



SDSS Pittsburgh



August, 2020

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Thank You for your ongoing support!

Master Steve and Sr. Master Lisa

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Reminders:

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

Indoors, Outdoors, Online - It's All Good!



Thank you all for adapting to the different training modes to continue your martial arts training! Your diligence in wearing face masks indoors and when not able to keep social distancing, has provided an opportunity for more students to work out and learn. As long as we continue to keep up these disciplined standards, we will look to add more days to our small in-person classes. Stay safe and stay posted!

As a reminder Indoor Classes are limited to 8 students, masks are required and please bring a water bottle. Outdoor Classes are limited to 10 students and you must wear a mask when you cannot keep at least six feet apart. All equipment is cleaned between classes. There is an online registration link for in-person classes so please let us know if you need it! 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.

Belt Test Dates:

August

- Tigers/Dragons Aug 19 4:30pm
- Jr Adults/Adults Aug 19 6:00pm

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



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

Fun Day Tuesday - Hats Off to You!



Ok, so far our Fun Days have included: colorful shirts, pets, and shorts. This month on August 4th we salute the hat! Hats protect us from the UV rays and glare of the sun and keep our heads and ears warm in the winter. Hats also dress up an outfit and accent a costume! We'll have fun music to add to our fun workout but remember, we always work out hard and we always continue to learn martial arts! Hats off to you!☺

How Am I Doing?



Many of you have scheduled a brief check in session, usually over Zoom to find out how you are progressing and what you need to work on to get to the next belt level. These mini lessons are just 10-15 minutes so that our Instructors can offer suggestions to improve your Techniques, Forms and Jiu-Jitus. If you haven't scheduled one yet, or it's been a long time, let us know! Remember, you can also still set up longer, more detailed private lessons either online or in-person!!



Thank You All for your ongoing support! We will get through this together.

Be safe!

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

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