



## SDSS Pittsburgh



December, 2019

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Reminders:

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

- Belt Test December 17 Tigers
- Belt Test November 17 Dragons
- Belt Test November 13 Jr./Adults
- Closed Dec 24-26
- Movie Night Dec 14!

### Techniques, Kempos, Jiu Jitsu's and Forms



Last month we started our breakdown of the martial arts material we teach at Steve DeMasco's Shaolin Studios. In November we discussed Shaolin Defense Techniques. This month we talk about Kempos. Kempos are also self defense moves and they begin with a block just like SDT's'. Specific Kempos are assigned to each belt level and students practice these along with their Techniques. So what's the difference between Techniques and Kempos and why do we practice them?

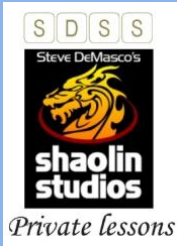
- SDT's have numbers assigned to them like #6; Kempos do not have numbers and are instead referred to as First or Second (color of belt) Belt Kempo
- Kempos tend to be more circular in movement
- Kempos were introduced later than Shaolin Chuan Fa Techniques
- Kempos have Japanese roots
- There are fewer Kempos than there are Techniques

We are one of the few SDSS locations (16 total) that continue to teach Kempos because it is part of our heritage. Shaolin Defense Techniques and Kempos combined, provide us with an arsenal of empty handed or non-weapon self defense movements that can be used as taught but they are usually modified depending on the situation. Let us appreciate this martial "art" and the tremendous effort it takes for our students to learn these self defense moves! Next month we will discuss Jiu Jitsu's. Stay tuned!

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

## Movie Night!



It's that time of year for parents to take a break and students to enjoy Movie Night at Shaolin Studios! Older Dragons and Jr. Adults are welcome to join us Saturday December 14 from 5:30-7:45pm. Doors will open at 5:15 so that everyone can get their cushy pillows, sleeping bags or blankets situated on our dojo floor. We will provide lots of movie snacks like popcorn, drinks, sweets and maybe some healthy fruit too to provide balance! Students can bring a friend but everyone will need to sign up. This event fills up quickly and we only have so much floor space☺. Event cost is \$5 each and we will need pick up to be right at 7:45 in order to give our instructors time to clean up and get ready for the next day. Sign up today!!

## 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 4. 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!

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