



SDSS Pittsburgh



November, 2017

In This Issue

- Kung Fu Awareness
- Movie Night
- Five Star Ratings Help Us!
- Private Lessons – Fall
- Follow Us on Twitter

Visit us on the Web

sdsspgh.com



Facebook - like us at
[SDSSofPittsburgh](https://www.facebook.com/SDSSofPittsburgh)

Twitter @sdsspgh

Email

sdsspghpa@aol.com

Reminders:

Sick? Remember you can make up missed classes. Keep the dojo healthy!

- Set Clocks Back Nov 5!
- Closed Nov 23 and 24
- Belt Test Nov 14 Tigers
- Belt Test Nov 14 Dragons
- Belt Test Nov 17 Jr./Adults
- Note test day and time changes

I See You, Do You See Me?



With winter weather and less daylight, we will all be wearing more layers like warm coats, hats and furry hoods. These are all good for staying warm, but not so good for seeing our surroundings. And while crime rates are actually higher during the summer (open windows, people outside), if you have your head buried under your hood or beanie, you could find yourself face to face with a sliding car or unwanted stranger. Further, when you're looking down, your balance is weighted forward and therefore you are off balance and more prone to falling. So use your kung fu and sparring skills; eyes up, looking forward, relaxed but prepared. Oh, and like we teach in our awareness drills, keep the ear buds on low volume and the cell phone down, because they can see you but you may not see them!

Five Star Ratings - Thank You!



Thanks to those of you who have given us a five-star rating on various social media sights! If you haven't yet, we would really appreciate your support. Social Media (google, yahoo, facebook etc) today is such a big part of selecting a place to join or do business with, including picking a martial arts studio. We are extremely grateful to have you as part of our "Kung Fu family" and we hope we are doing a great job teaching you and/or your children. Please help us to keep the studio healthy and give us a five-star rating today! Thank You!!

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

Movie Night ... Coming Soon



We are working on the next movie night. It will be sometime in early December and we will be hosting the Jr. Adult group. This is a great opportunity for parents to go out for dinner or do some holiday shopping! Students are welcome to bring friends, so let them know in advance. Popcorn, drinks, other fun snacks and a giant picture screen. Oh, and you get to bring your own pillow/sleeping bag to lounge in. Yay!!!!

Private Lessons in the Fall



If you find yourself falling behind a bit due to vacations, illness or holidays, schedule a private lesson. You can also do this ahead of time before a vacation/holiday break. And, it's not a bad idea before a big belt test!

Follow Us On Twitter



Twitter @sdsspgh

Fall means the beginning of colder weather and the start of several holidays. Set up twitter so that you can follow studio closings and special events. Follow us on Twitter today!

If you would like to stop receiving this email, please let us know at sdsspghpa@aol.com