

Happy New Year!



SDSS Pittsburgh



January, 2020

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Reminders:

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- Belt Test January 21 Tigers
- Belt Test January 21 Dragons
- Belt Test January 17 Jr./Adults
- Board Breaking January 18!

A Happy New Year Wish!

All of us at Shaolin Studios wish all of our students, family and friends good health and happiness in the new year! As we move into our 16th year, we hope you know that the studio is a safe place for all of us to train our bodies and mind and learn the discipline of Shaolin Martial Arts. Your curiosity, effort and loyalty have allowed what started as a two person business grow into a thriving hub of positive energy where well over a thousand children, women and men have trained. We have seen kids grow into adults. We have been amazed at the transformation of healthy bodies and stronger, clearer minds. In 2020 we commit to doing our best in teaching, caring and friendship. We hope you will do the same with a regular workout schedule, hard work, focus and telling friends about us! Cheers and Happy New Year 😊!

Part 3 What We Learn at Shaolin Studios- Jiu Jitsu's / Chin Na



This month we cover Jiu Jitsu's or Chin Na. This basically means control by manipulation of joint, bone, muscle or breath. Using proper technique, we can immobilize someone without punching or kicking. This type of self defense is less aggressive and can help us from getting into trouble by controlling a situation without excessively hurting someone. Jiu Jitsu is the Japanese term and we (Shaolin Studios) focus on the Softer joint manipulation aspect, not the throwing side. Chin Na is the Chinese term where we lock and hold in a particular way that causes an opponent to submit or move into a passive position. Students of Shaolin eventually learn to apply Jiu Jitsu/Chin Na in all of their self defense moves so that they can use their self defense techniques against a bigger and stronger person.

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!



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

So when your white belt says they are learning wrist grabs in class, this is just the beginning of a very ancient yet practical form of self defense! Next month we explain Forms!!

Break Into the New Year!



What better way to start 2020 than with some board breaking?! Breaking boards in martial arts teaches us many things including focus, targeting, confidence, technique and it's fun! Mark your calendars for Saturday January 18 and students in all group classes will have a chance to do hand/elbow breaks and maybe even foot breaks! Given it's winter, we might even have some hot cocoa to celebrate the new year☺ Bring a friend if you would like!

Private Lessons After the Holidays



Private lessons

Now that the winter holidays are getting over (and hopefully colds/flu), it's a good time to catch up on your 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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