



# NINE TIGERS KUNG-FU

# NEWSLETTER



April 2026 Belt Test  
ft. Sifu Trevor & Sifu Sean

Hello, Nine Tigers Kung-Fu! Get ready for a jam-packed schedule as our studio heads into a busy season! We've got workshops, parades, demonstrations, and tournaments planned for our students. To find out how to sign up, keep reading this newsletter!

Thank you to everyone who came out for our April 18 LARP! We had a blast running through the woods battling with swords and magic! We want to shout out Harris Airsoft Field for providing a spectacular location for us to play. We enjoy the grounds and are excited to host more LARP events in the future!



April 2026 Boarish Kingdom LARP  
Dayton, ME

**Twin Dragon Kung Fu**

**Legends Martial Arts Championship**  
Sunday, May 3, 2026

Doors Open at 8:30am  
Opening Ceremony / Lion Dance Begins at 9:15am

Dover Highschool  
25 Alumni Drive  
Dover NH, 03820  
All Ages, Ranks & Styles Welcome

- \* Traditional Forms
- \* Traditional Weapons
- \* 2 Person Forms
- \* Sparring
- \* Tai Chi
- \* Push Hands

Awards for 1st - 3rd Place

For More Information & Application Visit:  
TwinDragonNH.com/Tournament

Questions?  
Contact: Sifu John Fillipon  
603-522-8791  
Sifu@TwinDragonNH.com

\$75 Registration Fee (Covers all events)  
\$10 Cash Spectator Fee at the Door  
Register by April 30, 2026

Don't forget to attend the Legends Martial Arts Championship, hosted by Twin Dragons Kung Fu! Choreographed fight scenes, amazing sparring, and a traditional lion dance will amaze all competitors and spectators. Don't forget, this tournament is a part of the C.N.E.C. circuit, so come showcase your kung-fu to vie for a champion title!

Tiger Institute's "Off the Mat" workshop is May 9<sup>th</sup>! Come learn from the best martial arts instructors in New England! This all-day event will have students engaging with different forms, weapons, and practical applications of martial arts. All belts are welcome to attend!

THE TIGER INSTITUTE WANTS YOU TO JOIN US OFF THE MAT COLLABORATIVE TRAINING DAY ALL AGES, RANKS & STYLES WELCOME!

Saturday, May 9<sup>th</sup>  
8:00am-4:00pm  
Sungate Iron Works  
244 Central St., Saugus, MA

Enjoy a full day of family-friendly, unified training with some of New England's best instructors, and go home with new skills, knowledge, friendships, and memories to last a lifetime!

**EARLY BIRD REGISTRATION UNTIL 4/15/26 \$15**

PRICE INCLUDES: BUFFET LUNCH, POZZA LUNCH AND MORE!

Call or email for more information: 781-630-9907  
twin@ninetigerskungfu.com

May 2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

# Promotions & Achievements



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



## Belt Promotions

Aidan H. – Red Belt

Allie P. – Red Belt

Dan G. – Red Belt

Hailey P. – Red Belt

Jon B. – Red Belt

Leo C. – Red Belt

Mackenzie A. – Red Belt

Rohan B. – Red Belt

Shelby C. – Red Belt

Vivian B. – Red Belt

Axton G. – Brown Belt

Maverick G. – Brown Belt

Teagan B. – Brown Belt

Olivia F. – Green Belt

Orielle U. – Green Belt

Ryder L. – Green Belt

Kaden S. – Blue Belt

Melissa B. – Purple Belt

Siyanna R. – Purple Belt

Bethany H. – Orange Belt

Charli D. – Orange Belt



Nine Tigers Kung-Fu is invited to participate in the Biddeford-Saco Memorial Day Parade! All students are invited to walk, and we would love volunteers to help us during the march. We will start at Saco City Hall and end in front of Biddeford's Veterans Memorial Park. If you would like to participate, please let our Welcome Desk know. Afterwards, our studio will hold a BBQ! Please arrive to the parade no later than 9:30 AM on Monday, May 25!

