



**Therapeutic Martial Arts**  
**Tue & Thu 6:00 – 7:00 PM**  
**1606 NE 37<sup>th</sup> Ave. PDX**  
**<https://zoom.us/j/7161992869>**

**In Person or On-Line from the Comfort of Your Own Home**

### **Transform Yourself**

Learn and practice the keys to mental, physical, and spiritual well-being through slow martial arts movement, mindfulness training, and meditation practice

### **Benefits of TMA Training**

- **Improved Focus and Brain Functioning**
- **Improved Emotion Management & Self-Regulation**
- **Reduced Stress Level- Improved Stress Management Skills**
- **Calm Mind - Emotional Wellbeing**
- **Increased Balance, Strength & Energy**
- **Improved Sleep**
- **Improved Relationships**

### **Learn and Apply Cultural Principles for Health, Wellness and Harmony**

**Song of the Sip Sam Seh- [Martial Arts Philosophy](#)**

**Pyramids of Power- [African Centered Health](#)**

**Kemetic Way- [Unity, Truth, Connection to Nature, Life](#)**

Instructor: Master Charles Smith (7<sup>th</sup> Degree, Soo Bahk Do)

To register contact: [charles@portlandsoobahkdo.com](mailto:charles@portlandsoobahkdo.com)

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