



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.



Centuries Proven Methods to Reach Success in Life through Health and Inner Peace

The greatest success you can have in life comes from understanding who you are, mentally, physically, and spiritually, which gives you a healthy condition, inner peace, and true happiness. It is very common for people to look for success by placing their focus in life only outwardly or into a multitude of life's details but neglecting to build their true self. One day you may find that your condition has deteriorated and that you never found true happiness or inner peace. It is most important to build a healthy condition and inner peace so that you can have true success in your life and share it with others.



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

Learn Traditional Moo Doe through Oom Yung Doe

Over the centuries millions of people around the world have reached success, happiness, and inner peace in their lives through Traditional Moo Doe (traditional martial arts). Oom Yung Doe has had a 98% satisfaction rate for over 30 years in the United States alone and has been and continues to be one of the premier martial arts schools as well as one of the few schools that can teach Traditional Moo Doe. Many people try common exercise regimes but find that they are not enough to reach an incredible condition of mind, body, and spirit and to maintain a truly youthful condition as they age. Thousands of testimonials exemplify the incredible benefits of Traditional Moo Doe. One example is a practitioner, now 50 years old, whose skill, ability and overall physical condition, appearance and youthfulness is far beyond when he was a gymnast at the age of 20. Many who have witnessed him practice comment on how his flexibility, coordination, speed and power remind them of the high level practitioners seen in the "Crouching Tiger Hidden Dragon" movie. Physically he is in incredible health, mentally he is calm with deep inner peace, and he only needs to practice a few hours per week to maintain his condition. He is continuing to challenge himself to reach a higher spiritual level in order to reach awakening.

Proper Training Methods in Traditional Moo Doe

Throughout history there have been martial arts practitioners who have incredible skills and abilities and there have been those who do not but claim that they do. Demonstrations of incredible skill and ability, physically, mentally and spiritually, have been the only true measure of a higher practitioner. A martial arts practitioner with only a limited amount of physical skill and ability is not capable of teaching deeper Traditional Moo Doe movement, which connects the mind, body, and movement as one in order to achieve incredible inner strength. If someone cannot demonstrate these abilities, how can they teach you? They would not know how to teach properly as their methods would be unproven and teaching students would be experimental. It is so important not to simply rely on what someone says, or depend solely on their opinion, but to judge them based on their skills and abilities.

Recognizing a Proper Traditional Moo Doe Instructor

A true Traditional Moo Doe 2nd through 9th degree instructor must be constantly learning through a true Traditional Moo Doe Master who has achieved an incredible level of skill and ability. The origin of Traditional Moo Doe can only be passed down through a true Traditional Moo Doe Master. Properly trained instructors will be able to recognize the student's condition and correctly match the proper movements for the safest and quickest development. This allows the student to achieve their highest potential and their best possible condition mentally, physically and spiritually. Over the centuries, the lifelong dedication of Traditional Moo Doe Masters has provided proper training methods that guide practitioners on a clear path, throughout their development allowing the mind, body and movement to come together as one. These proper training methods are known to be the safest and quickest ways to improve your condition and to purify and strengthen your mind, body, and spirit.

Some of the Main Key Points of Traditional Moo Doe

- ◆ True success of life comes from how high you are able to accomplish mentally, physically, and spiritually, this is not based on material or position.
- ◆ Remember, life is only once; no one has a spare life. Do not neglect yourself.
- ◆ Know yourself and have a better quality of life through Traditional Moo Doe.
- ◆ Anyone can say how good they are but few can demonstrate incredible skill and ability.
- ◆ It has been proven throughout history that this training, when combined with higher level meditation techniques such as Nae Shim Gong, has allowed practitioners to achieve their highest spiritual potential and ultimately to reach self-awakening.

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.



Basic jump kick skills demonstrate flexibility, coordination, speed.



An instructor, artist, medical student, and doctor 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.



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.



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