



# NINE TIGERS KUNG-FU

# NEWSLETTER



2026 New Year Spectacular  
Portland, ME

A fabulous February is here! This month's calendar is loaded with amazing training courses, events, and hard-working students. To learn more about what we are up to, continue reading through this newsletter!

Thank you to everyone who came to our New Year Spectacular! We are grateful for our instructors who volunteered their time to train with our attendees, and we appreciate our students for their hardwork. We are proud to showcase this amazing community of martial artists, and it's always a treat to share knowledge across the disciplines. We look forward to 2027's Year of the Fire Goat!



Nine Tigers Kung-Fu has been invited back to Biddeford's WinterFest! Our students hop on stage to demonstrate what we offer here at the studio. Any interested students are invited to attend--just let Sifu Steve know by Thursday, February 5. Bring your winter gear to watch our incredible athletes demonstrate what they have learned!



Cervizzi's Martial Arts is hosting their Spring Invitational Tournament on Sunday, March 15! Any students wishing to participate in our C.N.E.C. tournament should register as soon as possible! Let's rally and show the competition our very best!

February  
2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

# Promotions & Achievements



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



## Black Belt Promotions

Aaron F. – Black-Purple Belt

Jason B. – Black-Purple Belt

Samantha G. – Black-Purple Belt

Kay P. – Black-Yellow Belt

Nathaniel S. – Black-Yellow Belt

Aaron P. – Black-White Belt

Kevin H. III – Black-White Belt

Theodore P. – Black-White Belt

Troy H. – Black-White Belt

Uriah S. – Black-White Belt



A huge achievement was made on Saturday, January 10: Nine Tigers Kung-Fu tested ten students in Black Belt promotions! We are thrilled about the dedication and commitment these students have demonstrated over the course of many years. All the blood, sweat, and tears were worth it! We look forward to many more years of kung-fu with you. Readers, make sure to congratulate these fantastic students!

# Promotions & Achievements



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



## Stripe Promotions

Bradley W. – Yellow Stripe

Lily M. – Yellow Stripe

Noah B. – Yellow Stripe



Stripe Days this month are: Wednesday, February 11 & Thursday, February 12! 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!

# 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



# NINE TIGERS KUNG-FU

at

## WinterFest

**Center Stage  
Behind City Hall  
Biddeford, ME  
Saturday, February 7  
11:00 AM**



More Info Here!



Students who are interested  
in being in the demonstration should email:  
[sifustevemulloy@gmail.com](mailto:sifustevemulloy@gmail.com)



# Special Announcements



**NINE TIGERS  
KUNG-FU**

# FIRST AID CPR TRAINING &

## Adult and Pediatric Heartsaver CPR and First Aid

Instructor: John Mulloy

*35 Year Emergency Medical Technician and  
First Aid/CPR/STOP the Bleed Instructor*

### ***Training includes:***

- First Aid Basics
- Medical Emergencies
- Injury Emergencies
- Adult & Child CPR and AED Use



**\$95.00**

**For Ages 14+!  
Lunch Provided**

*Contact Sifu Steve for a Nine Tigers Kung Fu Family Discount!*

**Sunday, January 18 & Saturday, February 7**

9:00 AM - 4:00 PM  
366 Elm Street, Biddeford, ME

Our CPR and First Aid training meets the medical training requirements for many careers, including:

- Teachers and School Staff
- Child Care Providers
- Babysitters
- Lifeguards
- Summer Camp Workers
- Athletic Coaches
- Fitness Club Staff



Students who successfully complete this course will receive an American Heart Association Course Completion Card. The card is active for 2 years.

Each class has a strict limit of 10 students. Registrations will be accepted as payment is received. Once registered, there is a No Refund Policy. However, you may apply the payment for future class offerings.

