



NINE TIGERS KUNG-FU

NEWSLETTER



Morning Workout

Michael Macaris Kung Fu Academy

Happy Holidays, Nine Tigers students, friends, and family! As the year comes to a close, we want to thank all of you for a fantastic 2024! You are the reason this studio is kind and successful.

Winter Demo Team is taking new students! Starting January 6th and ending June 6th, we pick up Saco & Biddeford students after school and bring them back to the studio for some kung-fu fun! Demo kids stay active and develop their martial arts lessons. For more information, see our flyer!



Saint James School 5k Race

Biddeford, ME

The Chinese Martial Arts Autumn Invitational was a huge success! We love seeing our students shine at these competitions. Make sure to congratulate these wonderful artists!

FROM OLD TO NEW,
THE SNAKE TAKES OVER THE DRAGON...

ZODIAC
COMBAT SPORTS

NINE TIGERS KUNG-FU

PRESENTS...
2025
NEW YEAR SPECTACULAR

Double Tree Hotel, Lighthouse Ballroom
363 Maine Mall Road
South Portland, ME

New England's top instructors will educate participants in diverse practices of martial arts. Come meet and learn from dedicated and talented professionals as they host workshops on:

- Self Defense
- Weapon Training
- Form & Technique
- And more!

 SIFU JOHN FILLIPON TWIN DRAGON KUNG FU	 PROFESSOR JOHN HATFIELD BRIDGEWATER MARTIAL ARTS	 SIFU LINDSAY LAMBERT WU DAO KUNG FU
 DOSHI ALLAN VIERNES GREATER PORTLAND SCHOOL OF JUKADO	 SHIHAN LISA MAGIERA BUSHIDO KARATE DOJO	 SOKE PAUL CERVIZZI CERVIZZI'S MARTIAL ARTS
		 SIFU TIM LAVALLEE WOO'S MARTIAL ARTS

JANUARY 11 8:00 AM - 4:00 PM
ALL AGES • ALL DISCIPLINES • \$75 • SCAN TO REGISTER



We are excited to announce our 2025 New Year Spectacular! Come train with incredible and talented martial artists on January 11! All students are invited to attend. You can register for this event by scanning the QR code on our flyer (located at the end of this newsletter and in our lobby). Afterwards, we will be celebrating Sifu Steve's birthday! If you have questions about the day's activities, feel free to reach out!



December 2024



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Allie P. -- Blue Belt

Ben V. -- Blue Belt

Lochlan A. -- Blue Belt

Shelby C. -- Blue Belt

Charles C. -- Purple Belt

Thea D. -- Purple Belt

Dan G. -- Orange Belt

Jed B. -- Orange Belt

Ryder L. -- Orange Belt

Jason M. -- Yellow Belt

Quinn C. -- Yellow Belt



Nine Tigers Kung-Fu showed up strong to FAMA! Many of our students brought home medals, including Sifu Steve! Thank you Bridgewater Martial Arts for inviting our studio--we had a wonderful time!



Kung-Fu Trivia: What is the order of our belt system?

Answer: White, Yellow, Orange, Purple, Blue, Green, Brown, Red, Black; Repeat; Black; Repeat; Black Sashi

Promotions & Achievements



What does paying attention mean?

To look and listen!



Stripe Promotions

Kellen H. -- Blue Stripe

Colton H. -- Yellow Stripe

Lily B. -- Yellow Stripe



Nine Tigers Kung-Fu will be closed:
Tuesday, December 24 - Wednesday, January 1.

Have a great holiday break!

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

Upcoming Tournaments & Events



**NINE TIGERS
KUNG-FU**



MARINERS



**SUNDAY
DECEMBER 8TH
3:00 PM**

SCAN OR CLICK TO
PURCHASE YOUR TICKETS!



WE'RE ON DURING FIRST INTERMISSION!

**CROSS INSURANCE ARENA
1 CIVIC CENTER SQUARE
PORTLAND, ME**

Upcoming Tournaments & Events



**NINE TIGERS
KUNG-FU**

WINTER DEMO TEAM

Monday - Friday
2:45 PM - 4:00 PM
January 6th - June 6th
\$70 Per Week



ABOUT DEMO TEAM

Our program helps students develop their physical fitness & Kung-Fu knowledge. Our team building exercises allow students to prepare and participate in martial arts demonstrations within our community.

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: Student Pick-Up

CONTACT US

sifustevemulloy@gmail.com

ninetigerskungfu.com

207-303-4550

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!

For Nine Tigers Kung-Fu Students Only

Upcoming Tournaments & Events



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Special Announcements



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
- 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 cuts or open wounds, please wrap them or use a clean bandage
- Avoid sharing hats, combs, headbands, and hair clips with others to prevent the spread of lice



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

Healthy bodies. Healthy minds. Healthy kung-fu.