



SDSS Pittsburgh



December, 2018

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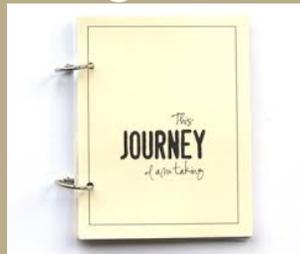
Reminders:

Closed Dec 23-25, no adult class
Dec 31

Give us a five star review on
Google, Facebook, Yelp etc:)

- Belt Test Dec 11 Tigers
- Belt Test Dec 11 Dragons
- Belt Test Dec 14 Jr./Adults

Your Martial Arts Journey - Remembering Things



This is a great time to update your Journal or start a new one. Take advantage of some days off and write down your Techniques and Forms. Include some likes and challenges of certain moves and even some notes of what workouts you enjoyed the most. Your martial arts journey is one that never ends. It is yours to keep you focused and healthy for your entire life. Need help getting started? Ask one of our SDSS Instructors.

Tuition Changes Effective January 1st



Beginning January 1st our monthly tuition will be changing. This is the first time in five years and maybe only the second time in 15 years. Several upgrades and improvements have recently been made which we believe are necessary to keep the studio clean, safe and orderly. In the past few years we put in a new air conditioning unit, a new furnace and new roof. We just finished renovating part of the front lobby, and we put up new vinyl signage on our door and windows. We are now open 7 days a week with an instructor group trained by two Martial Arts Masters. New tuition effective Jan 1, 2019:

Two group classes/week or One group/week and one semi private/month \$125

- 2nd family member \$95
- 3rd family member \$65

Unlimited group classes \$140

- 2nd family member \$105

Sunday Classes – Tigers and Dragons at 10:00 am

Jr. Adults/Adults 11:00am,

Adult Beginners 12:00 noon



Private lessons

Practice makes good form

Sign up for a private lesson today!



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

- 3rd family member \$75

One Semi Private class /week \$165

Automatic Payment Bonus: Paying your tuition automatically is easy and much more convenient for you and Shaolin Studios. You can set it up with M. Steve with just a credit or debit card. You can also set it up yourself through your bank. Right now, get a free SDSS T-Shirt when you set up autopay. If you already have this, get 15% off your next martial arts gear order. We sincerely hope this is not too much of an inconvenience. If you have any questions or concerns, please talk to Master Steve.

Happy Holidays!

On behalf of Master Steve, Sr. Master Lisa and all of your SDSS Instructors, we wish you all a safe and joyous end of the year. We are so thankful to have the opportunity to work with such a great group of students and families. Please come in and work out; bring family and friends to workout too. Martial Arts training is good for the body and mind, something that needs extra care during the holidays. We will be closed December 23 thru 25 (open Saturday Dec 22). On Dec 31 we will be open but no adult class.

Martial Arts Gifts for the Holidays



If you have ever thought of getting your student or yourself a martial arts gift during the holidays, this is the time to order. Ideas range from sparring gear to uniforms to belt racks and even lessons for other family members!

Private Lessons - Holidays



We are fast approaching a period of several holidays through the end of the year. Plan ahead and schedule a private lesson if you are going to be out. If you are not sure, please ask Master Steve. It's also a good idea to schedule one before a big belt test or if you want to focus on a particular aspect of your training.

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