



SDSS Pittsburgh



September, 2019

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- Belt Test September 10 Tigers
- Belt Test September 10 Dragons
- Belt Test September 13 Jr./Adults
- Jr. Black Belt Test Sept 14
- Adult Black Belt Test Nov 22

Puppies and Popsicles Sept 7, 2019!



We had so much fun at our first ever Puppies and Popsicles event last year that we are doing it again! Students can bring their "Best Friend" to meet other students and other friends! After the greet and meet, we will have regular class and then take a break for some cool treats. Oh and you can invite your (non-furry) friends to join you in some kung fu fun! See you Saturday September 7!

Jr. Black Belt Test



On September 14 we will be conducting a Jr. Black Belt Test. Eligible students have trained for several years and they will be tested comprehensively on all techniques/kempos, forms, jiu Jitsu's and weapon forms.

We are fortunate to have two Masters that can officially conduct the test right here in Pittsburgh while other Shaolin Studios students must travel to a designated site in the New England area. Jr. Black Belts are typically under 16 yrs. of age and once their strength, focus and maturity have all come together, they are eligible to test for Black Belt Jr. Level or Black Belt Adult level. Wish them good luck!

Closed Sept. 2, Labor Day

Sunday Classes – Tigers and Dragons at 10:00 am

Jr. Adults/Adults 11:00am,

Adult Beginners 12:00 noon



Private lessons

Practice makes good form

Sign up for a private lesson today!



Bring a friend!

There are only two mistakes one can make along the road to truth; not going all the way and not starting

-Buddha

Dojo Dance Benefit



On November 2 we will be hosting a dance benefit with all proceeds going to the Women's Shelter of Pittsburgh. This event is open to all Adult Class Students / Adult Family. We will have a professional DJ to spin the music. Costumes are optional, but since it is just a few days after Halloween, why not! Guests are asked to bring some food and beverage to share; donations to the Shelter are appreciated. Beware, our last benefit dance had all of Regent Square talking about our awesome costumes 😊

Fall Private Lessons - Get back to form!



Private lessons

We hope you all had a great summer and if it was anything like ours, you traded workouts for sun, fun and cookouts! Fall is a great time to catch up or refine that focus and technique you had before the break. Private lessons can be scheduled 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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