

Phone (281) 548-1638

E-mail: wang3888@embarqmail.net

Web site: <http://www.WangsMartialArts.com>

New School Phone number:

281-548-1638

281-682-3387 (Cell)

January 2009 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.

Proverbs 18:12

“Humility comes before honor.”

Brown and Black Belt Class

Saturday, February 14, 2009, 3-4:00pm

Advanced Saber

Dates: January 10, 2009

January 17, 2009

January 31, 2009

Time: 2:00pm – 3:30pm

Cost: \$59.00 or \$29.50 for review

Pre-requisite: Red, Brn, Blk belts; must have taken basic saber

Basic Bo

Dates: 2-7-09

2-14-09

2-28-09

Time: 2:00-3:00pm

Cost: \$39.00 or \$19.50 for review

Pre-requisite: Adults –yellow belt and up. Jr. students- green belt and above.

Kung Fu Rank Test

Date: 9-14 yrs: 2-19-09, Thursday, 6-8:00pm

5-8 yrs: 2-21-09, Saturday, 2-3:30pm

15 +: 2-21-09, Saturday, 3-5:00pm

Must register on or before 2-12-09

Chinese New Year and Award Banquet

Date: January 24, 2009 (Saturday)

Time: 6:00pm reception

6:30pm dinner

Place: Café East

260 West 1st Street

Humble, TX 77338

Cost: 3 yrs and under - \$7.00

4-9 yrs - \$12.00

10 yrs and up - \$17.00

Table of 10 - \$170.00

**SEE FLIER FOR
MORE DETAILS
AND TO
REGISTER**

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:

Chinese New Year Costume Shopping

****Costume Contest at New Year Banquet****

Date: 1-17-09 (Saturday)

Time: 3:00pm (meet at WMA) or 4:00pm at Mulan clothing store.

Address for Mulan: 9862 Harwin Dr.

Houston, 77036

281-682-3387

Dinner to follow at 6:30pm at Arirang Korean restaurant for those interested.

Approximately \$20-25.

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.

Inner School Tournament Results

5-8 year Beginning Forms

1st – Darby Dickinson

2nd – Destiny Pena

7-8 Beginning Forms

1st – Remi Dickinson

2nd – Damon Golden

Jr Advanced Forms

1st – Jose Guzman

2nd – Andrea Barela

3rd – Joshua Moricca

Adult Intermediate Forms

1st – Paul Turk

2nd – David Litzkow

Adult Advanced Forms

1st – Jacob Darst

2nd – Lisa Cooper

3rd – Allen DeWoody

4th – Chris Castillo

5th – Michael Barton

Jr Advanced Weapons

1st – Jose Guzman

2nd – Joshua Moricca

3rd – Andrea Barela

Intermediate Weapons

1st – Paul Turk

Advanced Weapons

1st – Jacob Darst

2nd – Allen DeWoody

3rd – Chris Castillo

4th – Michael Barton

5th – Lisa Cooper

Tournament Results Cont'd

7-8 Year Sparring

1st – Remi Dickinson

Jr. Advanced Sparring

1st – Joshua Moricca

2nd – Andrea Barela

3rd – Jose Guzman

Brown Belt Adult Sparring

1st – Jacob Darst

2nd – Michael Barton

Advanced Adult Sparring

1st – Chris Castillo

2nd – Lisa Cooper

3rd – Allen DeWoody

January Birthdays

Adam Arce 1/08

Clarissa Solis 1/23

David Barnes 1/12

Destiny Pena 1/19

Diana Garcia 1/03

Grant Shellhouse 1/27

Jack Santos 1/26

Janalee Zubi 1/10

Joslyn Rivera 1/25

Marcos Garza 1/31

Rick Strickland 1/07

Rusty Palmer 1/16

Sharon Strong 1/06

Wilfred Hung 1/19

Rank Test Results – December

Jose Guzman Red/s

Rand Warzeka Blue/s

Sarah Kennedy Blue

Marvin Henderson Blue

Paul Turk Green/s

Chris Avelar Green/s

Matthew Baker Green/s

Miguel Garcia Green/s

Travis Gholston Green

Roberto Matsumura Orange

Peter Ghinga Yellow/s

Christopher Roche Yellow/s

Sabrina Cauvet Yellow/s

Destiny Pena Yellow/s

KC Huynh Yellow

David Litzkow Yellow

New Students

Crystal Gentriss

Troy Gentriss

Welcome Back

Koch Family!

Buddy Pass

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

From now until January 31, 2009, 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.