



SDSS Pittsburgh



January, 2019

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sdsspgh.com



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sdsspghpa@aol.com

Reminders:

Closed Jan 1; no Adult class Dec 31

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

- Belt Test Jan15 Tigers
 - Belt Test Jan 15 Dragons
 - Belt Test Jan 18 Jr./Adults
- Coming Soon – Movie Night!

Happy New Year!



We wish all of our students and families a new year of health and happiness. May you have the strength to repair, explore, love and grow. We look forward to working out and seeing you (lots) in 2019!

Master Steve, Sr. Master Lisa and your SDSS Instructors

New Tuition starts January 1st, 2019



Just a reminder that our new tuition schedule will be starting after the 1st of the year.

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
- 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.

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!

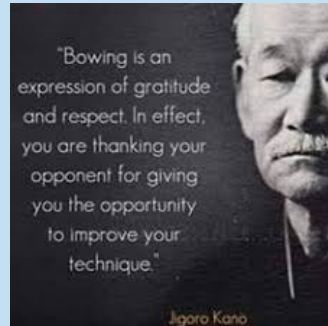
There are only two mistakes one can make along the road to truth; not going all the way and not starting

-Buddha

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.

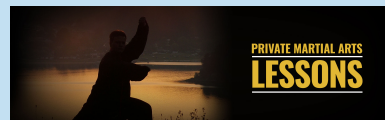
Right now, get a free SDSS T-Shirt when you set up autopay. If you already have this, get 15% off your next martial arts gear order. We sincerely hope this is not too much of an inconvenience. If you have any questions or concerns, please talk to Master Steve.

The Martial Arts Bow



We bow a lot in martial arts. We bow when we enter and leave the workout area. We bow to our lead instructors, assistant instructors and to each other at the beginning and end of class. We even bow before we punch in for each other. The bow is a sign of Respect. It is also a traditional greeting in most of East Asia. For martial artists, we bow to our instructors to show respect for their time spent training and learning. The bow to a partner punching in is to say "I respect you, thank you for helping me practice my techniques". For adult students it is also a way to say in advance "I'm sorry if I accidentally punch too hard or make a mistake". In the end, when the workout is over, we bow again out of respect and to say "thanks for helping me today".

Private Lessons - Holidays



Now that the holidays are over, schedule a private lesson if you you were out several days. 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