



SDSS Pittsburgh



February, 2019

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Reminders:

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

- Belt Test Feb 12 Tigers
- Belt Test Feb 12 Dragons
- Belt Test Feb 22 Jr./Adults

Coming Soon – Movie Night!

Grandmaster Cane Seminar

## Happy Chinese New Year!



I know we just celebrated our New Year, but Feb 5 marks the beginning of the Chinese New Year. In 2019 it is the year of the Pig or Boar and specifically the Earth Pig. While the pig may not be the coolest animal, it is the symbol of wealth and good fortune in China. The Pig's character can be described as optimistic, focused, kind, realistic, easy going, enthusiastic, organized with a strong social network. Did you know Master Steve's Chinese Zodiac is a Pig and Master Lisa's is a Snake? It is said the pig and snake have clashing personalities and are the least compatible. Good thing these things aren't always right!:)

## Movie Night!



It's that time for Movie Night again so mark your calendars for Saturday March 2 from 6:00pm – 8:00pm. This our way of saying "Thanks" and a great way for parents to have their own date night or get some shopping done. This one is primarily for the Dragon Age Group but there might be some Jr. Adults who just like hanging out at the studio eating popcorn and watching a fun movie on the dojo wall big screen! Plus, we can always use responsible help at dojo events. Bring a sleeping bag, blanket or comfy pillow to spread out on the mats. We will supply snacks and drinks. Oh and get there early for good seating because we will start the movie right at 6:00.

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!

**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

## Grandmaster Cane Weapon Seminar



Grandmaster Steve Demasco will be coming to Pittsburgh Saturday March 16 to teach a Shaolin Cane Form along with the self defense applications. Grandmaster learned this from his personal Shaolin Training Monk Yan Ou. Due to the space needed, we will have the seminar at the Mifflin Avenue Methodist Church just a few blocks from Shaolin Studios. This is open to Adults and Jr. Adults. There will be a discount for students (in school) and additional family members and you can get your cane autographed by Grandmaster! Grab a flyer at the studio!

## Instructors Wanted!

Over the years we have been fortunate to have some amazing instructors who came right out of our own student pool. One of the biggest benefits of being a martial arts instructor is becoming a better martial artist. It's pretty amazing! Just by learning how to teach techniques and forms to other students your brain and body absorb the knowledge and improve your martial skills. Plus, the role you take on as an instructor helps to make you a better martial citizen. If you are interested in being a Shaolin Studios Instructor, contact M. Steve or M. Lisa.

## Private Lessons



We have always made private lessons available especially to those who could not come in during our normal group class times or to those students who can appreciate the benefits of more focused training. Private lessons can also be scheduled after missing 4 or more group classes (semi private). Over the years, we have seen excellent results of one on one and limited group (semi private) training. They give the student the opportunity to work on something they wish they were better at and the instructor can provide the drills and exercises to make that happen. This is also an opportune time for the instructor to get a student ready for a belt test.

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