



NINE TIGERS KUNG-FU

NEWSLETTER



2026 BKD Karate Camp
Casco, ME

July has arrived, and we're stoked for all the kung-fu activities planned! Our Summer Program is underway, and the Mid Summer Classic is just around the corner! We like to stay busy during summer, and we hope you'll join us in all the fun!

The Nine Tigers Kung-Fu Summer Program runs from July 6 until August 7! Students from our studio who are between the ages of 6-12 may sign up. Every week we go to the beach, explore our community, and stay active! Registration forms are in our lobby--you may drop them off with Shelby at the Welcome Desk.



NINE TIGERS KUNG-FU Summer 2026

KUNG-FU SUMMER PROGRAM ★ Ages 6-12 Monday - Friday ★ 8:50 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 Dogs



MID SUMMER CLASSIC MARTIAL ARTS TOURNAMENT

Sunday, July 19, 2026
Maine Sports Arena • 15 Lund Road, Saco, ME
Doors Open at 7:30am • Black Belt Divisions Begin at 8:30am
Forms • Weapons • Sparring • Tai Chi • Board Breaking



We are hosting our Mid Summer Classic Tournament on July 19! All our students are welcome to compete and represent our style of martial arts. This is a fantastic opportunity to be a part of a welcoming community of athletes and learn how to demonstrate what we do in the studio. Don't forget: our event is a part of C.N.E.C., so sign-up today!

Thank you to everyone who came out and supported us during our 2026 Sea Dogs demonstration! We are proud of our hard-working students who dedicated their time to practice and learn our routine. Way to represent Nine Tigers Kung-Fu!



July
2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Nolan S. – Black-White Belt

Reese S. – Black-White Belt

Tass T. – Purple Belt

Allie D. – Orange Belt

Danica K. – Orange Belt

Liam F. – Orange Belt

Nina T. – Yellow Belt



Congratulations to our newest black belts, Nolan & Reese! It's wonderful to see our students' dedication and determination be rewarded. Make sure to cheer for Nolan & Reese when you see them in the studio!

Did you know: The fastest punch belongs to the Peacock Mantis Shrimp? It hits at 50 mph!

Promotions & Achievements



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



Stripe Promotions

Efren S. – Purple Stripe

Vaughn S. – Purple Stripe

Lily T.M. – Orange Stripe

Barrett D. – Yellow Stripe

Dominic S. – Yellow Stripe



Stripe Days this month are: Wednesday, July 8 & Thursday, June 9! 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!

Trivia: What metal makes up a beaver's teeth?

Monthly Reminder



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

Summer iSpy



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Special Announcements



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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!



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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

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NINE TIGERS KUNG-FU

Studio Hygiene

Studio Expectations:

- Wear shoes, flip-slops, 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!