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August 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: 8-23-08 (Saturday)

Time: 2-3:30pm

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 +

Brown and Black Belt Class

Date: Saturday, August 16, 2008

Time: 2:30-3:30 pm

Tai Chi Test

Date: 09-27-08 (Sat)

Time: 12-1:30 pm

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

Rank Test Results 6/28/08

5-8 Years

Will Sere Yellow/S

Antonio Bocanegra Purple/S

9-14 Years

Hannah Garcia Orange

Daniel Garcia Orange

Travis Gholston Orange

Marvin Henderson Green

Jose Guzman Blue/S

Olivia Williamson Blue/S

15-80 Years

Larry Hall Yellow

Roberto Matsumura Yellow

Josh Echols Yellow

Nicholas Norris Yellow

Rank Test Results Cont'd

Angelo Garcia Orange

Tyson Games Orange

David Ehlig Orange/S

Miguel Garcia Orange/S

Matthew Baker Orange/S

Chris Avelar Orange/S

Paul Turk Orange/S

Sarah Kennedy Purple

Marvin Henderson Purple

Rank Test Results 7/26

Jaci Moricca Blue/S

Joshua Moricca Blue/S

Proverbs 3: 13 – 15

“Blessed is the man who finds wisdom, the man who gains understanding...nothing you desire can compare with her.”

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.

August Birthdays

Anthony Nadolski	8/01
Clarence Jackson	8/06
Daniel Thibodeaux	8/23
Dominic Sere	8/04
Elizabeth Benton	8/02
Em Singh	8/13
Hannah Garcia	8/28
Llaria Puente	8/25
Jacob Darst	8/11
Jose Guzman	8/25
Lisa Cooper	8/05
Michael Bagent	8/31
Nichilas Norris	8/19
Rand Warzeka	8/12
Shane Miro	8/26
Sharon Kolajczak	8/27

Tournament Points

James Wang	36
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New Students

Richard Ramirez
Jacob Butler
Jennifer Mears
Luis Auguste

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 August 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, 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.