



# NINE TIGERS KUNG-FU

# NEWSLETTER



Tough Mountain Challenge  
Newry, ME

September springs into action here at the studio, and we're pleased with all the excitement! As fall begins, we welcome our students to try all the wonderful classes and events we have to offer. And for adults, our new morning classes are sure to wake you up during these nice autumn days!

For those of us who live in the Biddeford/Saco area, don't forget our Fall Demo team has a few spots left open! We pick-up students from their schools and bring them to our studio to expand on their leadership and martial arts studies. If you would like to register, come see our Welcome Desk!



### 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 tutelage. 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  
2:40 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**  
sitapetevenmolly@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

## 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](http://www.cervizzismartialarts.com)

The Cervizzi's Martial Arts Autumn Invitational is October 19<sup>th</sup> in Malden, MA. This tournament is a part of C.N.E.C., so if you would like a chance to be recognized in January, register as soon as you can! We love bringing our students down to represent Nine Tigers Kung-Fu--join us in this excellence competition!

We hope everyone enjoyed our morning yoga and cardio sessions with Willow! We are looking forward to making these lessons a part of our regular curriculum--so keep an eye out on our socials and future newsletters for an update on our schedule!



Tai Chi on the Beach  
Ocean Park, ME

September  
2025



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

# Promotions & Achievements



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



## Belt Promotions



Aaron L. – Green Belt  
Aidan H. – Green Belt  
Dan G. – Green Belt  
Jon B. – Green Belt  
Mackenzie A. – Green Belt  
Vivian B. – Green Belt  
Megan G. – Blue Belt  
Samantha E. – Blue Belt  
Orielle U. – Blue Belt  
Audrey C. – Orange Belt  
Jonathan C. – Orange Belt  
Kalina S. – Orange Belt  
Kevin H. Jr. – Orange Belt  
Morgan S. – Orange Belt  
Newcomb S. – Orange Belt  
Oliver B. – Orange Belt  
Connor J. – Yellow Belt  
Dave A. – Yellow Belt  
Melissa B. – Yellow Belt  
Michael S. – Yellow Belt  
Nina S. – Yellow Belt



Kung-fu is for families! Our classes are suited for any age, body, ability, and skill level. If you know someone who comes to our classes, feel free to try out your own lesson. The first time is free, so visit our Welcome Desk to schedule a time where you can try one of our amazing courses!

What must a blue belt demonstrate before advancing in their studies?

Answer: Mantis 2 form, shoulder rolls, 50 push-ups, and all previous forms earned in earlier tests!



# Promotions & Achievements



What does paying attention mean?

To look and listen!



## Stripe Promotions

Efren S. – Yellow Stripe

Ryleigh T. – Yellow Stripe

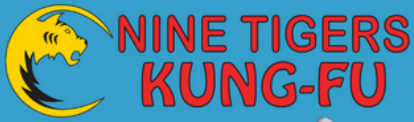


Thank you to Three Rivers Whitewater for hosting our Nine Tigers Kung-Fu adults on their annual rafting trip! We love camping and adventuring on the Kennebec River, and we always feel welcome with your guides. We look forward to the journey every year, and we are already planning for 2026!



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



**NINE TIGERS  
KUNG-FU**

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*For Nine Tigers Kung-Fu Students Only*



## 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](http://www.cervizzismartialarts.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 in a stylized font. 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, along with 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 AMIRAULT  
TIGER INSTITUTE TAE KWON DO



SIFU JOHN FILLIPON  
TWIN DRAGON KUNG FU



PROFESSOR JOHN HATFIELD  
BRIDGEMATEK MARTIAL ARTS



SHIHAN LISA MAGERA  
BUSHIDO KARATE DOJO



SIFU LINDSAY LAMBERT  
WU DAO KUNG FU



SOKE PAUL CERVIZZI  
CERVIZZI'S MARTIAL ARTS



SIFU TIM LAVALLEE  
WOO'S MARTIAL ARTS

# 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.**