



SDSS Pittsburgh



January, 2021

Closed January 1

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Thank You for your ongoing support!

Sr Master Steve and Sr Master Lisa

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

What A Year!



As we think about 2020, I'm sure many of us want to forget the year and just look forward. Before we totally move on to 2021, let's remember all of our accomplishments:

- **When the Covid-19 closures started, we quickly created training videos to aid in the online training**
- **Our instructor team quickly became "experts" in Zoom and our students learned to train in martial arts online!**
- **We conducted belt tests online!!**
- **We had Fun Days each month and even had Zoom dance parties**
- **We followed safety protocols wearing masks, set up a registration process and started small group indoor classes**
- **We held outdoor classes throughout the hot summer, into the fall leaves and even in the winter snow**
- **We held two Black Belt Tests and hosted Grandmaster DeMasco**



We are so proud and you deserve a hulk sized fist bump congratulations! We cannot thank you enough for your support,

Closed January 1

Belt Test Dates:

January

- Tigers/Dragons Jan 20 4:00pm
- Jr Adults/Adults Dec 20 5:00pm

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, 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 Alley

4:30-5:15pm and 5:30-6:15pm
Wednesday Studio Alley

10:30-11:15am Saturday meet at
the Studio Alley

hard work and patience this year. And while we still have some work to do before we all get back together, we just can't wait to see your smiling faces especially after a really hard workout or sparring session. Congratulations to those students who tested this year, especially our new rank Black Belts! Thank you to everyone including our parents who allowed us to train online! High Five to the ones who endured the heat, cold and wet weather outside!

Our thoughts go out to those of you who have been ill or who have family/friends that have gotten sick during this year. We thank you for following the safety precautions at the studio and outdoors during our workouts and if anything, we know the importance of staying home if you are not feeling well☺

We wish you good health and happiness (and being able to punch in for each other) in the New Year!

Happy New Year!

Sr. Master Steve, Sr. Master Lisa, Sensei's Greg, Michele, Dylan, Amelia, Camille, Guillermo, Jamie, Dave, Tara, Mike, Natalie and all of your SDSS Instructors

Fun Day Tuesday January 5th - "NEW"



The theme for the first Fun Day of the year will be "New"! Maybe you received something new over the holidays. Maybe you learned something new or want to learn something new this year? Join us for the Tuesday January 5th Zoom Class and feel free to share this New thing with us! By the way, that's a Catesby's Snail Sucker Snake newly discovered in the Bolivian Andes in 2020.

Congratulations Recent Belt Ranks!



Congratulations to the following students who tested in November for their next belt!

Sean M. – Greenstripe

Rob M. – Bluestripe

Karen C. - Bluestripe

Lena P – Bluestripe



Private lessons can be done via Zoom or In-Person!

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

-Buddha

Jack R. – Bluestripe
Matteo R. – Bluestripe
Tatiana I. – Blue
Lydia D. – Purple
Shonket C. - Yellow

Small Indoor Classes Resume

eventbrite

Good news, beginning Monday January 4 we will resume small indoor classes at the studio! Last month's closure orders which went into effect December 12 are ending as scheduled per Governor Wolf's most recent announcement. You will still need to register for indoor classes using Eventbrite and class sizes will be limited. Facemasks are required and students should bring their own water bottle. We will also continue with our Health Assessment Screening and temporal temperature check. To be safe, we ask that if you or your kids are sick at all, please stay home and get better. 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



After a nice winter break, you might feel the need for a check-in session with one of our instructors! We can do a quick 10 minute session online or in-person to see how you are doing and make suggestions to get you on the right track. You can also set up a longer, more detailed Private Lesson to really nail that form or review for belt testing!

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