



The tiger is symbolic of the physical world and the dragons signify the mental or spiritual world. Together the symbols represent a harmony between both worlds. The Chinese symbol Yin/Yang (Oom/Yung) stands for balance of life.

陰陽道

OOM YUNG DOE™

The GRANDMASTER "IRON" KIM Style
8 Complete Martial Arts Taught as One
Always Having the Skill and Ability to Demonstrate



One of the many personal achievements of Grandmaster "Iron" Kim is the Kyong Gong Sul Bope (flying side kick). Above is Grandmaster jumping from the top of a building. (The roof is visible in the lower right corner.) In 1970, Grandmaster "Iron" Kim demonstrated Kyong Gong Sul Bope by jumping from the equivalent of an 11-story building. In 1972, Grandmaster "Iron" Kim again demonstrated the Kyong Gong Sul Bope movement by jumping from the equivalent of an 8-story building both times landing without injury onto a sloped surface below.

International Level Training

When I went to the 2001 weekend seminar in Lakeland, Florida I did not know what to expect. But with the idea of spending the whole weekend with higher belts, I knew whatever came out of it would be tremendous.

When the morning session was over I was surprised that 3 hours had already gone by yet I was very energized. I find every time I attend a Sae Gae Moo Doe seminar my mind and body become more harmonized, and, at such an accelerated rate.

There is nothing that compares to the training from the weekend with International Instructors. It seemed like one weekend compared to 9 months of training in the school. The whole weekend was an amazing experience. Between the movements and conversations it is a complete mind and body experience that is unparalleled.

When I came out of the weekend, the movements I learned felt the most powerful I have learned in my training so far. It has been about a month since the seminar and I have been practicing the movements on a regular basis. Now forms and movements in my training are feeling more powerful and connected. It is such a great experience to be able to spend such a short time with International Instructors and get so much out of it. I look forward to next year's weeklong and weekend seminars.

Beau Inman
Winter Springs, FL



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