



NINE TIGERS KUNG-FU

NEWSLETTER



Maine Mariners Demonstration
Portland, ME

Happy new year, Nine Tigers Kung-Fu! The year of the fire horse is upon us, and we are thrilled to tackle 2026! A full year of martial arts, fun, and community is ahead. Already, we have so many events planned--let's take a look at all the action!

Don't forget to register for the 2026 New Year Spectacular, hosted by our studio! Spend the day learning from magnificent martial artists, and end the night with a banquet honoring our top students and C.N.E.C. competitors!

WINTER DEMO TEAM

Monday - Friday
2:45 PM - 4:00 PM
January 5th - May 29th
\$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!

For Nine Tigers Kung-Fu Students Only

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 tournament. 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: Tiger Time (Learn, Teach, or Study)
5:15 PM: Student Pick-Up

CONTACT US
nlstevens@ninetigerskungfu.com
ninetigerskungfu.com
207-363-4550

WITH A NEW YEAR...
THE HORSE GALLOPS FORTH

NINE TIGERS KUNG-FU

ZODIAC COMBAT SPORTS

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: \$199
C.N.E.C. Banquet Only: \$115
Combo Package: \$325

January 17
8:00 AM - 4:00 PM

YEAR OF THE FIRE HORSE INSTRUCTORS:

 DOROTHY ALLAN REEVES MARTIAL PORTLAND SCHOOL OF JUDO	 SHAWN AMY ARNESEN TIGER KUNG-FU THE KUNIN DO	 SIFU JOHN FOLLON TIGER KUNG-FU	 PURPISOU JOHN HATFIELD BUDOKAN MARTIAL ARTS	 SHAWN LISA MUESER BUDOKAN MARTIAL ARTS	 SIFU LINDSEY LAMBERT WU LAO KUNG-FU	 SIFU PHIL CERVETTI CERVETTI MARTIAL ARTS	 SIFU TIM LAVALLEY WU LAO KUNG-FU
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We want to thank our family and friends who came and supported our demonstration at the Maine Mariners! An exciting, action-packed game and a kung-fu showcase? Our night was made! We couldn't have done it without the support of those in the audience and the hard work of our students on the ice! Go Nine Tigers!

There's still time to join our Winter Demo Team! Students practice what they learn in class and are asked to become leaders on the floor! We even pick up members from Biddeford & Saco schools! To register, fill out a form and return it to our Welcome Desk!

January
2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Aidan H. – Brown Belt

Charlotte H. – Green Belt

Ezra S. – Green Belt

Holly V. – Green Belt

Isaac B. – Green Belt

Jace H. Green Belt

Newcomb S. – Purple Belt

Lev M. – Yellow Belt

Piper B. – Yellow Belt



Welcome to Extreme Makeover: Lobby Edition! As students enter our studio, their family and friends are free to watch their class on our big-screen TV's! Feel free to sit down on our couches, or use our desk area for homework. We kindly ask our non-students to refrain from entering the weight room, so that our martial artists can focus on their studies. We love improving Nine Tigers Kung-Fu for our community!

Animal Facts: The stripes on a tiger are unique! Similar to human fingertips, singular tigers can be identified by their stripe patterns!

Promotions & Achievements



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



Stripe Promotions

Attica K. – Purple Stripe

Toby I. – Purple Stripe

Efren S. – Orange Stripe

Ember S. – Yellow Stripe

Ryleigh T. – Yellow Stripe



**NINE TIGERS KUNG-FU**

FIRST AID & CPR TRAINING

Adult and Pediatric Heartsaver CPR and First Aid

Instructor: John Mulloy
30 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 John Mulloy for a Nine Tigers Kung-Fu Family Discount!

Saturday, February 7
9:00 AM - 4:00 PM
344 Elm Street, Biddford, 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 jmulloy0912@gmail.com or call 208-422-4509

Nine Tigers Kung-Fu hosts conferences, events, and training seminars! We offer courses to help prepare our students and their families for real-world events. Check out the flyer section of this newsletter to see what we have booked in our calendar!

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

Special Announcements



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Combo Package: \$225

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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
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*35 Year Emergency Medical Technician and
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- Injury Emergencies
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\$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



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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 or call 508-423-4069

Special Announcements



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**



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

**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

**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

2022 CMAA BOSTON INVITATIONAL

2 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

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)

**Pre-Registration Required By
Saturday, March 21**

Register Here

Class size is limited, reserve your place today.



Questions:

(508) 423-4069

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

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.