



# SDSS Pittsburgh



September, 2020

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*Thank You for your ongoing support!*

*Master Steve and Sr. Master Lisa*

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## Fall Class Schedule

**As we move into Fall, school begins and we start to get into a more routine schedule. We realize that this year our routines will look much different so we will do our best to make our classes work for you and your family! We will continue our online Zoom Classes three days a week (Tues, Thurs and Sat) as well as our In-Person Classes on Monday and Wednesday. Beginning Saturday September 5, we will add two In-Person Class times at the studio. A 9:30am Tiger/Dragon Class indoors, and a 10:30am Jr. Adult/Adult Class indoors and outdoors!**

### Online Zoom Classes:

**Tues and Thurs 4:30-5:30pm Tigers/Dragons, 6:00-7:00pm Teens/Adults**

**Sat 9:30-10:30am Tigers/Dragons, 10:30-11:30am Teens/Adults up to GS Belt, 11:30-12:30pm Teens/Adults Brown and Black Belts**

### In-Person Classes Indoors:

**Mon and Wed 4:00-4:45pm Tigers/Dragons, 5:00-5:45pm Teens/Adults**

**Sat 9:30-10:15am Tigers/Dragons, 10:30-11:15am Teens/Adults (SEPT 5 start)**

### In-Person Classes Outdoors (Jr Adults and Adults):

**Mon 5:00-5:45pm behind studio**

**Wed 5:00-5:45pm Koenig Field, 6:00-6:45pm Koenig Field**

**Sat 10:30-11:15am behind studio (Sept 5 start)**

### Outdoor Private and Semi Private Lessons:

**Sat morning by appointment (Teens/Adults)**

**Sunday 11:00am by appointment (Tigers/Dragons)**

**Thursday 9:00am by appointment (Tigers/Dragons)**

**\* reminder – no classes Sept 7 Labor Day and no outdoor class Sept 26**

### Belt Test Dates:

#### September

- Tigers/Dragons Sept 16 4:30pm
- Jr Adults/Adults Sept 16 6:00pm

Labor Day Field Day Workout –  
Sept 5 11:00am Teens / Adults

No Classes Sept 7 Labor Day

No Outdoor Class Sept 26 (indoor  
yes!)

### 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, Saturday 9:30-10:15  
(beginning Sept 5)

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, Saturday  
10:30-11:15 indoors and outdoors  
(starting Sept 5)

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. If any members of your family are sick, please do not bring them into the studio. You can arrange for make up classes with our instructors. Thank you for your cooperation in keeping us all safe!

## Fun Day Tuesday - Sept 8<sup>th</sup> Goofy Hair Day!



In keeping with our monthly Fun Day tradition when we started online classes, we invite you to have fun with your hair September 8th! Messy hair, dyed hair, no hair no matter! Kids, just make sure you ask your parents first 😊 Adults, well you have a right to not wash or brush your hair that day! Let's work out hard to some fun music and see just how out of control we can get our hair by the end of class?!!

## Yawn.....



If you are like most people, you've been abnormally tired; like all the time! Combine that with all the worries lately and you just feel like sleeping or at least not doing much (except video games and movies!). We know this is not healthy for us, so how do we get motivated to work out? *Commit and put it in the books* – mark on your calendar that you are going to do martial arts on certain days each week at the same time. When you make it part of your week, it is easier to get in the right frame of mind. *Just get started* – If you take that first step to work out, like putting your uniform on or starting to stretch or even one of your techniques, all of sudden your body and mind go from “No” to “Ok this isn't so bad”!



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

**Set a goal with a reward at the end of the rainbow – whether you want to learn all your belt moves by a certain date, lose a few pounds or be able to do a 4 minute plank, the one thing you will have to do is practice. Put your goal and reward (ice cream feast!) in a place you look at every day and get motivated!**



## Private Lessons, Check-In Sessions



**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-Jitsus. 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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