



SDSS Pittsburgh



June, 2020


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Thank You for your ongoing support!

Master Steve and Sr. Master Lisa

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You Did It Again☺!



Congratulations and Thank You! We completed another month of online classes! And when we say completed, we mean with huge attendance, great focus and awesome effort!! We also had our second month of online belt testing! Huge jumping high five to all of you! Remember, to have the best experience, watch some of the SDSS Training Videos and review some of your techniques and forms before a Zoom Class. If you don't understand something or get lost following a lesson, just raise your hand. You do not have to ask to go to the rest room☺ And let's leave the chat room to important things only; We can all say "hi" at the beginning and end of class!

Fun Day Tuesday - Pets!



Join us for our Fun Day Tuesday June 2! Our theme is family pets since they seem to be showing up all the time in our Zoom classes. If you don't have a pet, you can bring a stuffed animal or something similar. Just remember to be gentle with your pets and ask your parents for permission☺ Oh and because it is a Fun Day, you are welcome to wear fun clothes, hats, glasses etc. but wear your belt please!

Belt Test Dates:

June

- Tigers/Dragons June 24 4:30pm
- Jr Adults/Adults June 24 6:00pm

Summer Camp TBD we hope!!!

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



Hang out with your friends
and work out



Private lessons can be done via Zoom!

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

-Buddha

Dad's Join us in June!



During June we are going to honor our Dad's! We invite all Shaolin Studios Dad's to join their kids in any class during the month! Get a great workout, learn some self defense and have some fun!! Kiai!!

Moving to Green - What that means for us?

COVID-19 REOPENING PHASES		
	WORK AND CONGREGATE SETTINGS	SOCIAL SETTINGS
RED PHASE	<ul style="list-style-type: none"> • Life-Sustaining Businesses Only • Congregate Care and Prison Restrictions in Place • Schools (for in-person instruction) and Most Child Care Closed 	<ul style="list-style-type: none"> • Stay-at-Home Orders • Large Gatherings Prohibited • Restaurants/Bars Limited to Carry-Out and Delivery • Only Travel for Life-Sustaining Purposes
YELLOW PHASE	<ul style="list-style-type: none"> • Telework Must Continue Where Feasible • Businesses with In-Person Operations Must Follow Safety Orders • Child Care Open with Worker/Building Safety Orders • Congregate Care and Prison Restrictions in Place • Schools Remain Closed for In-Person Instruction 	<ul style="list-style-type: none"> • Stay-at-Home Restrictions Lifted in Favor of Aggressive Mitigation • Large Gatherings Prohibited • In-Person Retail Allowed, Curbside and Delivery Preferred • Indoor Recreation, Health Wellness Facilities (such as gyms, spas), and all Entertainment (such as casinos, theaters) Remain Closed • Restaurants and Bars Limited to Carry-Out and Delivery
GREEN PHASE	<ul style="list-style-type: none"> • All Businesses Must Follow CDC and PA Department of Health Guidelines 	<ul style="list-style-type: none"> • Aggressive Mitigation Orders Lifted • All Individuals Must Follow CDC and PA Department of Health Guidelines

As we know, Allegheny County is on track to move into the Green Phase on June 5. We are cautiously excited to see everyone but we will not be rushing into this. And because we still do not have enough specific information yet from our local government and the CDC for businesses like ours, we would like to provide an update now and another one in a week or two.

Our first steps will be setting up small outdoor groups for older (Jr. Adult/Adult) students, especially those who have not been able to join us in the online classes. Next, we will start a registration process using a platform like Eventbrite so that all students can sign up for small indoor classes. In the meantime, we plan to continue our online Zoom Classes, so don't worry if you are not ready to go back in person yet!

We will be re-starting our electrostatic cleaning service and we will be conducting a thorough "top to bottom" cleaning of the dojo for re-opening. While there will be more information coming soon, we want to let you know that we will follow CDC guidelines to ensure all are aware of the requirements to enter the studio as well as to workout outdoors. Practical things like not attending lessons if you don't feel well, washing your hands, social distancing and wearing face masks will be critical to making all of us comfortable to take one more step towards Normal!

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