To register, please email John Mulloy at [jmulloy01821@gmail.com](mailto:jmulloy01821@gmail.com) or call 508-423-4069

# Special Announcements



## Basic Pistol Training

**Saturday, February 28**

**\$95**

**9:00 AM - 5:00 PM**

**Live-fire portion of course held at Cumberland Rifle and Pistol Club,  
74 Blackstrap Road, Cumberland, ME.**

Students enrolled in the course learn safe, proper handling and use of pistols and revolvers. Our instructor covers ammunition types; loading and unloading; cleaning and maintenance; safe storage; and proper shooting mechanics.

This course includes live-fire practice with the pistol and revolver; provided by instructor.

Ear and eye protection will be provided if students arrive without proper safety equipment.



**21+ Only**

**Questions:**

**(508) 423-4069**

**[jmulloy01821@gmail.com](mailto:jmulloy01821@gmail.com)**

**Instructor John Mulloy: NRA Chief Range Safety Officer, NRA Instructor  
35 Year Law Enforcement Officer, Police Firearms Instructor, EMT**

# Special Announcements



**NINE TIGERS  
KUNG-FU**



## Wilderness & Remote First Aid (WRFA) Course

A CPR or Higher Care Certification is Required for this Course

The 16 Hour Wilderness and Remote First Aid (WRFA) Course provides students with the knowledge and ability to learn wilderness first aid. Hands on practice and realistic scenario based training ensures that students learn the skills needed to perform in an emergency.



Students will learn various topics like:

- Primary and Secondary Survey
- Shock
- Musculoskeletal Injuries
- Soft Tissue Injuries
- Bites & Stings
- Lightning Injuries
- Moving Patients
- Treatment Scenarios
- And More!

Students who successfully complete the course will receive an American Red Cross WRFA Card which is good for two years from the date of the course. Both dates required to receive certification



A great course for hikers, backpackers, boaters, and remote area workers! Meets the requirements for Scouting America's High Adventure Camps!

\$200, Non-Refundable, Per Student. Covers:

- Training Materials
- Textbook
- 2-Year Certification Card

Registration Confirmed Once Payment is Received



Register by contacting:  
(508) 423-4069 or  
[jmulloy01821@gmail.com](mailto:jmulloy01821@gmail.com)

**Saturday & Sunday  
March 7 - 8**

**\$200**

**8:00 AM - 4:30 PM**

Students should come prepared to be outside in the elements and to bring a backpack loaded with whatever they bring with them to a remote setting

# Special Announcements

# CMAA BOSTON



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# INVITATIONAL

## Karate Tournament

**Sunday, March 15th**

**Malden Catholic High School  
50 Crystal Street @ The NEW Field House  
Malden, MA 02148**

**Traditional Forms ~ Traditional Weapons  
Point Sparring**



**Register at:  
MYUVENTEX.COM**



**Doors open at 8:00 AM  
Tournament starts at 9:00 AM**

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

**TEXT " March " to 844-637-2311**

**WWW.CERVIZZISMARTIALARTS.COM**

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# Special Announcements



## NRA Range Safety Officer Course

**Saturday, March 28    \$95 (Cash/Check)    9:00 AM - 5:00 PM**

**366 Elm Street, Biddeford ME, 04005**

RSO candidates will learn roles and responsibilities of an RSO; Range Standard Operating Procedures (SOP's); range inspection; range rules, range briefings; emergency procedures; and firearm stoppages and malfunctions. You will possess the knowledge, skills, and attitude essential to organizing, conducting, and supervising safe shooting activities and range operations.

**Course fee includes NRA Range Safety Officer manual and all other materials needed to complete the course of instruction.**

Tuition does not include certification fees charged by the NRA.  
(\$35.00 NRA Members, \$60.00 Non-Members)

**Register Here**

Class size is limited, reserve your place today.



**Pre-Registration Required By**

**Saturday, March 21**

**Questions:**

**(508) 423-4069**

**[jmulloy01821@gmail.com](mailto:jmulloy01821@gmail.com)**

**Instructor John Mulloy: NRA Chief Range Safety Officer, NRA Instructor  
35 Year Law Enforcement Officer, Police Firearms Instructor, EMT**

# 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



# 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!**