

FOR IMMEDIATE RELEASE:

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Rising Phoenix Celebrates 15 Years of Martial Arts Training with New Introductory Program 16th Year Begins with Move to New Dojang

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Rising Phoenix Tang Soo Do celebrates 15 years of Martial Arts Training and the enrichment of youth and adults in the Poconos with an introductory program offered to beginners ages 7 and above. Classes will meet Mondays at 5:45 PM from April 23 - May 14 introducing students to Tang Soo Do (Korean karate) classes and culture, and initiating a journey of personal growth. Students work with a certified Black Belt Instructor to learn important skills and concepts to prepare a foundation in martial arts. Call 570-216-8242 to register and receive 4 classes and a student uniform for only \$49.

Beginning in April, training will be held at the new dojang in the Better Homes and Gardens Real Estate Wilkins & Associates Building, [7164 Route 209, Stroudsburg, PA](#). The new facility offers ample training space as well as an area for families to watch class. Master Martha Heise, owner of Rising Phoenix said, “We are excited to be entering spring refreshing our commitment to our members and our community. We love what we do and enjoy sharing experiences with students that encourage their exploration, growth, and connections!”

Rising Phoenix students learn focus, goal-setting, self-defense skills and improve fitness through exercise, exploration, and group activities that encourage confidence, coordination, self-discipline, and other positive values. Students are encouraged to appreciate their own and others’ unique characteristics and to look for opportunities to contribute to the benefit of the their dojang, workplace, and community. Respect for self and others, accountability for words and actions, dynamic balance, and integrity are key character traits reinforced in classes. Recognizing that each individual’s goals and journey are unique, the Rising Phoenix motto is “Identify, explore, and grow ~ be a better you!”

Tang Soo Do classes at Rising Phoenix engage students from age 4 to adult and from all walks of life, offering challenges that foster growth and reinforce concepts that may be applied to many situations. Master Martha Heise and class instructors are internationally certified with the World Tang Soo Do Association (WTSDA). For questions or to register, call 570-216-8242 or email info@risingphoenixdynamicliving.com.

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