



Portland Soo Bahk Do

Programs and Calendar

2026



Portland SBD In Person Classes

1606 NE 37th Ave Portland OR 97232

Tuesday and Thursday- 6:00 - 8:00 PM

Wednesday- Noon - 1:00 PM

FAMILY, ADULT, YOUTH CLASS

In Person and Live On Line

Zoom: zoom.us/j/7161992869

Tuesday and Thursday

7:00 - 8:00 PM

Therapeutic Martial Arts – Tai Chi/Qigong

In Person and Live On Line

Zoom: zoom.us/j/7161992869

Tuesday and Thursday

6:00 - 7:00 PM

IMPORTANT DATES

Jan 20- Portland Soo Bahk Do Anniversary

Jan 25- Oregon MDK Board Breaking Tournament- Lake Oswego OR

March 31- Portland SBD Gup Exam

April 17-18- Region 10 Festival- Tournament, Dan Exam- Lake Oswego OR

June 16- Portland SBD Gup Exam

July 16-18- SBD National Festival- Salt Lake City UT

July 31 - Aug 2- Region 10 Summer Camp- Ellensburg WA

Aug 15- Annual Class on the Grass- Camas WA

Sept 25-26- Oregon Moo Duk Kwan Tournament- Lake Oswego OR

Sept 29- Portland SBD Gup Exam

Oct 2-3- Fall Dan Exam and Clinics

Nov 13-19- Moment w/ the Masters & Ko Dan Ja Shim Sa- Minneapolis MN

Nov 24- Portland Soo Bahk Do “Earn Your Bird” and Turkey Trot class

Dec 16-18- Portland SBD Gup Exam and Reindeer Games

Rejuvenation Hour Sessions

In Person and Live On Line

Zoom: zoom.us/j/7161992869

Wednesday Noon – 1:00 PM

Contact Master Charles Smith at:

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www.portlandsoobahkdo.com