



NINE TIGERS KUNG-FU

NEWSLETTER



2026 Mid Summer Classic
Saco, ME

Phew! It's been a hot summer, but we're still fired-up here at Nine Tigers Kung-Fu! We just hosted a phenomenal Mid Summer Classic tournament; our adult students are still up to mischief; and we're wrapping up our Summer Program. Take a look at what else we've been up to!

Our Mid Summer Classic was fantastic, thanks to our amazing competitors; volunteers; staff; and sponsors! We love hosting this tournament every year, and we appreciate all the hard work and dedication everyone puts into this special day. A huge shout-out for our Sanda fighters for ringing in our inaugural fights! We're already planning ahead for 2027!



Sanda Showcase
Saco, ME



"Warrior Week"
Wakefield, NH

Our Summer Program has been a smash! We would like to thank our wonderful campers for an amazing 2026 season! Nine Tigers Kung-Fu would like to recognize our counselors, Miss Megan and Miss Jessie for providing a safe and fun atmosphere. And, a huge thank you to our junior counselors, Mr. Aaron; Miss Kay; and Mr. Jason for being a wonderful team. We will post our annual collage in our next newsletter. Let's go!



Little Footsteps Demo
Saco, ME

August
2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Gigi G. – Green Belt

Kevin H. Jr. – Green Belt

Morgan S. – Green Belt

Quinn C. – Orange Belt



Heidi's House Demo
Scarborough, ME

Congratulations Miss Megan and Mr. Dan for
having their first baby!

Welcome to Nine Tigers Kung-Fu, Baby Golightly!

Did you know: Hippos make their own sunscreen by secreting a substance through their skin!

Promotions & Achievements



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



Stripe Promotions

Harry J. – Purple Stripe

Elliot C. – Orange Stripe

Tyson T. – Orange Stripe

Samuel Ri. – Yellow Stripe



Stripe Days this month are: Wednesday, August 12 & Thursday, August 13! 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!

Trivia: What is the largest bone in the human body?

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

Sudoku

	3						5	
7			1		6			4
		2	5		4	3		
	8	7	4		3	1	6	
				2				
	2	3	6		8	4	9	
		9	7		2	5		
2			3		5			1
	6						7	

Special Announcements



NINE TIGERS KUNG-FU

Studio Hygiene

Studio Expectations:

- Wear shoes, flip-slops, 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!