Did you know that horses can only breathe through their noses? Maybe that is why their voices are so *naaaay-sally!*

# Promotions & Achievements



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



## Stripe Promotions

Ryleigh T. – Purple Stripe

Liam S. – Yellow Stripe



- RESPECT
- FOCUS
- DISCIPLINE
- STRENGTH
- HONOR
- BALANCE
- INTEGRITY
- LOYALTY
- PERSEVERANCE

Stripe Days this month are: Wednesday, May 6 & Thursday, May 7! 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!

# 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.

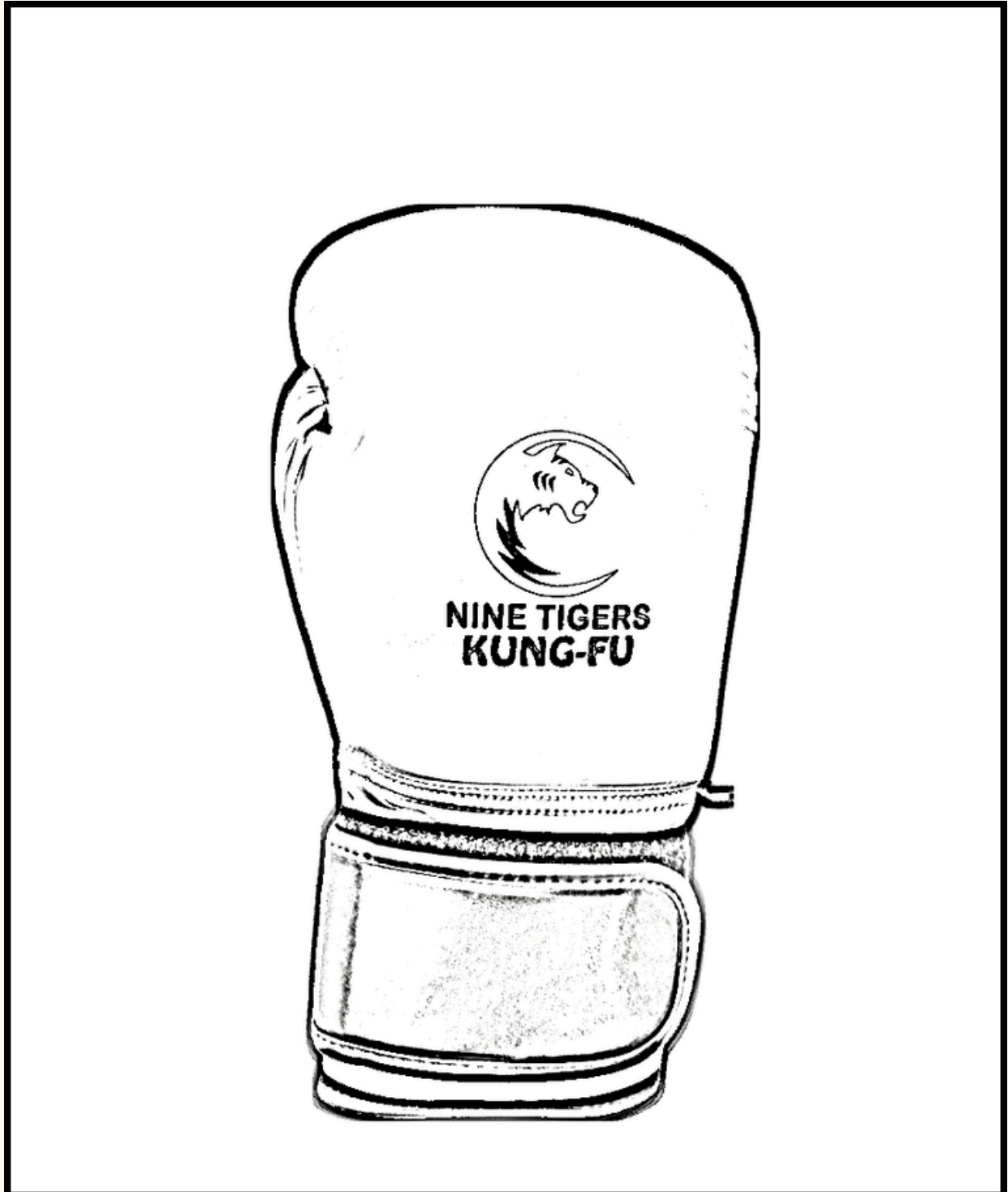
For traditional classes, students must come to class with their:

