ferguson 3/21
Brandon Figueroa 3/21
John Cox 3/24
Jose Angel Guzman, Jr. 3/24
Jalen Latin 3/29
Malik Khimani 3/30
Claire Munson 3/10
Panakkal Job 3/13
Scott Vierck 3/4
Jordyn Mayo 3/11
Gabriella Jensen 3/11
Marcio Conceicao 3/21
Topiltzin Gonzalez-Chavez 3/8
Avairya Rodriguez 3/12

Happy Birthday

Inner-school tournament;

Date: June 23, 2018 (Sat.)

Time: 2 - 5 pm

Place: Wang's Martial Arts

Fee: \$45.00 up to two events

\$5.00 additional event

\$5.00 goes to scholarship fund.

Red, Brown and Black Belt Class

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

* 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.



On Saturday, February 10, 2018, Wang's Martial Arts held its 16th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The vegetarian style meal was prepared for the health of all guests, & kindness to animals. At the tables, guest were presented with red envelopes, that contained a lucky Chinese coin, there were many Chinese costumes.

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

The MC for the evening, Mr. Victor Makris, warmly welcomed everyone to the festivities and honored the present black belts (**Rafael Gonzalez, Allen DeWoody, Marvin Henderson, Daniel Thibodeaux, David Barnes, Abel Martinez, Ed Green, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Padraic Gilbert, Polly Ferguson, Margaret Swavely, Chantel Barnes, Karen Clarke, Chris Rivers, Jessie Diaz, Sue Starr, Paul Greenwood, WuZhong Jia, Xing Ho**) with a medal.

Following, Victor Cheng Scholarship (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Student **Peter Zachry** for **\$1000**. Wang's Martial Arts School also awarded three lucky U of H students. **Samuel Hollingsworth** for **\$1000**, **Sarah Husbands** for **\$500**, **Brittany Pham** for **\$500**. Two whom are Marketing students and one Law student.

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

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

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 point - 2017

5 - 8 years old	1st	Nickelus Moreno
	2nd	Jordyn Mayo
9 - 14 years old	1st	Joseph Alonso
	2nd	Conner Roll-Bush
15 year old & up	1st	Brandon Roll-Bush

Tournament point - 2017

9 - 14 years old	1st	Makinzi Rodriguez
	2nd	Joseph Alonso
15 -108 years old	1st	Rosel Rodriguez
	2nd	Jeffery Villarde
	3rd	Darren Bush
	4th	Cleotis Washington
	4th	Ruby Lee Abbott

Don't forget those tournament points! After each tournament, students should turn in their points for a chance to also win a **seven foot trophy** at the Chinese New Year Event.

World Peace Martial Arts - HOF goes to Mr. Joel Le Bon and Ms. Ruby Abbott.

Kung Fu demonstration was presented by Wang's Martial Arts students. Impressing the audience with what they have learned throughout the years of discipline and practice.

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,

5-8 years old- **Juan Ceja.**

9-14 years old- **Joseph Alonzo.**

15-108 years old- **Dezi Hellsten.**

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,

First Place for Table Leader 40 inch T.V.- Sifu Tye Botting

First Place for Door Prize Drawing Bicycle - Ms. Madeline Vides

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

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U.S.A.

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e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com



Date: March 19, 2018 (Monday),

Time: 7:00 - 8:00 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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e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

Birth Day Party for Wang's martial Arts students

Date: March 17, 2018 (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 March. **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: 1:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Organic Spinach Cheese Quesadilla, Veggie Egg Roll, Veggie Dumpling.
No soft drink/replace with Bottled water).
Birthday cake, Singing Happy birthday song in English, Chinese & Spanish.
2:30 pm – Party end.

REGISTRATION FORM - Reservation before March 15, 2018.

**(Those who register early before or on 03-15 get a green ticket- you get organic spinach cheese quesadilla.
Late registration on 03-16, 03-17 will get red ticket for Michoacana tortillas.)**

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

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>	\$169.00	\$152.10	\$84.50	\$84.50	Free
Easy pay/Week	\$36.97	\$33.27	\$18.48	\$18.48	
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

KUNG-FU class schedule

Adults	(Age 15-108)	Tue. Sat. 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. Friday. 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. Friday. 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

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

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



Guest Name: _____, by student _____

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.





