

# Wang's Martial Arts

92-B Wilson Rd.  
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U.S.A.

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

**New School Phone number:**

**281-548-1638**

**281-682-3387 ( Cell )**

## March 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, March 14, 2009, 1-2:00pm

#### **Advanced Bo**

Dates: March 7, 2009

March 14, 2009

March 28, 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

#### **Dagger**

Dates: 4-4-09

4-11-09

4-25-09

Time: 2:00-3:30pm

Cost: \$39.00 or \$19.50 for review

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

#### **Kung Fu Rank Test**

Date: 9-14 yrs: 5-07-09, Thursday, 6-8:00pm

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

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

Must register on or before 4-30-09

#### **Brown and Black Belt Test**

Date: 4-14-09 (Tue) 6-8pm

4-16-09 (Thur) 6-8pm

4-18-09 (Sat) 9am-3pm

All those participating are required to write and turn in an essay on a selected topic as well as some other supporting documents. Please review the details of these items on the papers you are given.

After the completion of the test, the family and friends of the students testing for rank are invited to enjoy a potluck dinner at the studio. Work hard, and on Saturday, bring your favorite dish!

#### **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:**

### **Inner School Tournament**

Date: 3-21-09

Time: 2:00-5:00pm

Place: Wang's Martial Arts

92-B Wilson Road at First St.

Humble, TX 77338

(281) 548-1638

Entry Fee: \$30.00 for one and/or two events

\$5.00 for each additional event

**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 Banquet!**

**1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts;**

**Participation-3pts**

### **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.

**New Students**

Gaelan Gilbert  
 DebraDoper  
 Angela Jermail  
 Michael Cervantes  
 Mark Cervantes  
 Mark Limonet  
 Kenneth Smith  
 Angel Pacheco  
 Stacie Killmoor  
 Ahmad Muhammad  
 Ximena  
 Briana Bilstein  
 LaMarcus Soleiu  
 James Wilkins  
 Julian Rosas  
 Sherise Anderson

**March Birthdays**

Alejandro Ontiveos	3/20	Will Sere	3/11
Leilani White	3/22	Angel Pacheco	3/22
Alex Cupial	3/25		
Matthew Hahn	3/19		
Consuelo Saenz	3/30		
Olivia Williamson	3/25		
Daniel Garcia	3/31		
Patrick Ellis	3/14		
David Neighbors	3/27		
Peggy Krohn	3/12		
Esmeralda Smith	3/15		
Timothy Garcia	3/13		
Jennifer Mears	3/1		
Travis Gholston	3/20		
Jim Sere	3/11		
William Stanley	3/01		

**Rank Test Results – February**

Alejandro Ontiveros	Yellow
Nayeli Ontiveros	Yellow
Bill Chen	Yellow/s
Darby Dickinson	Orange
Remi Dickinson	Orange
Marvin Henderson	Purple/s
Gaelan Gilbert	Yellow
Ryan Barnes	Yellow
Christopher Roche	Orange
Chris Avelar	Purple
Marvin Henderson	Blue/s
Sarah Kennedy	Blue/s
Rand Warzeka	Red
Angel Pacheco	Yellow
Angela Jamail	Yellow
Jason Riebli	Yellow
David	Yellow/s
KC	Yellow/s
Roberto Matsumura	Orange/s
Miguel Garcia	Purple
Matthew Baker	Purple

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

**ONE MONTH SPECIAL!!**

**Refer your friends and they get a FREE UNIFORM and FREE REGISTRATION!**

For only \$119.00 your friends and family members can enjoy a month of kung fu or tai chi with a free uniform, free registration and UNLIMITED CLASSES each week!!

Just tell them to mention your name and the “One Month Special”

**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: Tuesday, 6:00-7:00pm; Friday, 6:00-7:00pm; Saturday, 9:00 – 10:00 AM**

**Place: Wang’s Martial Arts**

**Cost: \$49.00 per month**

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