



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.

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.



Founded in the US 1972. © 1993

Traditional Moo Doe Taught By a True Master
A true martial arts master can always be recognized by the depth of their incredible skills and abilities. There are many martial arts masters in the world today, yet only a small number of them have practiced traditional martial arts and have therefore reached a deeper level of movement and knowledge. Throughout history it has been proven that those who have not mixed various principles and styles according to their own beliefs and have stayed with the same root of Traditional Moo Doe taught to them by a Moo Doe master, have been able to achieve incredible skills and abilities.

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Oom Yung Doe is Traditional Moo Doe, not a common martial art. Through the proper training techniques of Oom Yung Doe you can develop incredible skills and abilities.



Grandmaster "Iron" Kim used half-ton force within one quarter of an inch to break a brick on a student's head without injury. He used incredible mental and physical control to accomplish this feat during the 1975 Billy Jack movie promotion in California.



As an apple is thrown towards Grandmaster "Iron" Kim, he cuts it into four pieces with a sword. Tremendous speed, accuracy and timing are necessary in order to accomplish this feat.



Grandmaster "Iron" Kim demonstrating internal Nae Gong strength. This position was held for 30 minutes.



Asian Charity Long Beach, CA. 800 lbs. of rock are smashed into small pieces with a sledge hammer on Grandmaster's stomach. Without concentrating Nae Gong energy to his stomach area, severe injury would result.



Using internal (Nae Gong) strength, Grandmaster "Iron" Kim pulls a van with a rope in his teeth while pulling a full size luxury car with the right hand, over 50 feet (the car is off camera behind van).



Head National Instructor jumps and turns 180° mid-air to attack with a Chung Sul.

Gain power, confidence and security in order to change your reality through centuries proven Traditional Moo Doe practice

Throughout history, men and women have searched for ways to improve their mental, physical, and spiritual realities in order to enhance their quality of life. We hear a lot today about the benefits of regular exercise, which may temporarily increase our physical health. However, what does it matter if we are lacking the mental clarity to understand the countless situations that will arise throughout our lives, or the spiritual element that allows us to understand why they have arisen? Many people seek happiness or understanding by focusing on one aspect of their being-mental, physical, or spiritual-because they have been misled into the belief that such a plan of action is the key to untold secrets of life. In truth, however, such people are doing themselves a disservice by throwing their mental-physical-spiritual self out of balance by widening the gaps between each of these elements. In order to transform your reality, which will enable you to achieve success in all areas of your life, you must be willing to work towards achieving harmony and balance among the mental, physical, and spiritual elements of your being. You must continue to purify yourself, if you do not your reality will continue to change for the worse. Only you can change your reality. As the legendary principle states, only you can eat for yourself, no one can eat for you.

Traditional Moo Doe has been proven to be the quickest and most effective way to achieve harmony of the mind, body, and spirit, while building confidence and security throughout your daily life. Traditional Moo Doe teaches the proper techniques to detoxify the mind and body and purify the spirit. One of the principles of Traditional Moo Doe states that by removing negative you leave room for positive. By strengthening your mind, body & spirit and building a strong foundation of confidence and security all aspects of your life will become harmonized. The way you view yourself, as well as the way you communicate with others and your surrounding environment will continuously improve. Through this you will achieve success of life and change your reality for the better. Conversely, learning and practicing improper techniques can be like taking the wrong medication, for example, and can actually be harmful to your condition. Many people claim to practice Traditional Moo Doe; however, only true Traditional Moo Doe practitioners are able to demonstrate their incredible skill and ability. Currently, many martial arts schools exist, but very few are able to teach proper Traditional Moo Doe.

Over time, many things have come and gone, however, ancient Traditional Moo Doe techniques have remained one of the most treasured practices that balances the mind, body and spirit regardless of your age or body type. Throughout the centuries Traditional Moo Doe has been known to be the fastest and safest way to change your reality and condition for the better, because it remains the best and most effective way to directly improve your mind, body and spirit.

Traditional Moo Doe Schools have been in the United States for over 35 years and continue to improve the lives of millions throughout the nation. Traditional Moo Doe is noted for receiving a 98% satisfaction rate throughout the years. You can see and feel the difference of proper training techniques for yourself, and within a few months you will begin to see the progress you are making toward the achievement of ultimate harmony in your life.

Life is only once; no one has a spare life.

For further information refer to the 6 panel poster (2 1/2 x 9 1/2 foot in size) which is posted in every licensed Oom Yung Doe school.



Pu Chae builds flexibility, accuracy of striking exact points, offensive and defensive skills. The mind, body, and movement come together as one.



Some of the judges and participants from the Pittsburgh tournament.



Pal Gye Kwon develops muscle elasticity, deep joint strength, flexibility and coordination.

All humans have the potential to achieve the strength demonstrated in these photos. It has been known throughout history to be nearly impossible to reach the strengths, skills, and abilities seen in these photos without Traditional Moo Doe training. Remarkably, practitioners of all ages from their twenties to their senior years increasingly improve their condition and strength. This training brings the mind, body and movement together as one, leading to a higher spiritual level for greater daily benefits and a lifetime of peace.

Unique to Oom Yung Doe is the 5 level training system, derived from the origin of traditional martial arts. Each student is taught proper training methods by certified instructors from each level of rank, from second to eighth degree, under the direction of a Traditional Moo Doe grandmaster.



Grandmaster demonstrates side kick (the leg thrusts straight out from the hip)



In a demonstration of mind over body this Head National Instructor balancing on a 5' tree stump repeatedly lowers and raises himself on one leg while holding a heavy log.



Wae Gong Foundation techniques promote deep muscle and joint strength to the upper, middle and lower areas of the body.



Instructors and students build inner peace and mind over body through meditation



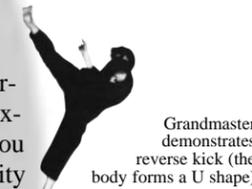
Head Instructor/attorney develops internal strength through Yuk Kun Kyong, supported only by left elbow and right foot.



Instructors demonstrate body control, flexibility, coordination, and body strength to catch and flip opponent.



Head National Instructor demonstrates strength and flexibility (agility) in ankles and knees during Tang Bek Bong.



Grandmaster demonstrates reverse kick (the body forms a U shape)



Oom Yung sparring techniques develop the ability to move with exceptional speed and agility, utilizing the hands and feet during offensive and defensive



Chong Yung Su, commonly practiced in water, increases chi, strengthens the immune system, builds flexibility, speed, and strength as the whole body attacks one



Using Tang Non, an instructor attacks in multiple directions.



Asst. Instructors practice light sparring techniques with jump kicks and sweeping.



An over 60 year old physician - after treating so many others in his career he is now taking time to take care of and further develop himself. A few years ago tests showed two arteries from his heart were completely blocked, usually requiring emergency surgery. He waited and upon checking further found that his heart was compensating for the blockages. He credited the internal strength he developed through Traditional Moo Doe with allowing his heart to adjust and saving his life. He still has not had the surgery.

California - Florida - Massachusetts
Minnesota - Pennsylvania - Washington - Wisconsin

For further information and testimonials please visit www.OomYungDoe.com