



SDSS Pittsburgh



June, 2019

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Reminders:

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

- Belt Test June 4 Tigers
- Belt Test June 4 Dragons
- Belt Test June 14 Jr./Adults

Father's Day Promotion – all month

Summer Camp June 24-28

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

Father's Day Promotion - Your Turn!



We had several Shaolin Studios Moms try a class in May – Thank you for really bringing your awesome effort, strength and focus! I'm sure your kids are proud of you. I know we are! Well, let's throw it out to the Dads now. Just try a group class with us during the month of June and we will reward you with a free Shaolin Studios T-Shirt! Learn what it feels like to be on the workout floor punching, kicking and yelling (again, not at your kids☺). It's a great way to de-stress and its useful stuff too. Ask an instructor for more details!

Reminder - Summertime Training



We've received good feedback on options during the summer to keep you or your martial arts student engaged. So here it is again. We hope you find it useful!

- **Can I take the summer off and restart in the fall?**
 - If you can't take group classes, we recommend scheduling a few private lessons so that the student doesn't lose ground in their training techniques and to keep the student familiar with the studio and their instructors

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!

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



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.

- **If I miss a week but still want to continue my regular group classes what are my options?**
 - You can make up the missed classes and add an extra class over the next few weeks
 - You can also schedule a semi private lesson to make up 4 missed group classes
- **My student sometimes resists going to class because they want to swim or play outside during the summer**
 - We understand because well, it's summer! Keeping some things on a regular schedule are a good thing and will help when it comes to things like summer reading and getting back to school
 - Some parents have used family friendly bartering like a treat or movie if they keep up their schedule during the summer.

Remind yourself or your student that martial arts is not only learning self defense, it's fitness for the body and mind too.

2nd Annual Dojo Women's Hike



Join Master Lisa on our 2nd annual Dojo Women's Hike Sunday June 23. This year's hike will be at McConnell's Mill State Park. All levels of hiking experience are welcome! Details regarding car pool, meeting times etc. will be coming soon. There is a sign-up sheet in the dojo lobby.

Private Lessons - Scheduling and Times

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