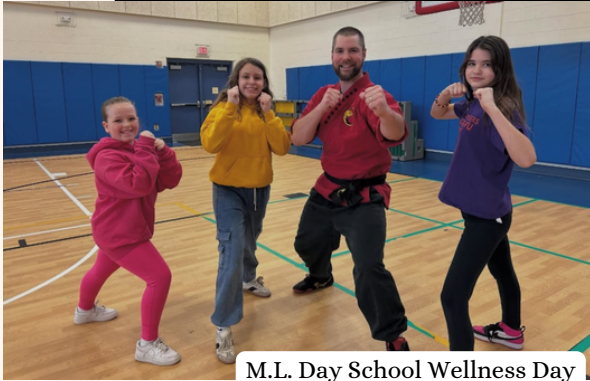




NINE TIGERS KUNG-FU

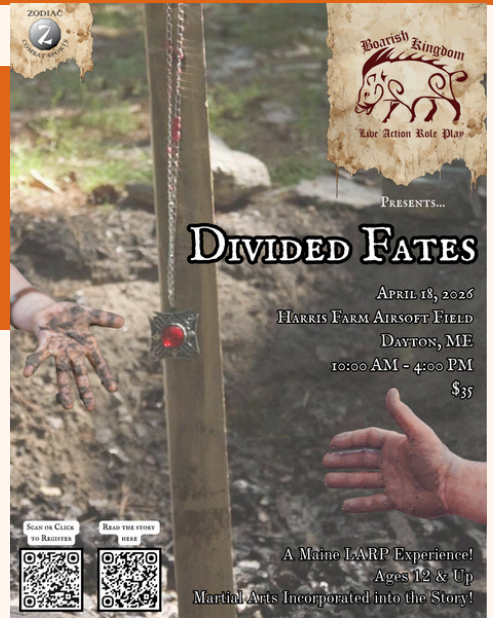
NEWSLETTER



M.L. Day School Wellness Day
Arundel, ME

Nine Tigers Kung-Fu is relieved that spring is here! The days are getting warmer, the snow is melting away; goodbye, winter! With sunnier days ahead, our studio calendar is jam-packed with events, tournaments, and special days. Keep on reading to see what you can sign up for!

Are you ready for adventure? Come join the Boarish Kingdom LARP, hosted by Zodiac Combat Sports! This exciting day combines the thrills of live action role-play with real-world martial arts. Dress up as a mage or warrior and be a part of a medieval story. Click on our flyer to register!



Twin Dragon Kung Fu

Legends Martial Arts Championship
Sunday, May 3, 2026

Doors Open at 8:30am
Opening Ceremony / Lion Dance Begins at 9:15am

Dover Highschool
25 Alumni Drive
Dover NH, 03820

All Ages, Ranks & Styles Welcome

- * Traditional Forms
- * Traditional Weapons
- * 2 Person Forms
- * Sparring
- * Tai Chi
- * Push Hands

Awards for 1st - 3rd Place

For More Information & Application Visit:
TwinDragonNH.com/Tournament

Questions?
Contact: Sifu John Fillipon
603-522-8791
Sifu@TwinDragonNH.com

\$75 Registration Fee (Covers all events)
\$10 Cash Spectator Fee at the Door
Register by April 30, 2026

The second annual Legends Martial Arts Championship is Sunday, May 10! This competition is hosted by our good friends, Twin Dragon Kung-Fu, and is a part of our C.N.E.C. circuit. Come support our students as they demonstrate their forms, weapons, sparring, and push hands! Registration ends April 30.

Our students did a phenomenal job representing Nine Tigers Kung-Fu during Cervizzi's Spring Invitational tournament! We are proud of these amazing competitors, and we are thankful to see their hard work supported in our martial arts community.



April 2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



Why do we try our best? To be our best!



Belt Promotions

- Gigi G. – Blue Belt
- Hannah A. – Blue Belt
- Kevin H. II – Blue Belt
- Morgan S. – Blue Belt
- Olivia F. – Purple Belt
- Ollie B. – Purple Belt
- Ava L. – Orange Belt
- Eli D. – Orange Belt
- Gabriella F. – Orange Belt
- Isabella L. – Orange Belt
- Dimitrios T. – Yellow Belt



New adult boxing gloves are in! We have new, machine-washable gloves in assorted colors and patterns! Feel free to stop by the Welcome Desk to purchase a pair.

