



# NINE TIGERS KUNG-FU

# NEWSLETTER



Twin Dragon Kung Fu Tournament  
Dover, NH

Summer is just around the corner--let's go! Nine Tigers Kung-Fu is thrilled to have our calendar jam-packed with camps, classes, demonstrations, and tournaments! We are honored to be active in our community; both within Biddeford and beyond. If you would like to know what we have planned, keep reading!



Summer Kung-Fu Program  
2024

Our summer program begins next month, and our lineup is stacking up fast! To reserve a spot for your favorite student, please fill out a registration form (located in our Lobby and on our website) and turn it into the Welcome Desk.

**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**  
Student 50% discount for a Nine Tigers Kung Fu Family Discount!

**Saturday, June 14**  
9:00 AM - 4:00 PM

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 [jmulloy05821@gmail.com](mailto:jmulloy05821@gmail.com) or call 508-423-4069



Off The Mat  
Saugus, MA

There are still open seats available for our First Aid & CPR Training course! Mr. John Mulloy will instruct us how to perform the Heimlich Maneuver; first aid; CPR; administering Epipens; and more. To register, please contact Mr. Mulloy by using our flyer posted in the Lobby or at the end of this newsletter. Let's learn how to act in an emergency situation and save lives!

Don't forget to register for Shihan Lisa's BKD Karate Camp! On June 7<sup>th</sup>, students will learn from top-notch instructors about various forms of martial arts--plus, we're invited to spend the night in BKD's studio! You may scan the QR code located in our Lobby and newsletter!

**BKD  
KARATE CAMP  
JUNE 7-8, 2025**



**REGISTER TODAY**  
[bba.strongersafer smarter.me](http://bba.strongersafer smarter.me)





June  
2025



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

# Promotions & Achievements



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



## Belt Promotions

Lochlan A. – Green Belt

Rohan B. – Green Belt

Hannah A. – Purple Belt

Jed B. – Purple Belt

Logan A. – Purple Belt

Megan G. – Purple Belt

Sam E. – Purple Belt

Ruby W. – Yellow Belt



Reserve your tickets now to watch Nine Tigers Kung-Fu perform for the Portland Sea Dogs! We are practicing hard to deliver a spectacular demonstration, and we would love for our students and their families to come and support our hard work! If your favorite student is performing, remember to scan for your ticket as well. By using our flyer's QR code, you'll be seated with your fellow Nine Tiger's crew!

Nine Tigers Kung-Fu Trivia: What does a Brown Belt represent in kung-fu?



# Promotions & Achievements



What does paying attention mean?

To look and listen!



## Stripe Promotions

Attica K. – Orange Stripe

Aurora C. – Orange Stripe

Toby I. – Orange Stripe

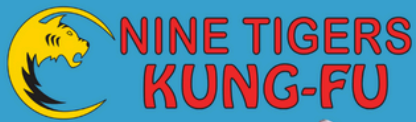
Vaughn S. – Yellow Stripe



All students are invited to compete at the Zodiac Combat Sports Mid Summer Classic Martial Arts Tournament! The best part: we host this event! Demonstrate what you learn in class and compete against amazing schools. Join in on forms, weapons, sparring, Tai Chi, and board breaking competitions! Visit our website to register.

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



**BKD  
KARATE CAMP  
JUNE 7-8, 2025**



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[bba.strongersafer smarter.me](https://bba.strongersafer smarter.me)



# Upcoming Tournaments & Events



**NINE TIGERS  
KUNG-FU**

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**NINE TIGERS  
KUNG-FU**



**KUNG-FU  
GRAND SLAM  
DEMO!**

**SATURDAY, JUNE 21  
PERFORMANCE AT 5:15 PM**

**JOIN US FOR A KUNG-FU DEMONSTRATION AT  
THE PORTLAND SEA DOGS!**

SCAN ME



**PURCHASE YOUR TICKETS HERE!**





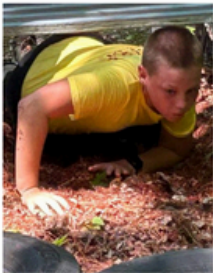
# Upcoming Tournaments & Events



## 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



# 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](https://ZodiacCombatSports.com/MidSummerClassic)*



# 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*



# 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.**