



SDSS Pittsburgh



February, 2020

In This Issue

- Reflections Important to Martial Arts – Sr. Master Lisa
- Shaolin Defense Techniques, Kempos, Jiu Jitsus and More – Part 4
- Happy New Year of the Rat!
- Private Lessons – After Holidays!

It's still flu season so please stay home if you are sick! :)

ARE YOU / YOUR CHILD:

IT'S COLD & FLU SEASON

Feverish?

Coughing?

Excessively sneezing / drainage?

Nauseous / vomiting?

Bloody nose earlier in the day?

Please stay home and keep our dojo SAFE & HEALTHY. (Our instructors reserve the right to ask students to forgo working out if we observe any of the above)

Visit us on the Web

sdsspgh.com



Facebook - like us at [SDSSofPittsburgh](https://www.facebook.com/SDSSofPittsburgh)



Twitter @sdsspgh

Email

sdsspghpa@gmail.com

Sr. Master Lisa - Reflections on Respect and More

My Journey in the martial arts has been one of almost 40 years at this point. I'm so grateful for all the wonderful friendships that my studies have brought me, and very proud of our dojo community here in Regent Square! I recently spoke to a group of our Adult students about the core values of Discipline and Respect that we should all adhere to at the dojo:

- 1. Tying our belts is one of most visible expressions of respect we demonstrate for our teachers and the long lineage of teachers before them. We always kneel when we tie our belt to demonstrate humility (yes, even Masters, Senior Masters and Grandmasters do this). We also kneel whenever a Black Belt (or Black Belt of higher rank) is tying their belt, out of respect for their hard work to reach that rank. Finally, the tying of the belt itself is important. Please ask an instructor to help show you the proper way to tie your belt if you're not sure ... it's our honor to show you.**
- 2. We all, as students, are *invited* to test. This invitation is offered from the Instructor team and is based on our close observation of individual students' abilities. Each student walks their own path of readiness to test – some must work harder at the physical aspects, others with the emotional / inner parts. It is disrespectful to tell your Instructor that you are ready to test; it is entirely appropriate, however, to ask what you need to focus on and to request help. Remember that Patience is an inherent part of our training, and the duration of time between each ranks grows longer and longer.**
- 3. While we are ALL students in the martial arts, *only* your Instructors can teach new material (or delegate instruction to another student of higher rank). Students should never teach other students a new move, technique, or portion of a form unless specifically requested by an Instructor. This is disrespectful and potentially unsafe.**
- 4. And Speaking of Safety: Watches (yes, including Apple Watches and FitBits) are not allowed on the floor, unless you're teaching. They can hurt both you and the person**

Reminders:

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

- Belt Test February 18 Tigers
- Belt Test February 18 Dragons
- Belt Test February 21 Jr./Adults

Sunday Classes – Tigers and Dragons at 10:00 am

Jr. Adults/Adults 11:00am,

Adult Beginners 12:00 noon

you're working with. Please do not chew gum while working out, as this presents a choking hazard. Long nails and dangling / loose jewelry present potential injury both to yourself and your workout partner, and we may privately request that you minimize these. And Finally – PLEASE help us keep a healthy dojo by staying home if sick (fever, cough, excessive sneezing / nasal drainage, pink eye / conjunctivitis, stomach flu symptoms, etc.).

Thank you for being part of our dojo family and community! You are part of a long and proud tradition, and we value every workout with you.

Part 4 *What We Learn at Shaolin Studios-Forms*



The final part of our series *What We Teach at Shaolin Studios* is Forms. Such a short and simple word yet so complex and truly the Art of Martial Arts. Iron Wire, Two Kata, Five Pinan Buddha Palm and more. Forms are like Discipline is among the five animal tenets or rules. Forms are the combination of Focus, Technique, Power and Speed. If you only did one thing to stay in shape physically and mentally, it would be Forms. To do them properly, you not only need to follow the taught pattern, but you must also be precise in stances, arm, hand, finger and foot positioning. Also the transition from one move to the next must flow like water (Thanks Bruce!) then the body weight must drop like a waterfall and sink into the ground like tree roots delivering every ounce of your body's potential. If you are looking to work on your focus and develop better discipline as well as get a great workout, then practice your forms. As students move into Black Belt ranks they begin to really understand how to practice their forms. Note "their" forms because these movements we teach are the students' forever. Thank you for following this series over the last several months and we hope it has helped you understand what we teach and believe in at Shaolin Studios!



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

Happy New Year...of the Rat!



2020 is the year of the Rat in Chinese Astrology. Based on what year you were born, it is believed a person exhibits particular characteristics, special capabilities, weaknesses and strengths. The rat is the first of twelve animals and can be characterized as charming, enjoying power, skillful, protective, compassionate, thrifty, exploitive, talkative, picky, anxious and adaptable. People respect you and you value family but you need advice from those close to you to avoid mid-life mistakes. Regardless, rats are so crafty which is why they will be around for a long time! Other Rat Years: 2008, 1996, 1984, 1972, 1960, 1948.

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!

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