



NINE TIGERS KUNG-FU

NEWSLETTER



Who's under the mask?

Boo! Hope we didn't scare you--but it is October after all! Our studio's calendar is filling up with amazing events and activities, and we cannot wait to share them with our students and their families. We have new classes, tournaments, important events, holiday breaks; oh my! Keep reading to learn more about how you can have fun with kung-fu!

The Cervizzi's Martial Arts Autumn Invitational is October 19th in Malden, MA. We highly recommend students participate in this competition, as it is a wonderful example of how martial arts tournaments utilize what we learn in class. Come represent Nine Tigers Kung-Fu with your forms, weapons, and sparring!





**NINE TIGERS
KUNG-FU**

**PICTURE
DAY**

FRIDAY, NOVEMBER 7

5:00 PM - 6:30 PM

PERFECT FOR HOLIDAY CARDS & GIFTS!!

AGES 4-6 STARTS 5:15 PM
GROUP PHOTO 5:45 PM
AGES 7+ STARTS 6:00 PM

PLEASE ARRIVE 15 MINUTES BEFORE SCHEDULED TIME!

FRAMED COLLAGE
KUNG-FU POSES
SIFU STEVE PHOTO
GROUP PHOTO

ORDER FORMS AVAILABLE IN OUR
ORDER FORM BOX



Our annual Picture Day is Friday, November 7! We invite all students to participate in our giant group photo. We also offer photo packages--great for holiday gifts and cards! You can pick up an order form in our lobby, or print out the page in this newsletter.

Nine Tigers Kung-Fu will take your unwanted Halloween candy! Every year, we accept donated treats and send them to our troops. If you're done snacking on your hard-earned candy, bring them in by Friday, November 7!

October
2025



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

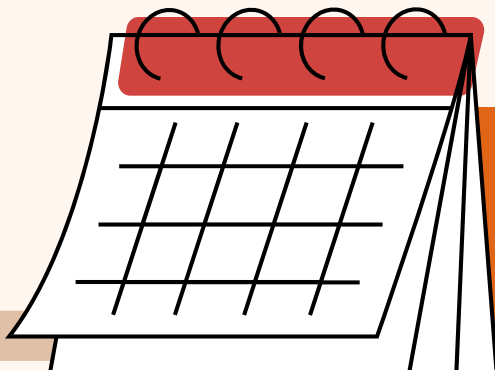
Braxton R. – Red Belt

Thomas T. – Red Belt

Kaden S. – Purple Belt

Danica K. – Yellow Belt

Jonathan Da. – Yellow Belt



A friendly reminder that Nine Tigers Kung-Fu will be closed on Monday, October 13th in observation of Indigenous Peoples' Day. We will also be closed on Friday, October 31st to celebrate Halloween!

How many push-ups are required to pass the Black-White test?

Answer: At least 100, in sets of 20!

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

2025 Summer Program



Upcoming Tournaments & Events



TAI CHI & YOGA

Find balance. Build strength. Calm your mind.

New Offerings:

Yoga— Improve flexibility, core strength, and relaxation

Tai Chi— Gentle martial art for balance, energy, and stress relief

Tension Release & Meditation— center, relieve pain, and let go

Cardio— sweat, strengthen, and feel alive

Why Join Us?

- Reduce stress & anxiety
- Boost energy & focus
- Improve posture & mobility
- Build inner & outer strength

Class schedule



Join our community
+ gain accountability & support

Your First Class is FREE!

Nine Tigers Kung Fu
366 Elm St. Biddeford, ME
Text or Email to sign-up
SifuSteveMulloy@gmail.com
207-303-4550



Upcoming Tournaments & Events

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SAVE THE DATE!!
Sunday, October 19, 2025
KARATE TOURNAMENT

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Malden Catholic High School
99 Crystal Street
Malden, MA 02148

www.cervizzismartialarts.com



**TRICK
OR
TREAT**

FOR THE TROOPS

**Always have extra Halloween treats?
We'll send your candy to our troops!**

Bring your donations in by Friday, November 7!



**NINE TIGERS
KUNG-FU**



Upcoming Tournaments & Events



PERFECT FOR HOLIDAY CARDS & GIFTS!!



