



# SDSS Pittsburgh



Thank you, we salute you!

May, 2020

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Reminders:

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

## Pittsburgh Proud!



More than six weeks into our virtual martial arts classes we have learned a lot! For example:

### Belt Test Dates:

*Congratulations April New Belt Test Ranks!*

### May Test Dates

- Tigers/Dragons May 27 5:00pm
- Jr Adults/Adults May 20 6:00pm

May 5<sup>th</sup> Fun Shirt and M. Lisa's Birthday Celebration!

Summer Camp June 22-26 TBD

### 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

- Our students are awesome! When we open the online waiting room we are greeted by smiling, eager faces waiting for their lesson; so proud of you!
- The numbers are impressive!; our largest class so far had over 40 students and in one day we taught over 100!
- Our instructors have become instant Breakout Room experts. We couldn't do it without our amazing and dedicated team!
- It's not easy for everyone☺ We (M. Steve included) are not all comfortable in front of the camera. The great thing is we are all in the comfort of our own homes and it is just a camera/screen that we are interfacing with. Plus a whole lot of friends and people who care, are working together!
- We are all learning...How to be ready on time for the Zoom Class, to be calm at the beginning of class just like at the studio, to be able to mute and unmute our audio and move our camera in position, to be patient with computer technology and to workout hard on our own!
- This will continue for a while – We appreciate you all so much and we are humbled by your loyalty, dedication and friendship!!
- We are there for you – We think martial arts is good for you and if you need help with your material or with motivation or the means to continue training, just let us know!



## Online Class Tips - More!

Last month we listed tips to help students get the most out of their online martial arts classes. Here are some more ways to improve focus and learning!

**Video** – Pin the instructor (make their picture big) at the beginning of class and when they are giving instructions to you. Change to Gallery View (all boxes the same) if you are asked to practice your moves on your own so that you can see the other students working equally hard with you.

**Chat** – Please only use the chat function if you have an important question. Do not use it to say "hi" to others or to play.

**Help?** – Raise your hand first.

**Necessities** – Use the restroom before class but if you have to go during class, just go and return as soon as you can.

Remember, your instructors can observe your actions and good effort/behavior factors into your belt advancement!



Hang out with your friends and work out!



Private lessons can be done via Zoom!



## May Promotions!

During May we are going to honor our Mom's And celebrate Cinco De Mayo! We invite all Shaolin Studios Mom's to join their kids in any class during May! Get a great workout, learn some self defense and have some fun!! Speaking of fun, on May 5<sup>th</sup> all students and instructors can wear colorful shirts (think tropical), fun hats, sun glasses...and your belt of course! There might even be some fun music to accompany our workout!!

## Recent Questions that have come up



Thank you all for your support and your questions during these unique times! We will do our best to provide some answers in order to keep things running smoothly and for our students to keep enjoying our martial arts classes.

- Why do I sometimes not receive the Zoom Class links? – We are lucky to have a lot of students! But when we send the email addresses *bcc* out of respect for privacy, your computer may be putting it into Spam. So please check your spam folder first☺
- I have difficulty getting into the Zoom session sometimes? – We know this is frustrating. Please make sure you have the most recent Zoom email and link. Also, make sure you have the correct class. We usually send out all of the classes for a particular day. You can even create a separate Zoom Folder!
- What if I can't get into a class or I get bounced out of a class? – Close your current Zoom session and try clicking on the current link again. If you still have problems, try re-booting your device. Still problems? Please email M. Steve/the studio. We try to have an instructor watching for problems. Also, make sure you are updating the current version of Zoom on a regular basis
- My younger student has a difficult time paying attention for a full hour. What should I do? – We are also learning how to make our online classes more interesting and entertaining without taking away from the lesson. If the student is having a difficult day (we all do☺) let them take a break. If they need to sign off early, please let us know and have them bow out so that they maintain the practice.
- How do I pay my monthly tuition? – First, thank you all for your continued support! If you don't have automatic payment set up,

you can mail payment to our studio address or we can send an invoice. You can pay the invoice easily and safely online using the same card processing company we have at the studio. Finally, you can just call M. Steve and leave a message at the studio if you have questions.

*There are only two mistakes one can  
make along the road to truth; not going  
all the way and not starting*

-Buddha



We know that everyone is eager to get back to a normal routine at home, work, and in our martial arts studies. We are closely watching Governor Wolf's phased reopening of businesses across PA and are starting to think about slowly resuming in-person classes. Our approach will be focused on Safety 1st and compliance with PA's program. We are evaluating options including continuation of Zoom classes, small outdoor sessions with limited students and physical distancing, and (eventually) resumption of very small group classes with distancing, sanitation, and masks. We will keep you posted of our plans as they develop! In the interim, know that we remain committed to our entire community of students and families.

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