



SDSS Pittsburgh



February, 2021

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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:)

Happy Chinese New Year!



February 12 marks the beginning of the Chinese New Year. This year of 2021 is the year of the Ox, specifically the Metal Ox (remember the five elements; water, wood, fire, earth metal). If you were born in these years, your Chinese zodiac sign is Ox – 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021. The Ox is known for being dependable, diligent and strong willed with an honest nature. Oxen have good patience and they are planners often enjoying great success. The Ox does not have the best communication skills however and they do not think it is necessary to share ideas with others. This can cause others to view the Ox as stubborn.

What Valentine's Day Means to Us This Year

We love our students and dojo family and this Valentine's Day especially we want you to know that our hearts are full of appreciation and sincere thankfulness during these challenging times. In previous years, we have celebrated by giving out sweet treats and sharing hot cocoa. We look forward to these times

again but in the meantime can we just say "We ❤️ You!".

Fun Day Tuesday Feb 2 - Pajamas!!



February Fun Day is all about Pajamas! Pink, blue, green, multi-colored, dinosaurs whatever! Just make sure you can safely

Belt Test Dates:

January

- Tigers/Dragons Feb 24 4:00pm
- Jr Adults/Adults Feb 24 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

workout in them☺. And if you just wear your uniform/gi pants,
that's almost as comfortable, so let's dance!

Congratulations Recent Belt Ranks!



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

Camille H. – Brown Belt 3rd Dgr.

Jadranka P. – Brown Belt 3rd Dgr.

Iggy A. – Brown Belt 3rd Dgr.

Ahmed A. – Brown Belt 3rd Dgr.

Michael A. – Brown Belt 3rd Dgr.

Noele C. – Brown Belt 1st Dgr.

Xavier S. – Brown Belt 1st Dgr.

Caitlin I. – Brown Belt 1st Dgr.

Izzy S. – Greenstripe Belt

CJ R. – Green Belt

Joe C. – Bluestripe Belt

John Ryan E. – Bluestripe Belt

Sam K. – Bluestripe Belt

Sam R. – Bluestripe Belt

Christopher R. – Bluestripe Belt

Eva B. – Blue Belt

Davienne K. – Blue Belt

Evan M. – Blue Belt

Dominic W. – Blue Belt

Divya S. – Blue Belt

Liam O. – Purple Belt

Derrick W. – Purple Belt

Elinor B. – Purple Belt

Priya S. – Yellow Belt

Maya G. – Yellow Belt

Violet S. – Yellow Belt

Ariel B-J – Yellow Belt



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

Class Options

Just a reminder that we have three options to take classes and continue your martial arts training:

- **Online/Zoom** – Convenient, requires Zoom link
- **In-Person Studio** – Best for learning, masks required
- **In-Person Outdoors** – Good learning, masks, warm clothing

In-Person classes require registration and there are limited spaces to comply with Covid safety regulations. Let's keep our body and mind strong, always learning, always growing!

Private Lessons, Check-In Sessions



More important than ever, check-ins and private lessons keep us on the right track and keep us motivated. We can do a quick 10 minute session online or in-person. You can also set up a longer, more detailed Private Lesson to really nail that form or review for belt testing!

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