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

## July 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.**

### Black Belt Club Test

Date: 7-26-08 (Saturday)

Time: 2-3:30pm

### Tai Chi Test

Date: 09-27-08 (Sat)

Time: 12-1:30 pm

### Brown and Black Belt Class

Date: Saturday, August 16, 2008

Time: 2:30-3:30 pm

### Basic Saber

Date: 09-13-08 (Sat)

09-20-08 (Sat)

09-27-08 (Sat)

Time: 9-10 am

Cost: \$39.00;

Review: \$19.50

9-14 yrs: Grn Blt +

15+ yrs: Ylw Blt +

### Advanced Bo

Date: 08-02-08 (Sat)

08-09-08 (Sat)

08-16-08 (Sat)

08-23-08 (Sat)

08-30-08 (Sat)

Time: 9-10am

Cost: \$59.00

Review: \$29.50

Red, Brn, Blk Belt

Basic Bo pre-requisite

### Proverbs 11:2

“Where humility is, there also is wisdom.”

New School Phone  
number: 281-548-1638

281-682-3387 ( Cell )

### Inner School Tournament Results 6/7/08

#### Forms

Olivia Williamson – 1<sup>st</sup>

Joshua Moricca – 2<sup>nd</sup>

Jaci Moricca – 3<sup>rd</sup>

Will Sere – 1<sup>st</sup>

Roberto Matsumura – 1<sup>st</sup>

#### Sparring

Olivia Williamson – 1<sup>st</sup>

Jaci Moricca – 2<sup>nd</sup>

Joshua Moricca – 3<sup>rd</sup>

Will Sere – 1<sup>st</sup>

#### Tai Chi

Roberto Matsumura – 1<sup>st</sup>

### Internet Specials

Be sure to visit our website at [www.WangsMartialArts.com](http://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. 14<sup>th</sup>, 6-8pm**

**Thursday, Oct. 16<sup>th</sup>, 6-8pm**

**Saturday, Oct. 18<sup>th</sup>, 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.

**July Birthdays**

David Romaine	7/17
Jason Wang	7/31
Jason Tansey	7/31
Krzysztof Cupial	7/23
Mary Hopkins	7/12
Melvin Moncrief	7/28
Shaun Campbell	7/30
William Kerfoot	7/09
Zachary Miro	7/04
Josh Echols	7/06
Karma Echols	7/29

**Tournament Points**

James Wang	36
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**New Students**

Sam Carcamo
Bill Chen
Austin Hayden
Christopher Roche
Grace Tobin
Brian Drumgo

**Kung Fu Rank Test**

5-8 yrs: 09-20-08 (Sat)
2-3:30pm
9-14 yrs:09-18-08 (Thur)
6-8pm
15 yrs +:09-20-08 (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
Khalid Qarryzada	3.0

**Buddy Pass**

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

From now until July 30, 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, 10-11:00 AM**

**Place: Wang's Martial Arts**

**Cost: \$39.00 per month**

**Please wear comfortable clothes that you can move around in with ease.**