



SDSS Pittsburgh



April, 2019

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- Belt Test April 9 Tigers
- Belt Test April 9 Dragons
- Belt Test April 5 Jr./Adults

Movie Night – Adults April 13

Spring Break Boards Day April 27

Grandmaster Cane Seminar - TBD

I'm Ready to Test - Right?



One of the benefits of training in the martial arts is Confidence. Gaining confidence to hold your head high and eyes up when you walk down the school hallway or around the neighborhood, confidence to tell someone to stop hurtful actions; and in our training, confidence to demonstrate a technique or martial arts form in front of a group. This helps us in so many ways throughout our lives. So when a student wonders when they will be ready to test, they need to ask themselves how confident are they in doing their moves? Can they perform all of their belt material (plus older belt material for Jr. Adults/Adults) without hesitation and with good power and technique? Do they need some help remembering (Tigers might get some help). So when we practice, we say use good discipline and honesty. Did you practice the best you could and did you practice the whole time with good focus until the instructors said to stop? We must balance confidence with humility, so even the most confident and quick learning student is not necessarily ready to test if they do not have good respect and discipline. This is the Yin and Yang. This is the balance.



Spring Breaking Boards Day!!

Let's celebrate Spring Break with some board breaking and spring treats! Bring your best board breaking attitude - and a friend too if you want! On Saturday April 27 all 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!

**MOST
OF MY
FRIENDS
ARE
NINJAS**

Bring a friend – it's more fun!

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

-Buddha

Movie Night for Adult Student Group!



Movie Night has been such a hit with our students. So we are catering to the adult student group and showing an action packed/fun martial arts themed movie on Saturday April 13. Adult students feel free to bring a friend! See Master Steve for details.

Summer Martial Arts and Leadership Camp 2019!



This year's Summer Camp will be the week of June 24. The roster fills up quickly so please let Master Steve know if you are interested! The week includes learning a weapons form, hiking through Frick Park, breaking boards, water fun, pizza and doughnut day and...ugh I'm tired!

Instructor Interest - Thanks!

Thank you to those who have already started to help and to those who have inquired to be an instructor! Remember you should ask Master Steve or Master Lisa first so that you can understand the expectations. Just showing up does not make you an instructor. There is an Instructor's Class on Tuesdays at 6:00pm (unless we have a belt test) to help in improving your instructor skills as well as to help in scheduling teaching coverage.

If you would like to stop receiving this email, please let us know at sdsspghpa@aol.com