



## SDSS Pittsburgh



April, 2020

### In This Issue

- Online Classes Keep Us Going!
- Getting the Most Out of Online Classes
- Thank You! With Gratitude
- Private Lessons – Virtually!

What are your favorite martial arts movies?

- Teenage Ninja Turtles
- Kung Fu Panda – All!
- Karate Kid – Original Movie
- Bruce Lee – Any Movie
- Jackie Chan – Any Movie

Visit us on the Web

[sdsspgh.com](http://sdsspgh.com)



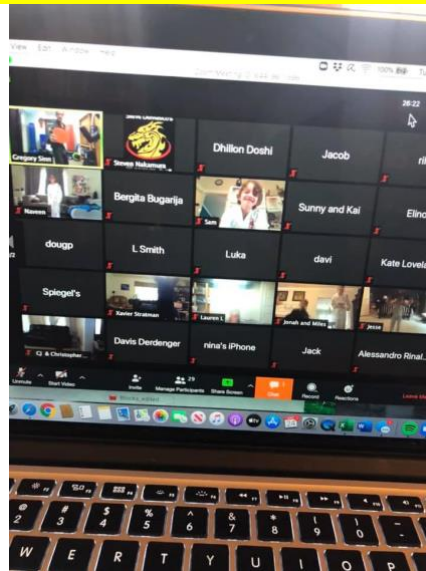
Facebook - like us at  
[SDSSofPittsburgh](https://www.facebook.com/SDSSofPittsburgh)



Twitter @sdsspgh

Email

[sdsspghpa@gmail.com](mailto:sdsspghpa@gmail.com)



### Our Training Continues!...Virtually

**When Sr. Master Lisa went off to college she was not able to routinely train at Grandmaster DeMasco's Concord, NH martial arts studio and worked out on her own (sometimes for months) before she could return home. When she did return home, Sr. Master Lisa was able to step right back into that studio without missing a beat because of her self-discipline to practice!**

**We'll thank goodness for technology! Using online meeting platform Zoom, we have been able to keep our students connected to the dojo with online group classes on Tuesday, Thursday and Saturday (see schedule on lower left side bar). Also, with the speedy action of Sensei Dylan, Sensei Greg and Sr. Master Lisa we have been able to create and post Training Videos with material for each belt rank! So, you don't have to have the best memory... but you do need to attend the online group lessons and use the training videos with material for your belt techniques and forms. If you are not able to join our Zoom classes and/or access the training videos, please contact Master Steve. Train On!**

Reminders:

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

- Belt Test TBD Tigers
- Belt Test TBD Dragons
- Belt Test TBD Jr./Adults

Online belt testing will be evaluated; stay tuned and keep working hard!

Summer Camp June 22-26

### Online Group Classes:

Tigers and Dragons All Ranks;  
Tuesday and Thursday 4:30pm,  
Saturday 9:30am

Jr Adults/Adults up to GreenStripe-  
Tuesday and Thursday 6:00pm,  
Saturday 10:30am

Jr Adult/Adult Brown and Black  
Belts – Tuesday and Thursday  
6:00pm, Saturday 11:30am



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

## Want to Get the Most From Online Classes?



**We've provided some tips to help our students maximize their learning experience during our Zoom Martial Arts Sessions. For parents, it can help to talk to your little ninjas and remind them that the Instructors can see if they are paying attention and to treat the experience just like they were at the studio.**

- **Keep a schedule handy on the fridge or in your calendar**
- **Get viewing device ready and log in 10-15 minutes early**
- **Prepare for class; t-shirt, belt etc. ahead of time**
- **Have a water bottle close by**
- **Clear space to move around**
- **Sit down or stretch; something quiet to get ready to focus**
- **We need to mute students during a lesson so they can hear the instructor. If you have a question raise your hand or type it in the Zoom Chat Box and we will either answer at that time or later by email.**
- **We will be sending out a cool form for students to fill out which will track attendance and practice habits**

**Remember, we are still planning to run belt tests. We have recently conducted some make up tests online – Congratulations to Michael A, Jake H and Emran A for your recent belt advancement!**

## Thank You for Your Support!



**We can't thank you all enough for your continued support, enthusiasm and patience while we have transitioned to online training! We have probably put in more hours during all of this than "normal" times, but it's worth it! Martial Arts is our passion and we love both the teaching and the training side of it. We hope our students are getting a good workout and continuing to learn Kung Fu and that (now more than ever) it is helping all of us to manage stress. We hope that everyone is continuing to enjoy training while we get through the next month. Please contact Master Steve if you have any questions regarding tuition, training moves, how to practice etc.**

If you would like to stop receiving this email, please let us know at [sdsspghpa@gmail.com](mailto:sdsspghpa@gmail.com)