

OOM YUNG DOE™

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The GRANDMASTER "IRON" Kim Style 8 Complete Martial Arts Taught as One

Always Having the Skills and Ability to Demonstrate
Traditional Moo Doe Taught By a True Master



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.



Founded in the US 1972. © 1993

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.

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.



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.



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.



Quickly Discover the Power of You, Through Traditional Moo Doe (True Martial Art)



Over the centuries, it has been proven that Traditional Moo Doe is the fastest and safest way to develop incredible skills and abilities, improving the condition of your body, mind, and spirit, as well as your overall quality of life. You will learn the proper training techniques and methods of Traditional Moo Doe that have been passed down generation-after-generation. You will gain an understanding of a traditional style of 8 martial arts taught as one, which has been passed down through centuries of grandmasters and masters from the origin of Traditional Moo Doe.

Many martial arts have changed throughout the centuries and no longer have a true root; therefore, the true meaning of the style is lost over time. Yet, the secrets of Traditional Moo Doe proper training techniques are still taught today as they were taught by Traditional Moo Doe masters in the secluded mountains of East Asia centuries ago.

Oom Yung Doe has been in the United States for over 30 years and was one of the first martial arts schools to introduce and teach Traditional Moo Doe techniques and principles. During this time Oom Yung Doe has had better than a 96% satisfaction rate. There are many testimonials and demonstrations of Traditional Moo Doe helping and improving millions of people (of all ages, shapes, sizes, and conditions). These practitioners have learned the proper way to build an outstanding healthy condition, they have youthful energy and appearance, and they live their lives with longevity, quality, and inner peace.

"Life is only once. Nobody has a spare mind and body."

Oom Yung Doe's \$290 introductory program allows you to feel immediate benefits and begin to feel the power within you.



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



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



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 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.

A Key principle of Traditional Moo Doe is to change your reality: You have the strength to improve yourself and those that surround you.

"Do not neglect yourself. Learn and see what many wish to become."

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 instructors from each level of rank, from second to eighth degree, under the direction of a Traditional Moo Doe grandmaster.

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.

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

www.oomyungdoe.com