



NINE TIGERS KUNG-FU

NEWSLETTER



Heidi's House Child Care Demo
Scarborough, ME

Welcome to August! This summer, we had a blast with our summer program; and we excelled at our Mid-Summer Classic Tournament. We want to thank all our volunteers and counselors who made this summer fun and safe!

On Saturday, August 23; Nine Tigers Kung-Fu will host a Crafts and Treasures Fair! Artists around the community are invited to display their artwork and forgotten treasures; and visitors may purchase the goods they find. If you would like to reserve a table for your own art or items, you may call the number listed on the poster below!

CRAFTS & TREASURES FAIR

WHEN
Saturday, August 23

WHERE
366 Elm Street
Biddeford, ME

TIME
9:00 AM - 3:00 PM

ARTIST'S TABLE
\$10
Contact John Mulloy
(208) 427-9659
jmulloy82@gmail.com

Hosted By:
NINE TIGERS KUNG-FU

NINE TIGERS KUNG-FU

FALL DEMO TEAM

Monday - Friday
2:45 PM - 5:15 PM

September 2 - December 19
\$70 Per Week

TRANSPORTATION

We pick-up students from these Saco & Biddeford schools:

- Young School
- CK Burns School
- Fairfield School
- Biddeford Primary School
- Biddeford Intermediate School
- Biddeford Middle School

Don't see your school here?
You can still sign-up for Demo Team and be dropped off at the studio!

ABOUT DEMO TEAM
Our program helps students develop their physical fitness & kung-fu knowledge. We provide a safe and fun place for students to prepare and participate in martial arts demonstrations, training, and tutelage. Select students who join Demo Team are invited to become instructors for our Beginner Kung-Fu class.

TYPICAL SCHEDULE
2:15 PM - 2:25 PM: Biddeford & Saco Schools Released
2:25 PM - 2:40 PM: Nine Tigers Pick-Up at Schools
2:45 PM - 3:15 PM: Workout of the Day
3:15 PM - 3:30 PM: Demo & Form Practice
3:30 PM - 3:55 PM: Team Building & Game Time
4:00 PM: Invited Demo Team Members Instruct Beginner Kung-Fu Class
5:15 PM: Student Pick-Up

CONTACT US
situatevemuulloy@gmail.com
ninetigerskungfu.com
207-303-4550

For Nine Tigers Kung-Fu Students Only

Our Fall Demo Team is open for registration! We pick-up students throughout the Biddeford and Saco area, and bring them to our studio for after-school fun and martial arts! This year, we are inviting Demo Team members to become leaders in the studio--for more information, you may see our Welcome Desk!

Get ready for tournament season! We already have save-the-dates for multiple competitions coming up in the fall and winter. As soon as we receive the news, we'll post the information in our newsletter, social media pages, and our bulletin board. Get ready to represent our studio!

Cervizzi's

FALL INVITATIONAL
Sunday, October 18, 2025

KARATE TOURNAMENT

2025 CMAA BOSTON

Traditional Forms • Traditional Weapons
Point Sparring

Malden Catholic High School
39 Crystal Street
Malden, MA 02148
Doors open at 8:00 AM
Tournament starts at 9:00 AM

Register at: MYUVENTEX.COM SCAN ME

Soke Paul Cervizzi
617-240-0874
cervizzi@gmail.com
www.cervizzimartialarts.com

August
2025



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Jackson M. – Red Belt

Nolan S. – Red Belt

Reese S. – Red Belt

Hailey P. – Brown Belt



We are excited to announce the Coastal New England Championship, a partnership between our regional tournaments to celebrate competitors! Zodiac Combat Sports; Cervizzi's Martial Arts; Twin Dragon Kung Fu; and Bridgewater Martial Arts created this circuit to award medals to our tournaments' top athletes. To be considered, enter all 5 tournaments and demonstrate your hard work. Winners will be announced at this year's New Year Spectacular!

What is the weapon form an Orange Belt can learn?

Promotions & Achievements



What does paying attention mean?

To look and listen!



Stripe Promotions

Dom J. – Purple Stripe

Harry J. – Yellow Stripe



The Mid-Summer Classic Tournament was a huge success! Nine Tigers Kung-Fu brought home many medals and honors, and we are excited to teach these fantastic competitors. Thank you to our volunteers for helping keep score, track time, run concessions, and set-up the rings. Their contribution helps this tournament run successfully!