WORLD STAR CHINESE MARTIAL ARTS COMPETITION 世界之星中華武術錦標賽

Competition

More than 400 divisions Traditional KungFu, Wushu, Tai Chi, Xing Yi, Bagua, Wing Chun, Chi Sao , Sparring, Push Hands & much more.

Honor medals will be awarded to all kids 12 and under who place after 3rd.

Chinese Martial Arts Expo Wu Martial Arts Scholarship Award

will be held on Sunday, April 8 with the 2018 EXPO of Chinese Martial Arts.

Workshops, Seminars

April 6~8, 2018



Address:

Marriott Westchase Hotel
2900 Briarpark, Houston, TX

Registration/more details:

www.kungfucpetition.com

Contact:

Wu Martial Arts Association
Ernie Wu, 713-780-4007

E-mail:

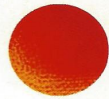
wumartialartsassociation@gmail.com

2018 EXPO of Chinese Martial arts

Wu Martial Arts Scholarship Award Ceremony

中華武術展

暨第五屆宏武傑出青年獎學金頒獎典禮



Sunday April 8, 2018

Time: 10:30 a.m.

Westchase Marriott

2900 Briarpark, Houston, TX



Ticket Price: \$10

Glacier Optical 山水眼鏡
9889 Bellaire Blvd., #252
713-774-2773

Southwest Printing 西南印刷
9777 Harwin Dr. #509
713-780-4007

Hosted by **WU Martial Arts Association** 宏武協會 主辦

www.kungfucompetition.com Tel: 713-780-4007

wumartialartsassociation@gmail.com

Wang's Martial Arts

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

Ground Self Defense Class



Date: March 15, 2018 (Thursday),

Time: 7:00 - 8:00 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.
(15-108 years old, any rank).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____



OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- Information for Parents
- Parent Permission Form
- Waiver Application
- Submission Due To Physical Education
Coordinator (Helen Wagner)

Deadline to submit ALL paperwork is August 15, 2017.

HISD Physical Education Department
Eggers Instructional Support Center
4810 Magnolia Cove
Kingwood, TX 77345
Email: helen.wagner@humbleisd.net
Fax: 281-641-1079

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 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.
- 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

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for Fall Semester _____ Spring Semester _____

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 Monday through Friday workout schedule will be:

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 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. 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

Off Campus Physical Education
PARENT PERMISSION FORM
For Waiver Request

School Year 20 _____ -20 _____

Student Name (please print) _____

Current Campus _____ Current Grade _____

I request permission from the Humble Independent School District for my child to receive physical education credit for active participation in the OCPE program.

I understand that the commercial facility named herein will satisfy the Texas Education Agency requirement for physical education instruction and submit the attendance/grade report form (via fax to campus registrar at the end of each semester). To access the Semester Attendance/Grade Report go to <https://goo.gl/QRtm6Q>. My child's middle school requirements may be satisfied through participation in an approved off-campus program. The grade earned by the middle school student will be pass/fail. The grade earned by the high school student will be a numeric grade.

I have been informed that if, for **any reason**, my child does not complete the entire semester/trimester, he/she **will not receive any partial credit**.

Furthermore, I acknowledge that the Humble Independent School District will not provide transportation to or from the establishment, does not endorse any commercial training program, and the approval of this application does not constitute any assurance as to the qualifications of the instructors or to the quality and/or safety of the equipment and facilities.

The undersigned is the parent or legal guardian of the named student. He/she is a student in the Humble Independent School District and I do hereby consent to said student participation in the commercial training program. I further agree to hold the Humble Independent School District, its Board of Trustees, administration, and/or faculty **harmless from all liability for any injuries** which said student may receive while participation in this program or while traveling to and from such program.

