



SDSS Pittsburgh



May, 2018

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Reminders:

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

- Belt Test May 15 Tigers
- Belt Test May 15 Dragons
- Belt Test May 11 Jr./Adults
- Closed May 28!

Thanks Moms! *Appreciation Special*



Hey Moms! We appreciate you in so many ways. For letting us train in martial arts, for bringing us to class and waiting for us, for taking us to get a snack or a bite to eat afterwards. For being a strong role model and allowing us to be strong too. During the month of May, Shaolin Studios invites all of our Moms to take a free week of classes. You can join the other Adults in their class or take class with your son or daughter! No uniform needed, just wear comfortable clothing.

Memorial Day

We are proud to recognize those that have died while serving in our country's armed forces. We also salute any current or past military personnel for their dedication and bravery. Shaolin Studios has a tradition of a special Outdoors Workout for Adults on Memorial Day and Labor Day weekends so we look forward to another one on Saturday May 26. We usually meet at Koenig Field; details will follow shortly.

Summer Camp - Enrollment Has Started!



The enrollment process has started for this year's Martial Arts and Leadership Summer Camp. This year it will run June 25-29 from 10:00am to 2:00pm. Registration forms are available at the studio and online. Sign up today! If you have any questions, please ask Master Steve.

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

Fall Demonstration Coming!



It sounds like a long time from now, but before we know it summer will be winding down and we will be setting up for our all studio demonstration and party. So students should start thinking about something they might want to perform; maybe with a group or partner. Remember, just like a play or talent show, musical or team sport, you need plenty of practice to do a great job and have fun! This is for all students and their families, so make sure you get into the studio and practice over the summer. If you have something special you would like to perform, please talk to Master Steve or Master Lisa. More details to follow!

Summer Private Lessons



Going out of town over the summer? Schedule a private lesson for missed group classes (4). You can also do this ahead of time before a vacation break. And, it's not a bad idea before a big belt test! If you've ever taken a private lesson, it is extremely beneficial for your Instructors to help you refine your moves, step up your training and get you closer to your training goals.

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