- 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

**Color Your Own  
Nine Tigers Kung-Fu  
Boxing Glove!**



## Special Announcements

**CLICK HERE**



**Competitor Rankings  
Now Live: [Uventex.Com](http://Uventex.Com)**

# Special Announcements

## Twin Dragon



## Kung Fu

Dover Highschool  
25 Alumni Drive  
Dover NH, 03820

All Ages, Ranks &  
Styles Welcome

- \* Traditional Forms
- \* Traditional Weapons
- \* 2 Person Forms
- \* Sparring
- \* Tai Chi
- \* Push Hands

Awards for 1st - 3rd Place

For More Information  
& Application Visit:

[TwinDragonNH.com/Tournament](http://TwinDragonNH.com/Tournament)

Questions?

Contact: Sifu John Fillipon

603-522-8791

[Sifu@TwinDragonNH.com](mailto:Sifu@TwinDragonNH.com)

# Legends

## Martial Arts Championship Sunday, May 3, 2026

Doors Open at 8:30am

Opening Ceremony / Lion Dance

Begins at 9:15am



\$75 Registration Fee  
(Covers all events)

\$10 Cash Spectator Fee at the Door

Register by

April 30, 2026

# Special Announcements



THE TIGER INSTITUTE INVITES YOU TO JOIN US!  
**OFF THE MAT**  
COLLABORATIVE TRAINING DAY  
ALL AGES, RANKS & STYLES WELCOME!



**Saturday, May 9th**  
**8:00am-4:00pm**  
**Saugus Iron Works**  
**244 Central St., Saugus, MA**

Enjoy a full day of family-friendly unified training with some of New England's best instructors, and go home with new skills, knowledge, friendships, and memories to last a lifetime!

Shihan Lisa Magiera  
Bushido Karate Dojo



SiGung James Banks  
The Iron Ring



Renshi Karen Jones  
Tao Martial Arts



**EARLY BIRD  
REGISTRATION  
UNTIL 4/9 - \$70  
4/10 THRU 5/9 - \$75**

PRICE INCLUDES  
EVENT T-SHIRT  
PIZZA LUNCH

AND MORE!!

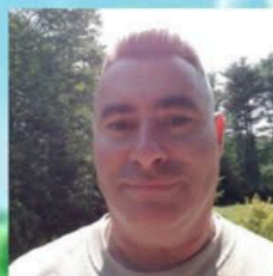
Sifu Tim LaVallee  
Woo's Martial Arts



Shihan Diana Dustin  
Cervizzi's Martial Arts



Sensei Hal Pierce  
PBC/First Class MMA



Grandmaster Donna Vinbury  
Kenpo Karate Institute



Sifu Steve Mulloy  
Nine Tigers Kung Fu



Sensei Lauren Cloutier  
Legacy Martial Arts



Call or email  
for more information  
781-520-1097  
tigertkdsaugus@gmail.com

# Special Announcements



## NINE TIGERS KUNG-FU

Invites you to the:

# Memorial Day Parade & Bowling

## Monday, May 25

We're looking for Nine Tiger Kung-Fu students to join us in a Memorial Day demonstration! If you are interested in participating, visit the Welcome Desk to sign-up!

After the demonstration, we're going bowling! Let's bring the Nine Tigers Community together!

**All students and their families are welcome!**

### Schedule

9:30 AM: Meet on Main Street in Saco

9:30 AM - 9:55 AM: Stretch & Practice Forms

10:00 AM - 11:00 AM: Memorial Day Parade

11:00 AM: Pick-Up at Veterans' Memorial Park in Biddeford

12:00 PM - 2:00 PM: Bowling at The Gutter, 129 Main Street, Biddeford



# Special Announcements



## KARATE CAMP JUNE 13-14

EARLY BIRD  
SPECIAL ENDS  
MARCH 31  
REGISTER TODAY

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





**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

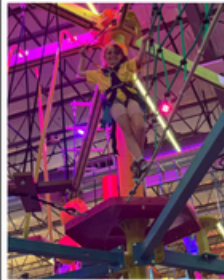
**KUNG-FU SUMMER PROGRAM ★ Ages 6-12**

**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



## Special Announcements



# 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!**