

## RISING PHOENIX TANG SOO DO

### ABOUT US

Tang Soo Do classes at Rising Phoenix go beyond learning how to fight. This training supports living your life with courtesy, friendship, and a spirit of self-improvement. Each individual's goals and journey are unique. Tang Soo Do lessons serve to guide each person to becoming his/her better self through physical and mental training.

Participation in our classes prepares youth and adults to face daily challenges with confidence, focus, and a positive outlook. Respect for oneself and others, accountability for one's words and actions, and integrity are key character traits reinforced in our classes.

### ABOUT OUR TANG SOO DO CLASSES

#### Traditional Classes

- For individuals 7 years old and over
- Traditional Tang Soo Do instruction
- Skills are taught within segments designed to focus learning and build on achievements
- Students are motivated to set and work towards their goals
- Through Tang Soo Do at Rising Phoenix, students
  - **identify**...goals, dreams, opportunities, challenges
  - **explore**...next steps, their talents, new friendships
  - **grow**...physically, mentally, and spiritually

#### Karate Kids Classes

- For individuals under 7 years old
- Tang Soo Do based classes
- Encourage concentration, positive learning, achievement, and self confidence
- Held at Rising Phoenix or at partner facilities

**Come in to see and try a class today!**

We were looking for a fun, physical activity that could be accomplished 12 months of the year with the personal satisfaction of achievement. The girls gain physical fitness, learn about body health, develop courage, self-control, and friendships, and have fun. ~ J. Family

Martha Heise is an excellent teacher in the art of Tang Soo Do. I highly recommend Rising Phoenix due to Martha's extensive training background and her passion.~ Jill R.

Martha has a quality about her that is apparent in her demeanor, appearance and presentation. Her determination to teach Martial Arts to the best of her ability, teach adult and youth students to have values, and keep the honor of her chosen style comes through in her teaching. I highly suggest anyone in her vicinity to check out her classes, or at a minimum take some time to get to know Martha and add her to your contact list. ~ S. Cohen, President, ChiforLiving, LLC

Another resource that should be especially appealing to martial artists is Martha Heise, who is not only an expert martial arts instructor (Tang Soo Do - Korean karate), but also practices myofascial release...Martha understands the interconnection between body and mind and how both martial arts and therapeutic bodywork can be used as vehicles for personal growth and spiritual awakening.  
~ D. Christine, Certified Craniosacral Therapist

Therapeutic or Reiki sessions available at **Rising Phoenix**,  
2149 W Main St, Ste 101,  
Stroudsburg or at



#### **Wellspring Holistic Center,**

243 E Brown St,  
East Stroudsburg

Classes and consulting are available at **Rising Phoenix**, or by arrangement, at your community or business site.

## MARTHA L. HEISE

CERTIFIED TANG SOO DO INSTRUCTOR

LICENSED MASSAGE THERAPIST

REIKI MASTER

CONSULTANT



**570.424.0408**

**570.216.8242**

**RISINGPHOENIXDYNAMICLIVING.COM**



## FASCIA



Fascia is a web of connective tissue facilitating support, communication, and more. Trauma and inflammation create restrictions in the fascia producing pain and stiffness.

## MYOFASCIAL RELEASE (MFR)

Myofascial Release therapy uses the application of gentle, sustained pressure and movement to release the fascial connective tissue restoring motion while decreasing pain.



Permission by JC Guimberteau

*Fascia: A Liquid Crystalline Matrix*

“The use of Myofascial Release allows us to look at each patient as a unique individual. Our one-on-one therapy sessions are hands-on treatments during which we use a multitude of Myofascial Release techniques and movement therapy. We promote independence through education in proper body mechanics and movement, self treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness.

## MYOFASCIAL RELEASE (CONT'D)

Each Myofascial Release treatment session is performed directly on skin without oils, creams or machinery. This enables the therapist to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia.”<sup>1</sup>

<sup>1</sup> Retrieved 27Apr2013 from <http://myofascialrelease.com/about/definition.aspx>

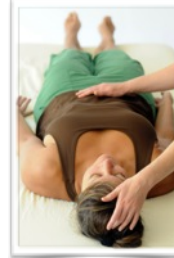


Are you someone who routinely stretches your physical limits through movement - sports, work, family care, daily living?

***Schedule an appointment today to see how we can help you move more freely and live more dynamically!***

## READY FOR TREATMENT?

It is best to work directly on the skin, so clients should bring comfortable clothing for treatment. Loose fitting shorts or swim trunks for men; loose fitting shorts and sports bra or two-piece swim suit for women.



Please do not apply lotions. Having lotion on your skin makes it difficult to obtain the slow, long releases necessary.

## REIKI

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Reiki is a natural healing system designed to assist in healing and achieving balance. A Reiki practitioner serves as a conduit through whom the Universal Life Energy can be transmitted to the recipient.

Your Reiki session will take place in a comfortable, quiet room. You will lie on a table especially designed for your comfort and will remain fully clothed. You may be treated in a seated position or even standing. The practitioner places her/his hands on or near your body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on your needs.



Some benefits of Reiki:

- Calms and promotes balance
- Enhances relaxation and sleep
- Enhances self awareness and self esteem
- Improves concentration
- Enhances awareness and management of emotions

*Massage Therapy, Myofascial Release Therapy, and Reiki do not provide medical diagnosis or treatment.*