NINE TIGERS KUNG-FU

PICTURE DAY

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FRAMED COLLAGE

KUNG-FU POSES

SIFU STEVE PHOTO

GROUP PHOTO

**ORDER FORMS AVAILABLE IN OUR
ORDER FORM BOX**



Upcoming Tournaments & Events



NINE TIGERS KUNG-FU

207-303-4550

PICTURE DAY ORDER FORM

sifustevemulloy@gmail.com

CUSTOMER INFORMATION

NAME

Poses (\$5 - \$15)

4x6 Singles

Number of Poses	Quantity (Sets of 4)
One Kung-Fu Pose (\$5)	
Two Kung-Fu Poses (\$10)	
Three Kung-Fu Poses (\$15)	

Group Photo (\$5)

4x6 Singles

Quantity (Sets of 4)

Photo With Sifu Steve (\$5)

4x6 Singles

Quantity (Sets of 4)



Reminder!

- Please arrive 15 minutes before your scheduled time!
 - Ages 4-6 starts at 5:15 PM
 - Group Photo starts at 5:45 PM [Everyone]
 - Ages 7+ starts at 6:00 PM
- Please arrive already dressed in full Gi Uniform and with Belt
- We require CASH ONLY
 - Payment due when Order Form is turned in

We recommend Order Forms be turned in by
Thursday, November 6 at 7:00 PM

Picture Day is Friday, November 7

Framed Collage (\$25)

Includes:

1 Photo With Sifu Steve

2 Kung-Fu Poses

1 Group Photo

Quantity



PAYMENT METHOD (DUE ON TURN-IN DATE)



☐ Cash Only

TOTAL DUE	
TOTAL PAID & DATE	

Upcoming Tournaments & Events



SUNDAY, 11 . 2 . 25

FOREKICKS SPORTS COMPLEX
219 FOREST ST, MARLBOROUGH, MA.

JOIN US SUNDAY, NOVEMBER 2ND FOR THIS EXCITING EVENT!

- FORMS
- WEAPONS
- SPARRING
- TAI CHI
- PUSH HANDS
- SHUAI JIAO



REGISTER AT CMATOURNAMENT.COM



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 at the top. 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 organized by Sifu Winchell P.C. Woo and Grandmaster Shawn Gallagher. The host is the Dana Barros Basketball Club, located at 1776 Washington St. in Stoughton, MA. The event is scheduled for Sunday, November 30th, 2025, with doors opening at 7:30 AM. An application deadline of November 24th is noted, accompanied by 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**



MARINERS



**SATURDAY
DECEMBER 6TH
6:00 PM**

SCAN OR CLICK TO
PURCHASE YOUR TICKETS!



**WE'RE ON DURING SECOND INTERMISSION!
CROSS INSURANCE ARENA
1 CIVIC CENTER SQUARE
PORTLAND, ME**

Special Announcements



WITH A NEW YEAR...
THE HORSE GALLOPS FORTH



**NINE TIGERS
KUNG-FU**



Holiday Inn, Portland: By The Bay
88 Spring St, Portland, ME 04101

Register Here!



PRESENTS...

2026

NEW YEAR SPECTACULAR

New England's top instructors educate participants in diverse practices of martial arts. Come meet and learn from dedicated and talented professionals as they host workshops on:

- Self Defense
- Weapons Training
- Close-Quarter Combat
- Martial Arts Appreciation
- And more!

Packages

New Year Spectacular Only: \$149
C.N.E.C Banquet Only: \$115
Combo Package: \$225

January 17

8:00 AM - 4:00 PM

YEAR OF THE FIRE HORSE INSTRUCTORS:



DOSHU ALLAN VIERNES
GREATER PORTLAND SCHOOL OF JUKADO



SHIHAN AMY AMRAULT
TIGER INSTITUTE TAE KWON DO



SIFU JOHN FILLIPON
TWIN DRAGON KUNG FU



PROFESSOR JOHN HATFIELD
BRIDGEMAN MARTIAL ARTS



SHIHAN LISA MAGIERA
BUSHIDO KARATE DOJO



SHIFU LINDSAY LAMBERT
WU DAO KUNG FU



SOKE PAUL CERVIZZI
CERVIZZI'S MARTIAL ARTS



SIFU TIM LAVALLEY
WOO'S MARTIAL ARTS



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.