



SDSS Pittsburgh



October, 2018

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Reminders:

Open Columbus Day!

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

- Belt Test Oct 9 Tigers
- Belt Test Oct 9 Dragons
- Belt Test Oct 26 Jr./Adults
- Black Belt Test Oct 13 CT Studio

Kick Off to 15 Years A Success!



We are so humbled and happy to have hosted the kick off celebration of our 15th Anniversary Saturday September 29th. Thank you so much to the more than 250 students, family and friends who attended! A big applause to the Tigers, Dragons, Jr. Adults and Adults who demonstrated awesome stances, basics, self defense techniques, empty hand forms and weapon forms. We will be posting some photos on our facebook and webpage so keep checking. If you have some pictures you would like to share, please email to M. Steve. We are so fortunate to have such a thoughtful and talented group. Cheers to another 15!

No Bullying at Our Studio



Shaolin Studios is a martial arts studio where respect and discipline are key to learning and advancement. Bullying is absolutely frowned upon as evidenced by our Bully Free Zone sign in the workout area. So with October being National Bully Prevention Month, we ask our students to step it up:

- Recognize when you might be exhibiting bullying type behavior and stop it right away. We all occasionally tease or goof around and it doesn't make you a bad person. But if it goes too far and too often, it's bullying
- If you see someone being bullied, take the situation off track and get the bully to focus on something else. If someone is getting hurt, get help. Remember your voice is a powerful de-escalator. Step in Defensively if you feel able; block and control
- Say or do something nice to someone who is bullied. It could make a difference and perhaps change their outlook on things
- If you or someone you know is being bullied and you want to talk about it, contact Master Steve or Master Lisa

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 – it's more fun!

Halloween Workout: {



Students can wear their Halloween costumes Saturday October 27 during regular group classes. We would love to see the spooky and creative side of everyone! No costume, no problem; come as an awesome martial artist, get in a goulng fun workout and maybe even some sweet treats!

Lobby Repairs Part II



We have a newly sealed roof and the water leak has stopped (yay!). Over the next few weeks there will be a bit of dust and disorganization from the work to repair the walls and ceiling area affected by the damage. Thank you in advance for your patience and cooperation!

Private Lessons - Holidays



We are fast approaching a period of several holidays through the end of the year. Plan ahead and schedule a private lesson if you are going to be out. If you are not sure, please ask Master Steve. It's also a good idea to schedule one before a big belt test or if you want to focus on a particular aspect of your training.

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