



SDSS Pittsburgh



October, 2019

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Reminders:

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

- Belt Test October 8 Tigers
- Belt Test October 8 Dragons
- Belt Test October 11 Jr./Adults
- Fall Fun Saturday Oct 26
- DJ Dojo Benefit Music and Dancing Nov 2
- Adult Black Belt Test Nov 9

Fall, October, Halloween Fun Day!



Join us Saturday October 26 for a fun day of fall colors, costumes and treats as we celebrate this beautiful time of year. Try out your Halloween costume or just wear your favorite fall colored t-shirt with your gi pants (that's right, no SDSS shirt required). We'll have special treats and maybe even a trick or two! Bring a friend to join in on the fall fun!

Time Keeps on Ticking, Ticking, Ticking



As school begins (homework ugh☺), structure is re-established and daylight grows shorter. With all of this it can be difficult to maintain activities we enjoy. At the same time, the added structure can make it easier to schedule things into our calendar. We realize we don't have the time or money to do everything, but one way to prioritize is to think of it this way:

- Things I have to do like school work, chores and family
- Things I want to do like sports/clubs and friend time
- Things I should do like things that are good for a healthy body, mind and spirit

Martial Arts keeps our bodies strong and our minds clear. It can help us with everything we do. Remember, we offer a lot of group class and private lesson options to fit your schedule. Talk to Master Steve or Master Lisa if your schedule is getting busy. I love Kung Fu!!!!

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!



*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 😊

Back to School Private Lessons



School activities making it difficult to get in two group classes a week? 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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