I also understand that if my child is approved for Category I **They must 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 thus resulting in immediate dismissal of the OCPE Program. My child will also be responsible for completing the annual fitness assessment that may require him/her to attend before, during, or after school testing sessions.**

I hereby acknowledge my understanding of this document with my signature below.

Parent Signature

Parent's Printed Name

Address _____

Home phone _____ Date _____

The Commercial Establishment we have chosen: _____

Address: _____ Phone _____

Instructor's Name _____ He/She is aware of this request.



**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	281-641-4617
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 77345	281-641-4200	281-641-4217
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	281-641-6017
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
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 Middle School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6595
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 8, 2017
May 25, 2018

Grade Report Form
(Fax to Registrar)

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

(Due in December and June)

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 - 1/22/2018.

<p>Age 15 year old and +</p> <p>Sealy Moore - Yellow. Graig Glasco - Yellow Prajakti Glasco - Yellow Alex Curttis - Orange/stripe Sarah Rivera - green John Prewett- Purple/stripe Rickey Shepherd - Purple/stripe Rosel Rodriguez - Blue Jackie Rodriguez - Blue Harry Euegne - Blue</p>	
<p>Age 9 - 14 years old</p> <p>Drego Martinez - Yellow Paisley Thomas - Yellow/stripe Jayden Ng-A-Mann - Yellow/stripe Jalen Latin - Green/stripe Jozlyn Rodriguez - Purple/stripe Mackenzie Rodriguez - Purple/stripe Paul Tang - Purple/stripe Tori Archinal - Blue/stripe</p> <hr/> <p>Age 5 - 8 years old</p> <p>Anika Glasco - Yellow Cameron Vancho - Yellow Nicole Glasco - Yellow Maya Rivadeneyra - Yellow/stripe Connor Sheridan - Orange Aurora Rodriguez - Orange Desmond Alemon - Orange/stripe Juan Ceja - Orange/stripe Avairya Rodriguez - Blue</p> <hr/> <p>Tai Chi test Result - 12/16/2017</p> <p>Vodrick Jones - Yellow Monica Johnson- Green Guillermo Slack- Green Richard Olson - Green Bill Campbell - Blue Chris Duffy - Blue Richard Sibley - Blue Tania Myers - Blue Cynthia Pate - Brown Sammie Pate - Brown Ruby Abbott - Brown</p>	<p>Brown & Black Belt Test - 4/15/2017</p> <p>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/stripe,</p> <hr/>  <p>Rank Test results - 2/19/2018</p> <p>Jad Kawaja - Yellow belt Xiomora La Verde - Orange Ricky Shepherd - Blue John Prewett - Blue Rosel Rodriguez - Blue/stripe Jacqueline Rodriguez - Blue/stripe Jozlyn Rodriguez - Blue Mackenzie Rodriguez - Blue4 Avairya Rodriguez - Blue/stripe</p> <hr/> <p>Brown & Black Belt Test - 10/14/2017.</p> <p>Charles Moore - Brown Cleotis Washington - Brown Alfred Kai Marayag - Jr. Black Karen Clarke - Black (2nd)</p>

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

Chinese Culture Class



Date: 3-18-2018 (Sunday)
Time: 2 - 3:30 pm
Place: Wang's Martial Arts
5311 FM 1960 Rd. E. #J
Humble, TX 77346
(281) 682-3387

Learn simple read and speak Chinese.
Try calligraphy, traditional Chinese brush writing.

Cost: \$10.00 (Including the supplies)
All proceed will go to scholarship fund.

(Limited to first 15 people register)

REGISTRATION FORM

NAME: _____ DATE: _____

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- ESPECIALISTA EN CORTEZ Y PEINADOS PARA OCACIONES ESPECIALES
- COLORES, SHAMPOO, SECADOS Y PLANCHADOS
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- EXTENSIONES DE PELO, PERMANENTES Y
- WAXING

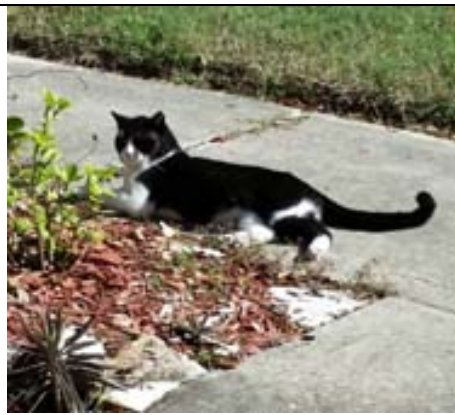
Wang's Martial Arts

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

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U.S.A.

