



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



corner of roof

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/Yan (Oom/Yung) stands for balance of life.

International Level Training

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.

My name is Maryse, and I am 50 years old. When I joined the Oom Yung Doe School, I didn't think that the moves I learned were going to be beneficial to me so quickly—I thought it would take a lot longer. I frequent Davis Square a lot, and I've passed by the Oom Yung Doe school dozens of times. Finally, one day, I decided to fulfill my curiosity, and I walked in and inquired about the school. Shortly after, I registered for a two month trial. I began the lessons, and quickly realized how much I was enjoying the classes. Not only did friends and family notice an improvement in me, but I also noticed how much more energetic I was. I was smiling more and less stressed—just genuinely happy. Not only were there mental and emotional changes, but there were physical changes as well. As I lost more weight, I became more focused.



The most defining moment for me was when I fell down two flights of stairs. The lessons that I learned regarding fall techniques, I feel, saved my life. As I first started to learn how to roll, I was making faces and thinking that "Are you kidding me? I, Maryse, roll!" I thought it was something I would never accomplish, partly because I was scared and partly because of self doubt. With the careful tactics of my instructors, their patience, and their professionalism, I became more confident with my rolling lessons. The roll techniques and the "learn how to fall" lessons saved my life. The lights were out on the stair well, and I missed the first steps of the stairs. Without even giving it a second thought, I immediately changed to a roll position using my right hand to protect my neck and left hand to land on my side. As I reached the bottom of the steps, I honestly believed I had broken my neck. It took a few minutes for me to readjust myself, but I did. After a few minutes, I shifted my hand and realized that, while I was a little sore, I was ok.



If it weren't for the lessons I learned at the Oom Yung Doe School, I probably would have been severely injured, or maybe even paralyzed.