



NINE TIGERS KUNG-FU

NEWSLETTER



2026 Tough Mountain
Newry, ME

Ready for fall? We are! Happy September, everyone! It's the start of a new academic year, which means our classes are going to be filled with kung-fu lessons and bright new faces. Let's welcome the cooler days with exercise, fun events, and martial arts!

Cervizzi's Fall Invitational is scheduled for Sunday, October 25! Our studio enjoys attending this tournament every year, and we hope to see our students make the trip to Malden, MA to showcase their martial arts. All ages and belt ranks are welcome to register. Go ahead and click on the flyer below to sign-up!



2026 Adult Martial Arts Whitewater Rafting Trip
The Forks, ME



Every year, our adult martial artists drive up to The Forks and go whitewater rafting down the Kennebec River! We are grateful to Three Rivers for hosting Nine Tigers Kung-Fu at their beautiful campsites, and for providing a safe and fun experience on the water. We love planning for this weekend, and we can't wait until we hit the rapids in 2027!

The Chinese Martial Arts Autumn Invitational will be hosted on Sunday, November 8! The CMAAI is a great way for students to see and appreciate other forms of Chinese martial arts. To register for this competition, you can scan the QR code or click on the poster below!



September
2026



Follow us on social media!



@ninetigerskungfu



@NineTigersKungFu

Promotions & Achievements



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



Belt Promotions

Ava L. – Purple Belt
Gabriella F. – Purple Belt
Isabella L. – Purple Belt
Jessi B. – Purple Belt
Jonathan D. – Purple Belt
Christopher H.W. – Orange Belt
Michael S. – Orange Belt
Andie D. – Yellow Belt
Gideon S. – Yellow Belt
Lucas B. – Yellow Belt
Milo D. – Yellow Belt
Ryker L. – Yellow Belt



Stripe Days this month are: Wednesday, September 9 & Thursday, September 10! 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!

Did you know: Animals can be allergic to humans!

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

Riddles

1. What five-letter word--typed in all capital letters--can be read the same upside down?
2. What is more useful when it is broken?
3. Which fish costs the most?
4. What is full of holes but still holds water?
5. How do you spell COW in 13 letters?



Special Announcements

2026 SUMMER PROGRAM



Special Announcements



2026 FALL ORDER FORM

207-303-4550

NineTigersWelcomeDesk@gmail.com

sifustevemulloy@gmail.com

CUSTOMER INFORMATION

NAME

NINE TIGERS KUNG FU LONG SLEEVE SHIRTS

\$35



FRONT



BACK

BLACK LONG-SLEEVE TEE (\$35)

Size	Quantity
Child XS	
Child S	
Child M	
Child L	
Adult S	
Adult M	
Adult L	
Adult XL	
Adult 2X	



Red-Striped Gi Pants (\$35)

Size	Quantity
Youth S	
Youth M	
Youth L	
Adult S	
Adult M	
Adult L	
Adult XL	

PAYMENT METHOD



☐ Cash



☐ Credit Card



☐ Check/Venmo

TOTAL DUE

TOTAL PAID & DATE

PLEASE HAVE FORMS TURNED INTO WELCOME DESK BY
FRIDAY, SEPTEMBER 11
5:00 PM

Special Announcements



2026
CMAA
BOSTON

KARATE
TOURNAMENT

CERVIZZI'S

Fall Invitational

SUNDAY, OCTOBER 25TH

Malden Catholic High School
50 Crystal Street @ The NEW Field House
Malden, MA 02148

Traditional Forms ~ Traditional Weapons
Point Sparring

Register at:
UVENTEX.COM



Doors open at 8:00 AM
Tournament starts at 9:00 AM

SOKE PAUL CERVIZZI
617-240-0974
cervizzip@gmail.com
WWW.CERVIZZISMARTIALARTS.COM



Special Announcements



SUNDAY NOVEMBER 8TH 2026

FORE KICKS II INDOOR & OUTDOOR SPORTS COMPLEX
219 FOREST STREET, MARLBORO, MA 01752

- KUNG FU - TAI CHI
- SHUAI JIAO - WEAPONS
- SPARRING - PUSH HANDS



REGISTER AT CMATOURNAMENT.COM



Special Announcements



NINE TIGERS KUNG-FU

Studio Hygiene

Studio Expectations:

- Wear shoes, flip-slops, 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!