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e-mail: yyw3888wma@gmail.com

Web site: www.WangsMartialArts.com

Schedule:

- 03/02/2018- Adv. Bo class start.
03/03/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
03/05/2018- Basic Escrima class 7 pm - 8 pm.
03/10/2018- Tai Chi rank test 12 noon to 1:30 pm.
03/13/2018- Tai Chi make up test 8 pm - 9 pm.
03/15/2018- Ground self defense class. 7 pm - 8 pm.
03/17/2018- March Birthday Party. 1 pm - 2:30 pm.
03/18/2018- Chinese Culture class. 2 pm - 3:30 pm.
03/19/2018- Women self defense class. 7 pm - 8 pm.
03/24/2018- Kung Fu rank test. 1:30 - 3:30 pm, 3:30 pm - 5:50 pm.
03/26/2018- Kung Fu rank test make up. 6:00 pm - 8:30 pm
03/31/2018- Lucky Land demonstration. 3 pm - 4 pm.
- 04/06/2018- Basic Bo class start.
04/07/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
04/07/2018- World Star Chinese Martial Arts Tournament.
04/08/2018- Chinese Martial Arts EXPO. 10:30 am.
04/09/2018- Basic Escrima class 7 pm - 8 pm.
04/18/2018- Basic Nunchaku class 8 pm - 9 pm.
04/19/2018- Basic ground self defense class. 7 pm - 8 pm.
04/21/2018 April Birthday Party. 1 pm - 2:30 pm.
04/23/2018 Women's Self Defense Class 7 pm- 8 pm
04/24/2018- Brown and Black Belt Kung Fu program rank test. 6 pm - 8 pm.
04/27/2018- Brown and Black Belt Kung Fu program rank test. 6 pm - 8 pm.
04/28/2018- Brown and Black Belt Kung Fu program rank test. 9 am - 3 pm.
04/30/2018 Acceleated Program Rank Test



**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 & find box.

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

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
(New class times effective on September 15, 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
		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
		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
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM

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Basic Nunchuck Class

Date: April 18, 2018 (Wednesday)

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 scholarship fund.)
(9-17 years old, Green belt and above)
(18 years and older, Yellow belt and above).

Need bring your own nun chuck or purchase a foam nun
chuck for \$7.95.



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (Cell): _____

e-mail: _____

Amount paid _____ .

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



Basic Escrima (short) stick Class

Date: March 5 2018 (Monday)

Time : 7:00 - 8:00 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 scholarship fund.)

(9-17 years old, Green belt & above)
(18 years and older, Yellow belt and above).

REGISTRATION FORM

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Advanced Bo



Date : March 02, 2018 (Fri.)
March 09, 2018 (Fri.)
March 16, 2018 (Fri.)
March 23, 2018 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
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Humble TX, 77346
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(281) 682-3387

Fee : \$69.00 / \$34.50 for Review

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

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

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July 24, 2017

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We can contact you if anything is left behind.

There will be a lost & find 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



Ditch the Gluten, Improve Your Health?



Updated: April 12, 2017

Published: May, 2015

By: Robert Shmerling, M.D.

This just in: A new health myth has been taking the country by storm.

Perhaps I'm exaggerating a bit. After all, health fads — especially diet fads — have come and gone for decades. Some are more worthy than others. For example, I am impressed by the evidence supporting the Mediterranean diet as a healthy option. As each one of us is different, the "ideal diet" may not be the same for each person. But the interest and enthusiasm surrounding the gluten-free food movement in recent years has been remarkable. Just a few years ago, relatively few people had ever heard of gluten. And it certainly wasn't the "food movement" it has recently become.

