



Portland Soo Bahk Do

Martial Arts & Wellness

Korean Martial Arts Classes

1606 NE 37th Ave
Portland OR 97232

Zoom Option: <https://zoom.us/j/7161992869>

Soo Bahk Do is a traditional martial art originating in Korea many centuries ago. It is noted for its explosive kicking techniques and dynamic hand strikes, utilizing scientific theory to attain maximum power. Soo Bahk Do is a harmony of body, mind, and spirit. We seek not only to prepare students for physical defense, but to build character in a safe, non-contact environment.

What We Teach

Five Moo Do Values

History- *Yuk Sa*

Tradition- *Jun Tong*

Discipline and Respect- *Jon Kyung*

Philosophy- *Chul Hak*

Technique- *Ki Sool*

歷史
傳統
內剛外柔
哲學
技術

Eight Key Concepts of Soo Bahk Do

Courage- *Yong Gi*
Concentration- *Chun Shin Tong Il*
Endurance- *In Neh*
Honesty- *Chung Jik*
Humility- *Kyum Son*
Control of Power- *Him Cho Chung*
Tension and Relaxation- *Shin Chook*
Speed Control- *Wan Gup*

Ten Articles of Faith in Mental Training

1. Be loyal to one's country.
2. Be obedient to one's parents and elders.
3. Be loving to one's spouse.
4. Be cooperative with one's brothers and sisters.
5. Be respectful to one's elders.
6. Be faithful to one's teacher.
7. Be faithful to one's friends.
8. Face combat only in justice and with honor.
9. Never retreat in battle.
10. Always finish what you start.

CLASS SCHEDULE

	Tuesday	Thursday
Family/Adult/Youth	7:00-8:00PM	7:00-8:00PM
Therapeutic Martial Arts	6:00-7:00PM	6:00-7:00PM

Costs

SBD Classes- \$60/month; Family \$100/month
Sliding scale for those with financial need
Therapeutic Martial Arts- \$60/month
Uniform- \$39.99
Federation Membership- \$85/yr
Household Federation Membership- \$177/yr

Rank Promotion Test Requirements

- ✓ U.S. Soo Bahk Do Federation membership
- ✓ Regular attendance
- ✓ Sincere effort in school
- ✓ Community service
- ✓ Essay on assigned Soo Bahk Do topic
- ✓ Demonstrate rank physical requirements

Instructor: Master Chuck Smith,
7th Dan Certified Instructor
Mr. Smith has studied Soo Bahk Do for 32 years, beginning his training in 1990 in Detroit MI. He has been teaching Soo Bahk Do since 1995 in Camas WA (Camas Soo Bahk Do). He has served on the Board of Directors of the U.S. Soo Bahk Do Moo Duk Kwan Federation for 9 years, including 2 years as Board Chairman.
Contact Mr. Smith at:
(503) 502-2965
Charles@portlandsoobahkdo.com



"We are not attempting to develop a better warrior but a better person."

*Grand Master Hwang Kee, Founder
Soo Bahk Do Moo Duk Kwan*

Visit the following sites to learn more about Soo Bahk Do Moo Duk Kwan and upcoming events

www.portlandsoobahkdo.com

www.soobahkdo.com

www.soobahkdo10.com

 PortlandSBD