Promotions & Achievements



Why do we try our best? To be our best!



Stripe Promotions

- Harry J. – Purple Stripe
- Landon G. – Purple Stripe
- Emersyn B. – Orange Stripe
- Elliot C. – Yellow Belt
- Logan Ad. – Yellow Stripe
- Tyson P. – Yellow Stripe



Stripe Days this month are: Wednesday, April 8 & Thursday, April 9! Students in our Kids Beginner Class (5:15 PM) are required to wear their full gi uniforms and belt in order to earn their stripe. For more information, see our flyer below!

What year did the animated movie, *Mulan*, debut?

Monthly Reminder



Stripe Day & Belt Promotion



Requirements

- ✓ **Punctual**
 - Time to stretch
 - Time to practice
- ✓ **Wear Full Uniform**
 - Gi top & pants
 - Belt
- ✓ **Concentration**
 - Active listening
 - Engaged with lesson
 - No bathroom breaks

You must demonstrate all these qualities to receive your belt or stripe!

Our daily calendar is posted on our website. We kindly ask those who pick up their students to please respect the start and end times of classes. We want to make sure our martial artists are arriving and leaving on time in a safe manner.

For traditional classes, students must come to class with their:

- Belt
- Gi Top (or Nine Tigers Kung-Fu Shirt)
- Gi Pants (or Nine Tigers Kung-Fu Pants)
- Boxing Gloves (Ages 7+)

Tips for an awesome Kung-Fu Class:

- Bathroom break *before* the lesson begins
- Arrive early to stretch and practice
- Be respectful of students on the floor
 - Only quiet conversations in the lobby

April 2026 Nine Tigers Kung-Fu Word Search



Belt
Honor
Kick
Practice
Studio

Cross
Hook
Mantis
Respect
Tiger

Defense
Jab
Patience
Stance
Uppercut

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

Special Announcements



SPRING 2026 ORDER FORM

207-303-4550

NineTigersWelcomeDesk@gmail.com

sifustevemulloy@gmail.com

CUSTOMER INFORMATION

NAME

NINE TIGERS KUNG FU
LONG SLEEVE SHIRTS

\$35



FRONT



BACK

BLACK LONG-SLEEVE TEE (\$35)

Size	Quantity
Child XS	
Child S	
Child M	
Child L	
Adult S	
Adult M	
Adult L	
Adult XL	
Adult 2X	



Black Shorts \$25

Size	Quantity
Child XS	
Child S	
Child M	
Child L	
Adult S	
Adult M	
Adult L	
Adult XL	
Adult 2X	

PAYMENT METHOD



Cash



Credit Card



Check/Venmo

TOTAL DUE	
TOTAL PAID & DATE	

PLEASE HAVE FORMS TURNED INTO WELCOME DESK BY
FRIDAY, APRIL 10

Special Announcements

ZODIAC
COMBAT SPORTS

Boarish Kingdom
Live Action Role Play

PRESENTS...

DIVIDED FATES

APRIL 18, 2026
HARRIS FARM AIRSOFT FIELD
DAYTON, ME
10:00 AM - 4:00 PM
\$35

SCAN OR CLICK
TO REGISTER

READ THE STORY
HERE

A Maine LARP Experience!
Ages 12 & Up
Martial Arts Incorporated into the Story!

Special Announcements

CLICK HERE



**Competitor Rankings
Now Live: Uventex.Com**

Special Announcements

Twin Dragon



Kung Fu

Dover Highschool
25 Alumni Drive
Dover NH, 03820

All Ages, Ranks &
Styles Welcome

- * Traditional Forms
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Legends

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Begins at 9:15am



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(Covers all events)

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Register by

April 30, 2026

Special Announcements



THE TIGER INSTITUTE INVITES YOU TO JOIN US!
OFF THE MAT
COLLABORATIVE TRAINING DAY
ALL AGES, RANKS & STYLES WELCOME!