If you're considering limiting your consumption of gluten, you're certainly not alone. But, the question is: Will restricting the gluten you eat improve your health? And will it make you feel better? It's appealing to think so.

What Is Gluten?

Gluten is a protein found in many grains, including wheat, barley and rye. It's common in foods such as bread, pasta, pizza and cereal. Gluten provides no essential nutrients. People with celiac disease have an immune reaction that is triggered by eating gluten. They develop inflammation and damage in their intestinal tracts and other parts of the body when they eat foods containing gluten. Current estimates suggest that up to 1% of the population has this condition. A gluten-free diet is necessary to eliminate the inflammation, as well as the symptoms. Grocery stores and restaurants now offer gluten-free options that rival conventional foods in taste and quality; only a few years ago, it was much harder to maintain a gluten-free diet.

So, maybe it should come as no surprise that people would embrace the gluten-free mantra. And embrace it they have. According to a survey by the Consumer Reports National Research Center a full 63% of Americans believe that a gluten-free diet could improve their mental or physical health. And up to a third of Americans are cutting back on it in the hope that it will improve their health or prevent disease.

Is This Really a Myth?

To call something a myth, it's important to define the term. My non-scientific definition of a health myth requires most of the following:

- Many people believe it.
- There is no compelling scientific evidence to support it.

- There is at least some scientific evidence against it.
- There is a pseudo-scientific explanation that may have intuitive appeal (for example, enemas to "detoxify" the colon).
- The idea defies standard understanding of biology or has no reasonable biologic explanation. An example is a diet that is said to help you lose weight despite increasing your caloric intake and reducing exercise.

Three other features of many popular health myths include:

- The possibility that it can actually harm you
- A profit motive (by those promoting the myth)
- Celebrity endorsement

From this definition, the notion that a gluten-free diet will improve health is a certifiable health myth for most people.

Who Should Avoid Gluten?

There is at least some truth to the idea that gluten can be harmful. As mentioned, people with celiac disease avoid sickness and maintain much better health if they follow a gluten-free diet. For them, a gluten-free diet is nothing short of essential.

And then there are people described as "gluten-sensitive." Their tests for celiac disease are negative (normal) and yet they get symptoms (including bloating, diarrhea or crampy abdominal pain) whenever they eat foods that contain gluten. One cause is wheat allergy, a disorder that can be diagnosed by skin testing. But for many, the diagnosis remains uncertain. Some have begun calling this "non-celiac gluten hypersensitivity," a poorly defined condition about which we have much to learn.

Avoiding gluten makes sense for people with celiac disease, wheat allergy or those who feel unwell when they consume gluten.

What About Everyone Else?

There is no compelling evidence that a gluten-free diet will improve health if you don't have celiac disease. The same is true if you can eat gluten without trouble. Of course, future research could change this. We may someday learn that at least some people without celiac disease or symptoms of intestinal disease are better off avoiding gluten

So Why Are Gluten-Free Diets So Popular?

I suspect the popularity relates to a combination of factors, including:

- Intuition – It just seems like a good idea.
- Logic – If gluten is bad for people with celiac disease, maybe it's bad for me.
- Celebrity endorsement – If eliminating gluten is encouraged by someone I admire, maybe I should give it a try.
- Anecdote – Testimonials can be powerful. Hearing about someone with bothersome symptoms that finally went away after eliminating gluten is difficult to ignore.
- Marketing – Never underestimate the power of persuasion. Those selling gluten-free products or books about gluten-free diets can be convincing even if there's little science to back it up.

What's the Downside?

Actually, just about any health intervention comes with some risk. Eliminating gluten is no exception. Before you buy into the gluten-free life, buyer beware! It may not help, may cause trouble, and it'll likely cost you more.

While many people in the Consumer Reports survey thought gluten-free diets were more nutritious and contained more minerals and vitamins than conventional foods, the opposite is often true. Gluten-free foods are commonly less fortified with folic acid, iron and other nutrients than regular, gluten-containing foods. And gluten-free foods tend to have more sugar and fat. Several studies have found a trend toward weight gain and obesity among those who follow a gluten-free diet (including those with celiac disease).

