



# 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!

**NINE TIGERS KUNG-FU**

**WINTER DEMO TEAM**

Monday - Friday  
2:45 PM - 4:00 PM  
January 5th - May 29th  
\$70 Per Week

**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 compete in various forms of demonstrations, training, and instruction. Select students who join Demo Team are invited to become instructors for our Beginner Kung-Fu class!

**TYPICAL SCHEDULE**  
2:35 PM - 2:55 PM Biddeford & Saco Schools Relaxed  
2:25 PM - 2:40 PM Nine Tigers Pick-Up at Schools  
2:45 PM - 3:35 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 - 4:15 PM Break (Snack, Teach, or Study)  
5:15 PM: Student Pick-Up

**CONTACT US**  
ninetigerskungfu@gmail.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

**WITH A NEW YEAR... THE HORSE GALLOPS FORTH**

**Holiday Inn, Portland: By The Bay**  
88 Spring St, Portland, ME 04101  
Register Here!

**QR CODE**

**NINE TIGERS KUNG-FU**

**ZODIAC**  
**Z**  
COMBAT SPORTS

**PRESENTS...**

**2026**

**NEW YEAR SPECTACULAR**

**January 17**  
8:00 AM - 4:00 PM

**Packages**  
New Year Spectacular Only: \$149  
C.O.L.C. Banquet Only: \$115  
Combo Package: \$225

**YEAR OF THE FIRE HORSE INSTRUCTORS:**

DOSHU ALLAN KIERNAN  
MASTER PORTLAND SCHOOL OF JIU-JITSU  
SHIHAN AMY ANTHONY  
TIGER INSTITUTE TAE KWON DO  
SIFU JOHN PILLION  
TWIN JEWEL KUNG FU  
PROFESSOR JOHN HATFIELD  
BROOKHAVEN MARTIAL ARTS  
SHIHAN LINDSEY MUSGRAVE  
KUNG-FU DOJO  
SHIH LINDSEY LAMBERT  
MU KUNG FU  
SOKO PAUL GERDOTTI  
GERDOTTI MARTIAL ARTS  
SIFU TIM LARIVIÈRE  
WOD'S MARTIAL ARTS

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

QQ

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

99

## 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

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## 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 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!

Trivia: What form is the blade-kick first used?

Answer: Wah-Lum II

# 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

## Special Announcements



WITH A NEW YEAR...  
THE HORSE GALLOPS FORTH

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## 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



# 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



# 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 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

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!



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

# 2026 CMAA BOSTON 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](http://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.**

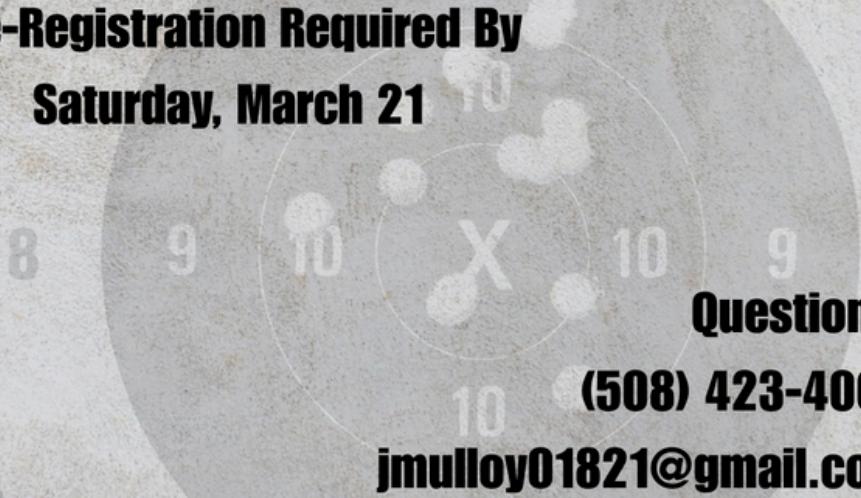
Tuition does not include certification fees charged by the NRA.  
(\$35.00 NRA Members, \$60.00 Non-Members)

### 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.**