



SDSS Pittsburgh



July, 2020

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Thank You for your ongoing support!

Master Steve and Sr. Master Lisa

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Limited In-Person Classes Begin!



Good news for those of you who have had not been able to or had a hard time doing online classes – Limited class size sessions have started! That's right, since June 15 we have safely and successfully introduced maximum 8 student Indoor Classes and maximum 10 student Outdoor Classes (outdoors for teens/adults only). You can register for these classes online. If you do not have the sign up link, let us know and we will email it to you! Here are the requirements for indoor classes:

- Masks required (we have disposable masks if you forget)
- Bring your own water bottle
- Students have their own station/area to workout
- Equipment is cleaned between classes
- Students should not attend if any signs of being sick (Instructors can take temperature and/or ask student to sit out class if health is questionable)

Older students attending Outdoor Classes must bring a mask and wear it if within six feet of another person. Masks are optional when working out outdoors and social distancing is maintained. Any equipment used is cleaned between classes. Similar to indoors, students should not attend an outdoor class if sick. We hope to add more classes at the studio soon, so stay tuned! In the meantime we will continue our current online Zoom Class schedule for your convenience and safety. Thank You!!

Belt Test Dates:

July

- Tigers/Dragons June 29 4:30pm
- Jr Adults/Adults June 29 6:00pm

Closed July 4

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

In-Person Group Classes:

Tigers and Dragons All Ranks;
Monday and Wednesday 4:00-
4:45pm

Jr Adults/Adults All Ranks: Monday
5:00-5:45pm Indoors and
Outdoors, Wednesday 5:00-
5:45pm Indoors and Outdoors,
6:00-6:45pm Outdoors



Hang out with your friends
and work out

Fun Day Tuesday - Shorts!



Yes, it's summer and it's hot so why not try our first official "shorts day" Tuesday July 7 in all classes! This will be like our summer camp where shorts are allowed but we ask that you either wear one of our Shaolin Studios T-Shirts or your uniform top and of course your belt. We can't wait and footwear is optional 😊!

It's Been A While, How Are You?



We miss seeing all of you at the dojo, so we just want to check in and hear from you! We are doing our best to make the online Zoom Classes a good learning and training experience yet fun and we have many videos in our library to assist with the classes. We would love to know what you think of the current class schedule; especially the days and times offered. Do we have enough offerings for in-person classes right now, or are they too early for work and maybe a weekend class would be good? Are some students just not comfortable with either online or in-person right now and if so what can we do to help you continue your martial arts journey with us? As we have said before, we love what we do and we would like to help you in any way we can! By the way, our little orchid in the lobby is in full bloom right now. Good to see some things don't change!



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

Closed Saturday July 4th



We will be closed Saturday July 4th, so there will be no online Zoom Classes. Our instructors thank you for a much needed break and we thank you for being there every Saturday morning! Get your classes in mid-week or schedule an in-person class at the studio.

Be safe and enjoy!

Master Steve, Sr. Master Lisa, S. Greg and your SDSS Instructors

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