



What an amazing year! We appreciate all our students and their families for supporting and representing Nine Tigers Kung-Fu. We are proud of your hard work, and look forward to what you can accomplish in 2026! Thank you for reading this newsletter, and happy holidays!

Don't forget to grab your tickets to our kung-fu demonstration at the Maine Mariners! We perform right on the ice, and it's always a special day to share our love for martial arts to the greater Portland area. The game starts at 6:00 PM on Saturday, December 6. You can scan or click the flyer below to reserve your seats!



Our New Year Spectacular is January 17, and we are ringing in the year of the Fire Horse! Come for a full day of martial arts training, and learn from the best instructors in the New England area. There is a special banquet at the end of the night, honoring our black belts and awarding champions in our C.N.E.C circuit! Click or scan the flyer to register.

We now sell gift certificates at our Welcome Desk! Looking for a special gift for your favorite martial artist? We've got you covered! Come on by and grab yours today!

December 2025

Promotions & Achievements

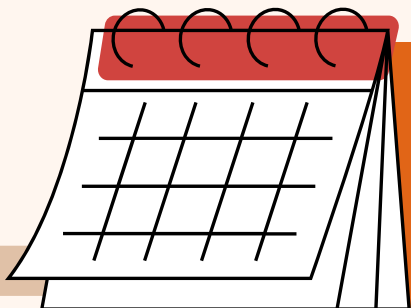


Why do we try our best? To be our best!



Belt Promotions

Aaron L. – Brown Belt
Ayla C. – Brown Belt
Dakota F. – Brown Belt
Dan G. – Brown Belt
Jon B. – Brown Belt
Mackenzie A. – Brown Belt
Vivian B. – Brown Belt
Charles C. – Blue Belt
Finn J. – Blue Belt
Harper T. – Blue Belt
Tristan B. – Blue Belt
Kevin H. Jr. – Purple Belt
Morgan S. – Purple Belt
Melissa B. – Orange Belt
Siyanna R. – Orange Belt
Tass T. – Orange Belt
Allie D. – Yellow Belt
Ava L. – Yellow Belt
Bethany H. – Yellow Belt
Charli D. – Yellow Belt
Eli D. – Yellow Belt
Gabriella F. – Yellow Belt
Isabella L. – Yellow Belt
Samuel R. – Yellow Belt



Nine Tigers Kung-Fu will be closed December 23 - January 1. Happy Holidays, and we can't wait to see you next year!

Promotions & Achievements



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



Stripe Promotions

Harry J. – Orange Stripe

Landon G. – Orange Stripe

Hadaya B. – Yellow Stripe

Mofid B. – Yellow Stripe



F.A.M.A. Martial Arts Tournament
Stoughton, MA

Congratulations to all our competitors who represented Nine Tigers Kung-Fu at this year's F.A.M.A. Tournament! We are proud of your hard work and accomplishments! Thank you for bringing the competition season to a fantastic close!

Monthly Reminder



Stripe Day & Belt Promotion



RESPECT

FOCUS

DISCIPLINE

STRENGTH

HONOR

BALANCE

INTEGRITY

LOYALTY

PERSEVERANCE

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



TAI CHI & YOGA

Find balance. Build strength. Calm your mind.

New Offerings:

Yoga— Improve flexibility, core strength, and relaxation

Tai Chi— Gentle martial art for balance, energy, and stress relief

Tension Release & Meditation— center, relieve pain, and let go

Cardio— sweat, strengthen, and feel alive

Why Join Us?

- Reduce stress & anxiety
- Boost energy & focus
- Improve posture & mobility
- Build inner & outer strength

Class schedule



Join our community
+ gain accountability & support

Your First Class is FREE!

Nine Tigers Kung Fu
366 Elm St. Biddeford, ME
Text or Email to sign-up
SifuSteveMulloy@gmail.com
207-303-4550



Upcoming Tournaments & Events

NEW

PODCAST



DISCIPLINE - RESPECT - PERSEVERANCE - FOCUS

DEMONSTRATING HOW BLACK BELT QUALITIES TRANSCEND INTO BUSINESS AND LIFE.



HOSTED BY: SOKE PAUL CERVIZZI

50 YEARS IN MARTIAL ARTS, LICENSED ATTORNEY, AND FORMER PROBATION OFFICER OF 32 YEARS



Click the Banner to Listen!

Special Announcements



**NINE TIGERS
KUNG-FU**



MARINERS



**SATURDAY
DECEMBER 6TH
6:00 PM**

SCAN OR CLICK TO
PURCHASE YOUR TICKETS!



**WE'RE ON DURING SECOND INTERMISSION!
CROSS INSURANCE ARENA
1 CIVIC CENTER SQUARE
PORTLAND, ME**

Special Announcements

CELEBRATE THE HOLIDAYS

With



NINE TIGERS KUNG-FU

Monday, December 22

STUDIO FAMILY PARTY

Stop by for Games, Fun, and Holiday Vibes!
All Ages Welcome!

4:30 PM - 6:00 PM

12 DAYS OF CHRISTMAS

6:30 PM - 7:30 PM

ADULT STUDENTS ONLY



NINE TIGERS ADULT PARTY



7:30 PM - 8:30 PM

21+ ONLY



Special Announcements



WITH A NEW YEAR...
THE HORSE GALLOPS FORTH



**NINE TIGERS
KUNG-FU**



Holiday Inn, Portland: By The Bay
88 Spring St, Portland, ME 04101

Register Here!



PRESENTS...

2026

NEW YEAR SPECTACULAR

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

- Self Defense
- Weapons Training
- Close-Quarter Combat
- Martial Arts Appreciation
- And more!

Packages

New Year Spectacular Only: \$149

C.N.E.C Banquet Only: \$115

Combo Package: \$225

January 17

8:00 AM - 4:00 PM

YEAR OF THE FIRE HORSE INSTRUCTORS:



DOSHU ALLAN VIERNES
GREATER PORTLAND SCHOOL OF JUKADO



SHIHAN AMY AMIRAULT
TIGER INSTITUTE TAE KWON DO



SIFU JOHN FILLIPON
TWIN DRAGON KUNG FU



PROFESSOR JOHN HATFIELD
BRIDGEMAN MARTIAL ARTS



SHIHAN LISA MAGIERA
BUSHIDO KARATE DOJO



SHIFU LINDSAY LAMBERT
WU DAO KUNG FU



SOKE PAUL CERVIZZI
CERVIZZI'S MARTIAL ARTS



SIFU TIM LAVALLEE
WOO'S MARTIAL ARTS

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
- 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.