



SDSS Pittsburgh



April, 2017

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Reminders:

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

- New Beginners Class!
- Belt Test April 25 Tigers
- Belt Test April 25 Dragons
- Belt Test April 21 Jr./Adults
- Note test day and time changes
- Closed Easter Sunday April 16

Shaolin Warriors

Many (30 or so) of our students and family were lucky enough to see the Shaolin Warrior Show last month right here in Pittsburgh! But who are they and how did they get so good? The Shaolin Warriors are kung fu (gong fu) students from China who started their training at a young age at or near the Shaolin Temple. Some may have started as early as 4 yrs. old! They live at the kung fu schools and train twice a day usually outside 6 days a week. In addition, they study academics, religion and meditation. The incentive for being one of the best students is the opportunity to travel to places like the United States and perform. The Warriors are able to do amazing feats of strength, concentration and control because they practice a lot and they have excellent masters who have a wealth of unique knowledge past on to them from their masters. Through bone and muscle conditioning and meditation they are able to harness their chi (qi) or life energy to control pain and move life force like strength to areas of their body that might need extra protection. We may never become as good as the Shaolin Warriors but we can certainly learn from them. So practice makes perfect, and listen to your instructors! If you ever have the opportunity, it doesn't get any better than joining Master Steve and Master Lisa on one of our trips to China where you get to train at the Shaolin Temple with the Shaolin Monks. Put it on your bucket list!

Vacations Aren't Kind to Your Technique



Who doesn't love spring which means spring break and soon summer vacation! And while the thought of staying up late and waking up later makes us want to jump up and down, it also means we will likely miss some classes and practice our martial arts less. So will it be worth it to have a nice tan in exchange for forgetting our techniques and forms? To help retain all of that mental and muscle memory try these things:

- Practice at least twice while on vacation – practice in the water, on the beach, in your hotel room
- Before or after your vacation do some "make-up" classes
- Take a private lesson when you return to get things back in order

Try not to take an extended period off. If you do, schedule some lessons periodically throughout your time away from group classes.

Sunday Classes – Tigers and Dragons at 10:00 am

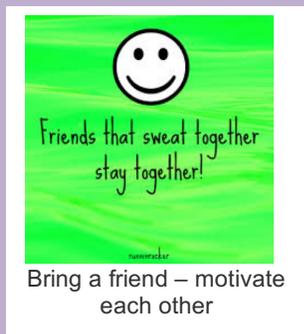
Jr. Adults/Adults 11:00am,

Adult Beginners 12:00 noon



Practice makes good form

Sign up for a private lesson today!



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

-Buddha

Summer Camp June 26-30



It's not too early to sign up for our 2017 Martial Arts and Leadership Summer Camp. This year's camp will be the week of June 26 from 10:00am until 2:00pm. We will learn a weapon's form and practice kung fu in Frick Park; how cool is that! In addition, we do some hiking in the park, break boards, have a pizza party, doughnut day and of course the water battle!! We wrap it up on the last day with a demonstration of what we have learned during the week. This is a very popular camp, so sign up early. There is a registration list in the lobby.

Don't Let Spring Break "Break You"



Spring Break usually brings sunshine and fun. But don't let the time off break your kung fu! If you know you are going to miss a lot of classes, then schedule a private lesson ahead of time. You can also schedule time after you get back to refresh your skills. SDSS Pittsburgh is lucky enough to have two Masters and several high rank Black Belt Instructors that can help you. Private lessons are available Monday through Saturday.

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Don't be uncertain if the studio is open during holidays and bad weather. Set up twitter so that you can follow studio closings and special events. Follow us on Twitter today!

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