



SDSS Pittsburgh



March, 2019

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- Belt Test March 12 Tigers
- Belt Test March 12 Dragons
- Belt Test March 8 Jr./Adults

Happy Spring!??



Spring is right around the corner but at the time of this newsletter update it is below 20 degrees⊗ And don't forget March 22 of 2018 we saw over 6" of snow! But the real purpose of this article is to remind you that if you are taking some time off for spring break, you have options to make up missed classes; 1) Just make them up by adding extra days to your workout week or 2) If you miss 4 or more group classes, schedule a private lesson. Don't worry, we will soon be complaining of the heat! ☀️

Summer Martial Arts and Leadership Camp 2019!



This year's Summer Camp will be the week of June 24. The roster fills up quickly so please let Master Steve know if you are interested! The week includes learning a weapons form, hiking through Frick Park, breaking boards, water fun, pizza and doughnut day and...ugh I'm tired!

Coming Soon – Movie Night!
Grandmaster Cane Seminar

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!

**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

Movie Night Was....



Movie Night was a blast with 50 students and friends enjoying How to Train Your Dragon 2 and eating lots of popcorn, tangerines, cookies etc! Thanks to Sensei Greg for hosting and to our parents for your ongoing loyalty, trust and friendship!!

Grandmaster Cane Weapon Seminar



With regrets, our Shaolin Cane Weapons Seminar will be postponed to later in the year. Frankly we just didn't have enough sign ups to justify bringing in Grandmaster Steve Demasco all the way from New Hampshire to Pittsburgh. Keep on the lookout for the rescheduled event. It is truly a great time and honor having a 10th Degree Black Belt and Shaolin Disciple teach you a martial arts weapons form and defense applications.

Instructors Wanted!

A few students have asked or even already started to help teach; thank you! 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.

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