



SDSS Pittsburgh



July, 2018

Closed July 4th

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Reminders:

Get ahead this summer and train with smaller classes!

- Belt Test July 10 Tigers
- Belt Test July 10 Dragons
- Belt Test July 13 Jr./Adults
- Closed July 4
- Puppies and Popsicles Aug 4

All Studio Demonstration and Party!



It's been almost 15 years since we opened our doors to teaching martial arts in Regent Square. Over that time we have been very fortunate to meet and train hundreds of students and parents. So please join us Saturday September 29th to celebrate with food, drink, kung fu demonstrations and more. We will have special prizes, awards, videos and even a special anniversary cake. All students and family are invited but you will need to RSVP. Students who would like to demonstrate a form or technique will be able to fill out a registration form. The location is still being finalized, but rest assured we will make it as convenient as possible. Mark your calendars now!

Puppies and Popsicles



What do puppies and popsicles have in common? Well not much but we thought it would be fun (and cool; literally) if we celebrated summer with some icy popsicles and a few dog friends. On Saturday August 4 students can bring their puppies/dogs with them to class and do a little canine kung fu. Then we can talk about our dogs (or other pets) while we cool down with popsicles. Please let Master Steve know if you plan on bringing your "buddy" so that we can make sure we have enough room. Note – if your dog doesn't do well with other dogs or strangers, then we would love to meet him/her but we will say hi outside the studio. Coming soon; Ice Cream You Scream (Kiai) and Water Balloon Fun.

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!



Bring a friend – motivate each other

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

-Buddha

The Shaolin Temple



On July 19 several of our Shaolin Studios students will be joining a group from our other SDSS studios to travel to China and the Shaolin Temple. We have been training at the birthplace of kung fu since our first year in 2004. This year, Master Lisa, Tristian Y., Phil C. and Tara W. will represent SDSS Pittsburgh. All four have been asked by Grandmaster DeMasco to perform for the Abbott of the Temple and the Shaolin Monks. This is an honor but also quite challenging. I mean imagine doing a kung fu form in front of the best martial artists in the world! This year's trip is a special one in that Grandmaster will himself be demonstrating the same form he did over 20 years ago! If you ever have an opportunity, this is a very special trip that you will never forget. We hope to share the groups' experiences later when they return.

Summer Private Lessons



Going out of town over the summer? Schedule a private lesson for missed group classes (4). You can also do this ahead of time before a vacation break. And, it's not a bad idea before a big belt test! So have fun this summer, don't forget that sunscreen and make sure you make time to practice!

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