Monthly Reminder



**NINE TIGERS
KUNG-FU**



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

Upcoming Tournaments & Events

New Adult Morning Class Schedule Nine Tigers Kung Fu

 NINE TIGERS KUNG-FU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM (50 Minute Class)	Yoga Flow	Beginner Tai Chi	Centering: Tension Release & Meditation	Killing Me Softly: Slow Burn	Vin Yoga		
8:30 AM (50 Minute Class)	Yoga Flow	Beginner Tai Chi	Centering: Tension Release & Meditation	Killing Me Softly: Slow Burn	Vin Yoga		
10:00 AM (50 Minute Class)	Yoga Flow	Beginner Tai Chi	Centering: Tension Release & Meditation	Killing Me Softly: Slow Burn	Vin Yoga		
Noon (30 Minute Class)	30 Minute Cardio	30 Minute Cardio	30 Minute Cardio	30 Minute Cardio	30 Minute Cardio		
4:30 PM (60 Minute Class)							Tai Chi Chuan
6:00 PM (90 Minute Class)							MELT 90 Minute Relaxation Class

Meet Our New Instructor:

Willow!

- 1000 Hours ERYT Yoga
- Yoga Tune up
- Tai Chi Chuan
- Trauma Informed Trainer
- Pilates & Barre



3 Weeks: August 11-August 29

- New Members only **\$49**
- Current Members gain access to all of these
AMAZING CLASSES for **FREE**

To Register & For More Information:

Email: SifuSteveMulloy@gmail.com

Call or Text: (207) 303-4550

Upcoming Tournaments & Events



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(508) 423-4069
jmulloy01821@gmail.com

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Upcoming Tournaments & Events



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Soke Paul Cervizzi
617-240-0974
cervizzip@gmail.com

www.cervizzismartialarts.com

Upcoming Tournaments & Events



The poster features a traditional East Asian artistic style with a large dragon in the background. The title '17TH ANNUAL Martial Arts TOURNAMENT & CELEBRATION' is prominently displayed in a stylized font. Below the title, it is presented by the F.A.M.A. (Federation for Advancement of Martial Arts), which includes a logo with a crane and a torii gate. The event is organized by Sifu Winchell P.C. Woo and Grandmaster Shawn Gallagher. The host is the Dana Barros Basketball Club, located at 1776 Washington St. in Stoughton, MA. The event is scheduled for Sunday, November 30th, 2025, with doors opening at 7:30 AM. An application deadline of November 24th is noted, along with a QR code for registration. The bottom of the poster provides contact information for Professor John Hatfield and a website for printable applications and rules.

17TH ANNUAL

Martial Arts

TOURNAMENT & CELEBRATION

PRESENTED BY:

F.A.M.A.
FEDERATION FOR ADVANCEMENT OF MARTIAL ARTS

SIFU WINCHELL P.C. WOO

GRANDMASTER SHAWN GALLAGHER

DANA BARROS BASKETBALL CLUB
1776 WASHINGTON ST. STOUGHTON, MA 02072

SUNDAY, NOVEMBER 30TH, 2025
DOORS OPEN AT 7:30AM

APPLICATION DEADLINE

NOVEMBER 24TH

SCAN CODE TO REGISTER

Contact : Professor John Hatfield · BridgewaterMA@comcast.net (508) 697-4947
Printable applications & rules still available on:
bridgewatermartialarts.com



NINE TIGERS KUNG-FU

Studio Hygiene!

At the Studio:

- Wear shoes, flip-slops, or sandals when using our restroom
- Wash and sanitize your hands before bowing onto the mat (especially after using the restroom)
- Cover your coughs and sneezes with your elbow
- Feel free to wear a mask if you don't feel 100%

For Fantastic Personal Kung-Fu Hygiene We Recommend:

- Trim and maintain nails often
- Scrub the underside of nails with soap and water every time you wash your hands
- Wash your face and body regularly
- 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 and keep them clean
 - Change your socks at least once a day
 - Check your feet regularly for cuts, sores, and/or infected toenails and apply treatment as needed



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

Healthy bodies. Healthy minds. Healthy kung-fu.