



SDSS Pittsburgh



March, 2020

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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

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Reminders:



Are You Martial Arts Fit?

What does it mean to be martial arts fit? Higher ranks and especially Black Belts who have trained for many years know that lifting weights and running a lot will not necessarily get you through a hard belt test. In fact, too much muscle restricts flexibility and can slow you down. And running alone might build up strong legs and stamina, but it does not build a strong core and the coordinated strength to deliver multiple punches, kicks and blocks let alone practice a Form with full power, control and focus. Even physically strong students can have a problem staying in a horse stance and finish their basic martial arts warm up, "it's different than going to the gym or running!". This is why Kung Fu is one of the best activities to get fit, stay focused and live longer.

Bring On Your Green!



Let's show our colors, green that is, in celebration of Spring and St. Paddy's Day! On Saturday March 14 wear something green even if it is not an SDSS t-shirt. We will have green treats and play some "lucky" games. Jr. Adults and Adults might even have

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

- Belt Test March 17 Tigers
- Belt Test March 17 Dragons
- Belt Test March 13 Jr./Adults

Coming Soon:

Sparring Clinic - April

Summer Camp June 22-26

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

a chance to go outside and celebrate (weather permitting)! Oh and bring your Ninja Turtle friends to join in on the fun as we welcome the change in season☺

Keeping The Dojo Healthy



We can't use our Shaolin Self Defense Techniques against the flu but we can use good discipline in keeping ourselves and the dojo community healthy! It sounds simple but we all take it for granted sometimes: Cover coughs and sneezes (in the arm even better), wash hands if you cough into them and after touching dirty surfaces, minimize touching your eyes, nose and mouth areas, get a flu shot if you haven't yet, stay home if you don't feel well and please see your doctor if you suspect you have the flu. You'll get better faster and it won't spread to others. Thank You!!!

Private Lessons: Spring Break



Private lessons

If you are taking some time off for Spring Break make sure you plan ahead and make up those missed classes. You can make up any missed group class with another group class either before or after your vacation or you can schedule a semi private lesson (see below). Private lessons can be scheduled Monday through Thursday, some Fridays and some Saturdays. 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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