Meanwhile, gluten-free foods tend to be more expensive than conventional foods. It reminds me of the organic food option: People are often willing to pay higher prices for foods they think are healthier. The problem is that there is little or no proof that these foods are actually better for you.

What's a Gluten-Conscious Person To Do?

If you feel well and have no digestive symptoms, enjoy your good health! And stop worrying so much about gluten.

But if you have symptoms that might be related to gluten, or if you have significant and unexplained symptoms, talk to your doctor. Symptoms of celiac disease or gluten sensitivity include:

- Diarrhea
- Abdominal pain
- Weight loss and poor appetite
- Bloating or feeling full
- An itchy rash
- Growth delay (in children)

There are reliable tests to diagnose celiac disease. These include blood tests that detect certain antibodies, genetic tests and intestinal biopsies. The results can help you understand which, if any foods, you should avoid. You may learn that you can eat anything you like. Or, you may learn that it's lactose (the sugar in milk), not gluten, that's causing you trouble. Or, you may turn out to have another common condition that's unrelated to gluten, such as Crohn's disease, an ulcer or irritable bowel disease.

The Bottom Line

We are undoubtedly in a time of heightened gluten awareness. Is that a good thing? It is if you have celiac disease. I think it's a major step forward that people who truly need to avoid gluten can do so more easily than in the past as more gluten-free foods are now available and labels are more clearly identifying foods with or without gluten. But the "dangers" of gluten have probably been overstated — and oversold. Don't be swayed by an elite athlete or movie star to restrict your diet when there's no medical reason to do so. It's up to you and your doctor – not a celebrity or a book author - to take care of your health.



How Junk Food Wrecks Your Body?



By [ALEXANDRA SIFFERLIN](#)

May 10, 2016

It's no surprise that junk food is low in healthy nutrients and high in ingredients like sugar and salt. But new animal research suggests that a diet high in junk food might harm the kidneys in a similar way to type-2 diabetes.

In the study, published in the journal *Experimental Physiology*, rats were fed a junk food diet of chocolate bars, marshmallows, biscuits and cheese for eight weeks. Other rats were fed chow that contained 60% fat for five weeks. By analyzing the rats' blood sugar levels and the function of blood sugar transporters in the rats' kidneys, the researchers were able to see what happened to the kidneys of rats that ate junk food and fatty foods, compared to the kidneys of rats with diabetes.

All of the groups experienced "very similar" negative effects and increases in blood sugar levels, says lead study author Havovi Chichger, a senior lecturer in Biomedical Science at the Anglia Ruskin University in the U.K.

The study was small and used rats rather than people, so the results can't be extrapolated to humans. "Animal studies provide insights about potential effects in people, but they rarely provide definitive answers," says Dr. David Katz, director of the Yale University Prevention Research Center, who was not involved in the study. "Animal research is most meaningful when interpreted in the overall context of established evidence. In this case, we certainly already knew that junk food is not good for us. so this is not a great surprise." In humans, eating a diet high in sugar has been shown to interfere with a person's blood sugar levels and increase their risk for type 2 diabetes.

This is not the first study to suggest that junk food does more to your insides than simply add fat around the middle; it can also disrupt hormones, change a person's sense of taste and even raise the risk for mental health problems. A 2015 study published in the journal *Mayo Clinic Proceedings* found that a calorie from sugar is much more dangerous to the body than a calorie from other carbohydrates, like starch. Added sugars were linked to poor insulin levels and blood sugar, as well as harmful fat storage around the belly, which promotes problems like inflammation and high blood pressure. Another study published in the *American Journal of Clinical Nutrition* looked at questionnaires from around 70,000 women and found that diets higher in added sugar and refined grains, like white bread, were associated with a higher risk for depression a few years later. Sugar had an especially strong link, and healthier foods, like fiber, fruits and vegetables appeared to have a protective effect. The study only found a correlation, but overeating sugars and refined starches can increase inflammation and risk for heart disease, both of which have been linked to depression, the study authors said. Eating junk food and can increase the risk for insulin resistance, which has been associated with cognitive problems also found among people with depression.



