



# SDSS Pittsburgh



February, 2018

## In This Issue

- Year of the Dog
- Winter Warmer II
- Website Feedback
- Private Lessons – Winter Break
- Follow Us on Twitter

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Reminders:

Sick☹? Remember you can make up missed classes. Keep the dojo healthy!

- Belt Test Feb 13 Tigers
- Belt Test Feb 13 Dragons
- Belt Test Feb 9 Jr./Adults
- Note test day and time changes

## Year of the Dog



Dog

The Chinese New Year is February 16 and 2018 is the Year of the Dog, the 11<sup>th</sup> out of 12 Chinese zodiac positions. Specifically, this year is the year of the brown earth dog. Overall, Chinese astrology sights predict a good year but one that is back and forth and therefore exhausting which creates stress. This year is also supposed to be good financially for those born under this sign but cautious for one's health. So eat healthy, workout and reduce bad habits. If this is your sign, see if any of these traits fit you!

*Objective, justice, devoted to his/her ideal, friendly, calm, not quite a sentimental but a good guardian, keeps head up in defeat, not overly excited in success; good dog! ☺*

## Winter Warmer II February 17



Invite your friends to try martial arts and an opportunity to break some boards. Its not quite like breaking bread, but the idea is similar in that everyone can use a little exercise and board breaking is a great way to meet people while discovering your inner strengths. We will supply some warm drinks and tasty treats to help create an even more inviting experience. All regular classes Saturday February 17.

Sunday Classes – Tigers and Dragons at 10:00 am

Jr. Adults/Adults 11:00am,

Adult Beginners 12:00 noon



Practice makes good form

Sign up for a private lesson today!



Bring a friend – motivate each other

*There are only two mistakes one can make along the road to truth; not going all the way and not starting*

-Buddha

## New Website Feedback



If you haven't checked out our new website, please do and let us know what you think?!! Our goal is to make it easier to view, look up important dates and provide new and existing families with valuable information and lasting memories. As we've mentioned, there is a lot more work to do, but we hope you find it helpful. Any input is appreciated!

## Winter Private Lessons



If you find yourself falling behind a bit due to vacations, illness or holidays, schedule a private lesson. You can also do this ahead of time before a vacation/holiday break. And, it's not a bad idea before a big belt test! Schedule with Master Steve.

## Follow Us On Twitter



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Winter isn't over yet. Set up twitter so that you can follow studio closings and special events. Follow us on Twitter today!

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