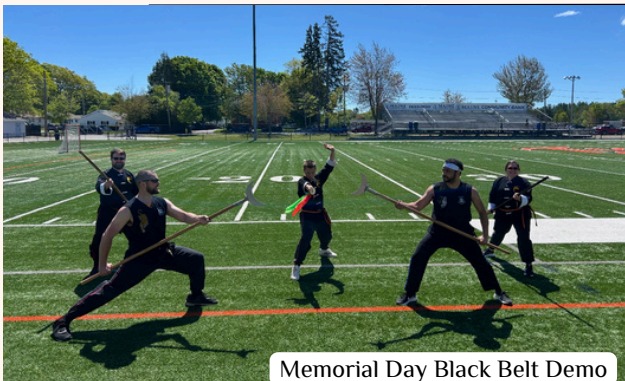




NINE TIGERS KUNG-FU

NEWSLETTER



Memorial Day Black Belt Demo
Biddeford, ME

Bring on the heat, July! Our kung-fu studio is enjoying the summer by having fun, exploring our martial arts community, and progressing our studies. There's no stopping a Nine Tigers student! Let's check out what we have in store and what we have been up to...

Don't forget to register for the Mid Summer Classic, our very own martial arts tournament! Come demonstrate your forms, sparring, Tai Chi, and board breaking. Our judges are eager to see your hard work in action. Just click on the flyer at the end of this newsletter to sign up for the competition!



Tiger Trials: Tournament Practice Day
Biddeford, ME



MID SUMMER CLASSIC MARTIAL ARTS TOURNAMENT

Sunday, July 20, 2025
Maine Sports Arena
15 Lund Rd. Saco, ME



All Ages, Ranks & Styles Welcome
Forms/Kata • Weapon Forms • Sparring • Tai Chi • Board Breaking
Awards For 1st-3rd Place • Registration: ZodiacCombatSports.com/MidSummerClassic

We still have openings available for students to sign up for our Summer Kung-Fu Program! From July 7 to August 8, we will explore other studios, jump around Urban Air, ride the beach waves, and seek thrills at Fun Town! Sign-up now by filling out a registration form in our Lobby, and come enjoy the summer of 2025!

We want to shout out our great supporters who came and watched our Portland Sea Dogs demo on June 21! We had a blast on the diamond, and we greatly appreciate our students for working hard these past few months.



International Fair
Michael Macaris Kung Fu Academy

July
2025



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Charlotte C. – Orange Belt

Jessica B. – Yellow Belt

Kai R. – Yellow Belt

Nathan K. – Yellow Belt



BKD Camp 2025
Casco, ME



Thank you to our friends over at Bushido Karate Dojo for inviting Nine Tigers Kung-Fu to their 2025 camp weekend! We learned from top instructors about the importance of martial arts and how we use what we learn. The weekend was a blast, and we look forward to next year's seminar!

What are the animals represented in the form “Five Animals?”

Answer: Tiger, Leopard, Monkey, Eagle, & Snake!

Promotions & Achievements



What does paying attention mean?

To look and listen!



Stripe Promotions

Lucca G. – Orange Stripe

Leland N. – Yellow Stripe



Great gratitude to Grandmaster John Hatfield for visiting our studio to guest instruct our Adult Kung-Fu students! Your insight helped us improve our knowledge of the practicality of our forms; and your lesson about intensity and intent will carry over into our competitions. We thank you for your wise tutelage!

Make sure to tune in every month for our Newsletter!

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

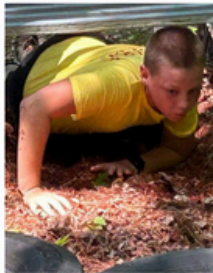
Upcoming Tournaments & Events



NINE TIGERS KUNG-FU Summer 2025

KUNG-FU SUMMER PROGRAM ★ Ages 6-12
Monday - Friday ★ 8:30 AM - 4:00 PM ★ \$295 Per Week

Week 1
July 07 - July 11
Warrior Week



Week 2
July 14 - July 18
Jumping Into Action



Week 3
July 21 - July 25
Friendship Through Kung-Fu



Week 4
July 28 - August 1
Year of the Snake



Week 5
August 4 - August 8
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 Dragon
Kung Fu

Tentative Field Trip:
Urban Air

Tentative Field Trip:
Greater Portland
School of Jukado

Tentative Field Trip:
Fun Town

Tentative Field Trip:
Bushido Karate
Dojo

Upcoming Tournaments & Events



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Upcoming Tournaments & Events



CRAFTS & TREASURES FAIR

WHEN

Saturday, August 23

WHERE

366 Elm Street
Biddeford, ME

TIME

9:00 AM - 3:00 PM

ARTIST'S TABLE

\$10

Contact John Mulloy
(508) 423-4069
jmulloy01821@gmail.com

Hosted By:



**NINE TIGERS
KUNG-FU**

Upcoming Tournaments & Events



**NINE TIGERS
KUNG-FU**

FALL DEMO TEAM

Monday - Friday
2:45 PM - 5:15 PM

September 2 - December 19
\$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 participate in martial arts demonstrations, training, and tutorship. 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: Invited Demo Team Members Instruct Beginner Kung-Fu Class
5:15 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



The poster features a traditional East Asian artistic style with a large dragon in the background. The title '17TH ANNUAL Martial Arts TOURNAMENT & CELEBRATION' is prominently displayed in a stylized font. Below the title, it is presented by the F.A.M.A. (Federation for Advancement of Martial Arts), which includes a logo with a crane and a torii gate. The event is hosted by Sifu Winchell P.C. Woo and Grandmaster Shawn Gallagher. The main event is the Dana Barros Basketball Club, located at 1776 Washington St. in Stoughton, MA. The event is on Sunday, November 30th, 2025, with doors opening at 7:30 AM. An application deadline of November 24th is noted, along with a QR code for registration. The bottom of the poster provides contact information for Professor John Hatfield and a website for printable applications and rules.

17TH ANNUAL

Martial Arts

TOURNAMENT & CELEBRATION

PRESENTED BY:

F.A.M.A.
FEDERATION FOR ADVANCEMENT OF MARTIAL ARTS

SIFU WINCHELL P.C. WOO

GRANDMASTER SHAWN GALLAGHER

DANA BARROS BASKETBALL CLUB
1776 WASHINGTON ST. STOUGHTON, MA 02072

SUNDAY, NOVEMBER 30TH, 2025
DOORS OPEN AT 7:30AM

APPLICATION DEADLINE

NOVEMBER 24TH

SCAN CODE TO REGISTER

Contact : Professor John Hatfield · BridgewaterMA@comcast.net (508) 697-4947
Printable applications & rules still available on:
bridgewatermartialarts.com

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.