6 Little Ways to Help Your Body Detox



Forget "cleansing." Instead use these simple tricks to boost your natural filtration system.

AVIVA PATZ

May 06, 2016

What do the healthiest people have in common? For starters, they limit the junk that enters their body. This means cutting back on irritants to the gut (alcohol, coffee) and foods that trigger inflammation, like sugar and processed foods, according to integrative medicine physician Frank Lipman, MD, founder and director of Be Well, a wellness company. But even if you don't eat perfectly 24/7, you can do simple things to help the liver—your body's natural filter—do its job. "Boosting liver function helps to decrease the accumulation of toxic products in the tissues," Dr. Lipman says. Here are cleansing moves you can do on the regular—no juice-fasting or salt-cave-dwelling required.

1 Wake up with lemon



Getty Images

As soon as you wake up, drink a glass of [warm water with fresh lemon](#) squeezed in. "It will provide your body with hydrating electrolytes in the form of potassium, calcium, and magnesium," Dr. Lipman says. "We get dehydrated overnight as the body takes care of its detoxification processes, so it's important to hydrate and replenish first thing." Lemon juice also helps your liver produce more enzymes, which aid digestion and prompt the liver to purge toxins. The vitamin C in lemon juice, a powerful antioxidant, protects against free radicals, strengthening the immune system.

2 Get bendy



Getty Images

Twisting yoga poses—think, a [Seated Spinal \(or Torso\) Twist](#)—helps with the detox process by stimulating digestion and elimination. “A lot of digestive discomforts come from stress,” Dr. Lipman says, “so by releasing gripping and holding in the belly and taking deep calming breaths, we can relax the muscles and diaphragm, allowing the GI system to do a better job.”

3 Eat your broccoli



[Getty Images](#)

Reduce chronic inflammation—which has been linked to heart disease, diabetes, and cancer—by filling your plate with sulfur-rich foods, such as onions, garlic, and cruciferous vegetables, including broccoli, kale, collard greens, Brussels sprouts, cabbage, and cauliflower. “These foods are high in antioxidants, which support the body’s ability to fight off toxins,” Dr. Lipman says. A 2014 study revealed that women who ate the most cruciferous vegetables had [substantially less inflammation](#) than those who ate the fewest.

4 Brush your body



A few days a week before your bath or shower, dry brush your skin with a soft-bristled brush. [Dry brushing](#) has two main benefits: "It helps your skin slough off old cells and debris, unclogging pores and enabling the skin to perspire freely," Dr. Lipman explains. "It also stimulates the circulation *beneath* your skin, which helps promote cellular renewal and vitality."

5 Sip tea



Teas containing dandelion or milk thistle may boost liver function, helping to decrease the build-up of toxins in the tissues. In a study review on milk thistle commissioned by the National Center for Complementary and Alternative Medicine, researchers found that the herb may help [enhance liver function](#), possibly by protecting against cell damage and stimulating repair of liver tissue. And [cancer studies](#) suggest that milk thistle may strengthen cell walls to prevent toxins from getting in, stimulate enzymes that make toxins less harmful, and block free radicals from attacking cells. A word of warning though: Avoid "detoxing" teas that also promise to curb appetite or rev metabolism because they can be laced with herbs delivering unwanted side effects such as agitation and headache. (We like [The Republic of Tea Organic Milk Thistle Superherb Tea](#) and [The Republic of Tea Organic Dandelion Superherb Tea](#)).

6 Hop in the tub



Getty Images

And add about two cups of Epsom salts, available at any drug store. Then soak for 20 minutes. "Epsom salts contain magnesium, as well as other minerals and nutrients that are absorbed into your skin during the bath, and can help with detoxification processes," Dr. Lipman says. The mineral specifically helps kick up action in the colon, prompting the body to eliminate backed up waste (read: poo), which can otherwise get reabsorbed into the bloodstream if it sticks around long enough. If you always feel constipated, Dr. Lipman adds, talk to your doctor about trying a 1,000 mg magnesium citrate supplement at night to keep things moving.

