



NINE TIGERS KUNG-FU

NEWSLETTER



BKD Weapon Workshop
Casco, ME

Nine Tigers Kung-Fu is Marching into Spring! The first two months of 2026 has been incredible, and we are excited to see what the new season has in store for us. Get ready to read on about our full calendar of events!

Don't forget to register for Cervizzi's Spring Invitational tournament, coming up Sunday, March 15! This competition is a part of our C.N.E.C. circuit, so if you want to be crowned as a champion of a division, make sure you attend this event! Let's go Nine Tigers Kung-Fu!

CMAA BOSTON INVITATIONAL
2026 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
 QR Code
 Doors open at 8:00 AM
 Tournament starts at 9:00 AM
 Soke Paul Cervizzi
 617-240-0874
 cervizzip@gmail.com
 TEXT "March" to 844-837-2311
WWW.CERVIZZISMARTIALARTS.COM

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 grant course for hikers, backpackers, boaters, and mountaineers weekend. Meets the requirements for Scouting America's High Adventure Camp!
 Register by contacting:
 (508) 422-4069 or
 jmalloy91821@gmail.com
 \$200, Non-Refundable, Per Student. Covers:
 • Training Materials
 • Textbook
 • 2-Year Certification Card
 Registration Confirmed Once Payment is Received
 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.

We are hosting another Wilderness & Remote First Aid course on the weekend of March 7-8! We know from personal experience how important this course is. Great for hikers, scouts, nature lovers, or for those who simply want to be prepared for an emergency. A CPR certification is required for participation.

Want to chat with our Welcome Desk about upcoming events or information? We have an email for people to directly message Shelby! She can answer your questions regarding new students, order forms, upcoming events, and more!

You may email NineTigersWelcomeDesk@gmail.com

March 2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Ben V. – Green Belt

Liam J. – Green Belt

Charlotte C. – Purple Belt

Emma P. – Purple Belt

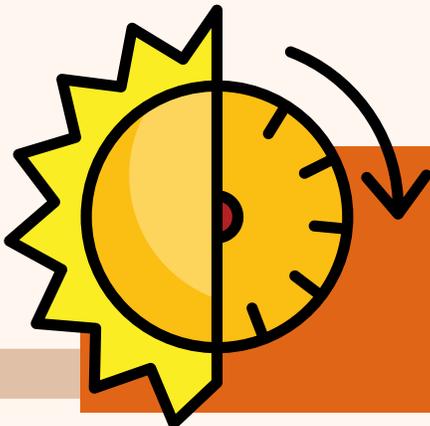
Jessi B. – Orange Belt

Jonathan Da. – Orange Belt

Christopher H.W. – Yellow Belt

Lorenz S. – Yellow Belt

Mia F. – Yellow Belt



March 8 at 2:00 AM is Daylight Savings Time! Make sure to *spring* forward the time an hour!

Promotions & Achievements



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



Stripe Promotions

Vaughn S. – Purple Stripe

Jaxson W. – Orange Stripe

Alexander A. – Yellow Stripe

Anabelle A. – Yellow Stripe

George H. – Yellow Stripe

Matteo B. – Yellow Stripe



Stripe Days this month are: Wednesday, March 11 & Thursday, March 12! 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 is the biggest tiger species in the world?

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:

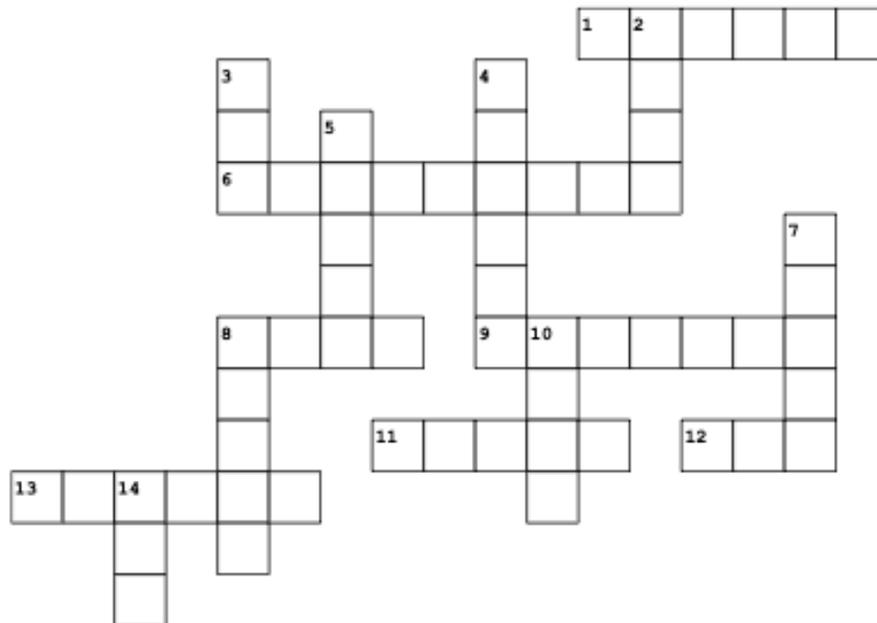
- Belt
- Gi Top (or Nine Tigers Kung-Fu Shirt)
- Gi Pants (or Nine Tigers Kung-Fu Pants)
- Boxing Gloves (Ages 7+)

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

Nine Tigers Kung-Fu Trivia



Across

1. The second belt color
6. The meaning of a Brown Belt
8. In Cantonese it means "teacher"
9. _____ Stick
11. This stance helps develop strength and endurance
12. ___ kick
13. Nine ___ Kung-Fu

Down

2. The first step in all our forms
3. Energy flow
4. The fourth belt in our system
5. The weapon form learned by Green Belts
7. An animal stance featured in some of our forms
8. The weapon a Black-Orange Belt learns
10. The final black belt in our system
14. Nine

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

CMAA BOSTON



INVITATIONAL

2
0
2
6

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

S
P
R
I
N
G



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**)

Register Here

Class size is limited, reserve your place today.



Pre-Registration Required By

Saturday, March 21

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



PRESENTS...

DIVIDED FATES

APRIL 18, 2026

HARRIS FARM AIRSOFT FIELD

DAYTON, ME

10:00 AM - 4:00 PM

\$35

SCAN OR CLICK
TO REGISTER



READ THE STORY
HERE



A Maine LARP Experience!

Ages 12 & Up

Martial Arts Incorporated into the Story!



**NINE TIGERS
KUNG-FU**



KUNG-FU ON THE IN-FIELD!



**SATURDAY, JUNE 20
5:00 PM**

**271 PARK AVE,
PORTLAND, ME 04102**

SCAN



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

Special Announcements



NINE TIGERS KUNG-FU

Summer 2026

KUNG-FU SUMMER PROGRAM ★ Ages 6-12

Monday - Friday ★ 8:30 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 Dojo

Special Announcements



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





NINE TIGERS KUNG-FU

Studio Hygiene

Studio Expectations:

- Wear shoes, flip-flops, 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!