



## SDSS Pittsburgh



October, 2020

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*Thank You for your ongoing support!*

*Sr Master Steve and Sr Master Lisa*

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Reminders:

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

### A Black Belt Weekend!



It was a grand weekend September 25 and 26 as we celebrated two Black Belt Tests and a special anniversary! First, eight of our Adult Students tested for black belt ranks from 1<sup>st</sup> Degree to 4<sup>th</sup> Degree on September 26<sup>th</sup> (names and ranks follow). The day before on September 25<sup>th</sup>, a private test was held for Master Steve and Sr. Master Lisa testing for their Senior Level 6<sup>th</sup> and 7<sup>th</sup> Degrees. And if that's not enough, we surprised Grandmaster DeMasco on his 50<sup>th</sup> Anniversary in the martial arts! Thank you to all the black belts and families who came to honor all of these Students, Masters and Grandmaster on this special weekend!

**Congratulations to our newest Black Belt Ranks:**

**1<sup>st</sup> Degree – Tara P. and Phil C.**

**2<sup>nd</sup> Degree – Amelia G.**

**3<sup>rd</sup> Degree – Natalie F., George K., and Guillermo H.**

**4<sup>th</sup> Degree – Dylan F. and Jamie M.**

**6<sup>th</sup> Degree – Sr. Master Steve**

**7<sup>th</sup> Degree – Sr. Master Lisa**

**We are so proud of these students and they join those who tested earlier this year in August:**

**1<sup>st</sup> Degree – Elizabeth G. and Ben G.**

**2<sup>nd</sup> Degree – Lily K and Campbell H.**

Belt Test Dates:

October

- Tigers/Dragons Oct 14 4:30pm
- Jr Adults/Adults Oct 14 5:30pm

Note: Outdoor Classes on Wednesday have new times!

### 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 9:30-10:15am

Jr Adults/Adults All Ranks:  
Indoors; Monday and Wednesday  
5:00-5:45pm, Saturday 10:30-  
11:15am

Outdoors; 5:00-5:45pm Monday at  
the studio

4:30-5:15pm and 5:30-6:15pm  
Wednesday at Koenig Field (new  
times!)

10:30-11:15am Saturday at the  
studio

Way to go Team Pittsburgh! Thank you Grandmaster DeMasco for coming all the way from NH to preside over the test! We bow in honor and celebration to all of you!

## Eventbrite - Making Room for Others if You Need to Cancel an In-Person Class

Sometimes you need to cancel an In-Person Class using Eventbrite because you made a mistake or something came up with school or maybe even because you/your child is sick. If this happens, It's a good idea to cancel your reservation to make room for another student. Remember, in order to train safely, we have limits to both our indoor and outdoor classes. So follow these directions to make a change:

- Go to the date of the class you need to edit and click on it
- Click on the Order # next to the student's name
- On the next page your order # will be in Blue; to the right of that, click on Actions then click on Cancel This Order
- After the page refreshes, it will ask you "are you sure you want to cancel this order?" Click on Yes and you are done!

## Fun Day Tuesday - Paper Airplanes!!



This month's Fun Day theme is Paper Airplanes! Kids love them and adults, well we all made them when we were younger 😊 Anyway, Tuesday October 6 show us your coolest paper flying machine as we play fun music and do martial arts too!

## Health Assessment for In-Person Classes

A screenshot of a health assessment form titled "Important Screening Requirements Before Reporting to Classes". The form is from the University of Colorado Boulder and includes sections for "Personal Information", "Health History", and "Screening Questions". The screening questions include: "Do you have any of the following conditions?", "Do you have any of the following symptoms?", and "Do you have any of the following behaviors?". The form also includes a section for "Signature of Student" and "Signature of Parent/Guardian".

In October we will begin doing a quick Health Assessment Screening for all Indoor Classes. Many of you are already doing this at your school or work. When you come into the studio, we



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

will go down a checklist of signs and symptoms of possible illness. You/the parent will be asked to initial that day's class roster and then we will take a quick temporal temperature check. If any of the illness signs are present, we will ask you to go home and get better. Our goal is to continue to offer classes at the studio throughout the winter. The only way we will be able to do this, is for all of us to follow these rules. Remember, you can make up missed classes and after 4 missed classes you qualify for a semi private lesson. Thanks for keeping us all safe!😊

## 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!

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

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