



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

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

What is Therapeutic Martial Art?

TMA is slow martial arts movement, mindfulness training, and meditation practice all in one. TMA rejuvenates- promoting Spiritual, Mental, and Physical Wellbeing.

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 (6th Degree, Soo Bahk Do)

To register contact: charles@portlandsoobahkdo.com

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