Saturday, May 9th
8:00am-4:00pm
Saugus Iron Works
244 Central St., Saugus, MA

Enjoy a full day of family-friendly unified training with some of New England's best instructors, and go home with new skills, knowledge, friendships, and memories to last a lifetime!

Shihan Lisa Magiera
Bushido Karate Dojo



SiGung James Banks
The Iron Ring



Renshi Karen Jones
Tao Martial Arts



EARLY BIRD
REGISTRATION
UNTIL 4/9 - \$70
4/10 THRU 5/9 - \$75

PRICE INCLUDES
EVENT T-SHIRT
PIZZA LUNCH

AND MORE!!

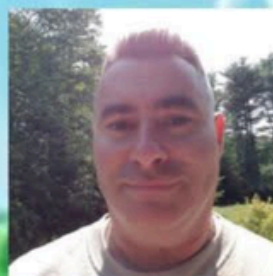
Sifu Tim LaVallee
Woo's Martial Arts



Shihan Diana Dustin
Cervizzi's Martial Arts



Sensei Hal Pierce
PBC/First Class MMA



Grandmaster Donna Vinbury
Kenpo Karate Institute



Sifu Steve Mulloy
Nine Tigers Kung Fu



Sensei Lauren Cloutier
Legacy Martial Arts



Call or email
for more information
781-520-1097
tigertkdsaugus@gmail.com



**NINE TIGERS
KUNG-FU**



KUNG-FU ON THE IN-FIELD!



**SATURDAY, JUNE 20
5:00 PM**

**271 PARK AVE,
PORTLAND, ME 04102**

SCAN



**JOIN US FOR A KUNG-FU
DEMONSTRATION AT THE
PORTLAND SEA DOGS!**

Special Announcements



NINE TIGERS KUNG-FU

Summer 2026

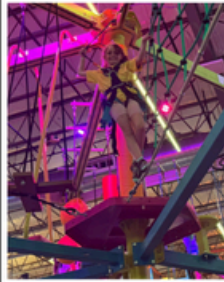
KUNG-FU SUMMER PROGRAM ★ Ages 6-12

Monday - Friday ★ 8:30 AM - 4:00 PM ★ \$295 Per Week

Week 1
July 6 - July 10
Warrior Week



Week 2
July 13 - July 17
Jumping Into Action



Week 3
July 20 - July 24
Friendship Through Kung-Fu



Week 4
July 27 - July 31
Year of the Horse



Week 5
August 3 - August 7
Fly Like An Eagle!



Each week we plan a specific field trip associated with the assigned theme (see above) & a visit to Ocean Park Beach!

Tentative Field Trip:
★
Twin Dragons Martial Arts

Tentative Field Trip:
★
Urban Air

Tentative Field Trip:
★
Raptor Falls Mini Golf

Tentative Field Trip:
★
Fun Town

Tentative Field Trip:
★
Bushido Karate Dojo

Special Announcements



MID SUMMER CLASSIC MARTIAL ARTS TOURNAMENT

Sunday, July 19, 2026

Maine Sports Arena • 15 Lund Road, Saco, ME

Doors Open at 7:30am • Black Belt Divisions Begin at 8:30am

Forms • Weapons • Sparring • Tai Chi • Board Breaking



Special Announcements



NINE TIGERS KUNG-FU

Studio Hygiene

Studio Expectations:

- Wear shoes, flip-flops, or sandals when using our restroom
- Flush any & all waste made in toilets
- Wipe toilet seat & floor if liquids dripped
- Pick up bathroom trash if dropped
- Wash & sanitize hands before bowing onto the mat
- Cover your coughs & sneezes with your elbow
- Wear a mask if you are not feeling well*

*We will ask students who have severe cold symptoms to go home

For Fantastic Personal Kung-Fu Hygiene:

- Trim & maintain nails often
- Scrub the underside of nails with soap & water every time you wash your hands
- Wash your face & body regularly
- Use deodorant before coming into class
- If you have cuts or open wounds, please wrap them or use a clean bandage
- For feet care:
 - Wash your feet every day and dry them completely
 - Clip your toenails short & keep them clean
 - Change your socks at least once a day
 - Check your feet regularly for cuts, sores, and/or infected toenails & apply treatment as needed

If you have a runny nose, persistent cough, and/or a fever, please stay home!