



SDSS Pittsburgh



November, 2019

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Reminders:

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- Belt Test November 12 Tigers
- Belt Test November 12 Dragons
- Belt Test November 22 Jr./Adults
- DJ Dojo Benefit Music and Dancing Nov 2
- Adult Black Belt Test Nov 9
- Closed Nov 28-29

Dojo Dance Benefit



On November 2 we will be hosting a dance benefit with all proceeds going to the Women's Center and Shelter of Greater Pittsburgh. This event is open to all Adult Class Students and Parents too! 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 😊

Techniques, Kempos, Jiu Jitsu's and Forms



Over the next few months, we will explain the material we teach and what's important to advance to the next belt level.

We'll start with Shaolin Defense Techniques (SDT, Defensive Technique). Shaolin Defense Techniques (and Kempos) are movements to defend ourselves and almost always start with a block because if we don't block a punch or kick, then it is difficult to continue with defense. SDT's have numbers assigned to them like #6 or #3. These techniques are practiced by all Steve DeMasco's Shaolin Studios. Number 6 is the first technique we teach at white belt and consists of a front ball kick and cross and cover (move to side and hands on guard). Here,

- Movie Night Dec 14!

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!



Friends motivate friends to work out!

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

-Buddha

the kick is both the block and self defense movement to keep someone from getting closer and to allow you time to get away and make your point. While that is simple in theory, it requires focus and patience to know when to kick, good control and discipline of where to kick and good technique to deliver an effective kick. There are specific Techniques for each belt rank and there are over 50 of these! SDT's do not follow a specific numeric order. For example #6/#7 are for white belt and #6B and #3 are yellow belt. These were assigned many years ago by other Shaolin Chuan Fa and Shaolin Kempo Masters. One final note - all ranks continue to practice even the very first technique they learned, always trying to make the move better. Yes, SDT #6 is taught at white belt but to a black belt, it is a black belt technique. We hope this makes sense and we look forward to discussing Kempos next month! Kiai!!!

Holiday Order Schedule



Thinking of a gift for your martial arts student? Due to deadlines and holiday mail time, please let us know of any martial arts gift orders by the following dates:

T-Shirts Dec 1st

Uniforms, Shoes and Training Accessories Dec 10

Private Lessons During the Holidays



Don't let holiday breaks get in your way from training! 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!

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