



SDSS Pittsburgh



July, 2019

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- Belt Test July 9 Tigers
- Belt Test July 9 Dragons
- Belt Test July 12 Jr./Adults
- Grandmaster Seminar Aug 2

Summer Events...So Far So Great!!



We're off to a really great start to summer 2019! Thank you to the students, friends and family who attended the Women's Dojo Hike and the 2019 Martial Arts and Leadership Summer Camp. We had a great time and we hope you did too! Can't wait until next year!!

- Black Belt Test Aug 3
- Jr. Black Belt Test Sept 14

Closed July 4th and 5th

Coming Soon! Ice Cream Event,
Movie Night, Mini Camp

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!

Don't Let the Summer Heat Beat You!



The summer brings lots of sun and humidity. It can also be a distraction to keep us away from working out. What are the effects of heat/humidity on training? When we work out our core body temperature rises so we naturally sweat more but with high humidity our sweat does not evaporate, keeping the heat in (or not able to escape). So if we hydrate regularly with water (Isotonics if sweating a lot for long periods of time) and we are smart about when and for how long we exercise outside, then we can stay fresher with more energy during the day. Specifically for martial arts students and parents – If we remember to drink enough water and monitor the time we spend outside before class, the family together can have more energy to get to classes more regularly. Oh and that jump in the pool or splash of water from the hose will help in many ways too☺! For more tips on summertime training see our newsletter from last month!

Grandmaster Cane Defense and Form!



Join Master Steve and Sr. Master Lisa as they host a Cane Weapons Seminar taught by Grandmaster Steve Demasco. Grandmaster will lead us through self defense techniques using a standard walking cane (supplied) and he will teach us a rare Shaolin Cane Form! This is a great opportunity to learn from a 34th generation disciple and International Ambassador of The Shaolin Temple. This event will be held Friday August 2 6:00pm at the Wilkins Community Center and is offered to Adults and Teenage Jr. Adults. Enrollment Forms are available at the studio. Parents and of age family members are eligible to sign up.

HAPPINESS IS



...working-out
with a friend.

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

Ice Cream Events



It is definitely time for some ice cream! We will be rewarding our Tigers, Dragons and Jr. Adults for their hard work (because that's what Kung Fu is about!) sometime this month. We will post a flyer in advance when the date is decided. This is also a bring a friend event so share the yumminess☺!! We will have something for the adult group too; details to follow!

Private Lessons - Easy for Make Ups



Private lessons

Scheduling a private lesson is easy and more convenient than you think. Private lessons can be done Monday through Thursday, some Fridays and Saturday early afternoon. They can even be during most group classes with 30 minutes of focused training time. Remember, if you have missed (or going to miss) four or more group classes, you can schedule a private as a make up!

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