

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

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.



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.



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.



Traditional Moo Doe has truly challenged and improved my quality of life physically, mentally and spiritually



Through traditional Moo Doe, I feel as though I have regained 20 years of my life! Prior to beginning my training at an Oom Yung Doe school, I had my annual medical checkup. Although I received a clean bill of health from my doctor, I understood that my physical condition wasn't what it was 20 years ago when I was in my 'prime'. Now, after two years of traditional Moo Doe training, I look better and feel healthier than ever before. For example, while playing soccer recently, I had as much, or more, energy and endurance than other players who were in their twenties. They recognized these qualities in my performance and wanted to know my secret. I told them about the power of traditional Moo Doe training.

What first raised my curiosity about Oom Yung were the success stories of the individuals who participated in the program. What I heard made me believe there was something special about the schools, and encouraged me to investigate further. I went to school to observe open-hand and weapons demonstrations by a variety of instructors. It was unforgettable! I felt like I was watching the Crouching Tiger Hidden Dragon movie! Swords, staffs, and fans, moving as fast as lightning, and in all directions—instructors with amazing strength and in full control of their weapons! It was incredible and inspiring! I had thought I could only achieve these skills from a lifetime of study in Asia, learning secret movements from a traditional Moo Doe master. I knew now that I had found a place where I could study and learn these same movements and techniques.

When I first began training, my instructor asked me if I was capable of using my full strength, mentally and physically, anytime or anywhere. He explained, "If you are not able to fully use your mental and physical abilities at will, how will it be possible to achieve your lifelong goals? Your achievements will be limited if you can not use your full potential." As time went by, I realized that through Traditional Moo Doe I have tapped into my innate abilities and I have developed a sense of confidence and pride that I never even knew existed inside of me. I now have much more confidence in my ability to achieve my goals and to make them my reality.

Beginning with my first two months of training, I received balanced instruction from four levels of instructors, including the Regional, National, and International level instructors at a cost of \$290. The International Level 8th degree instructors personally worked with me, demonstrating proper training techniques to reach a higher level of mental and physical ability. I was impressed with their ability to accurately assess the current level of my condition and clearly show me the movements that I needed to practice in order to build full body strength, as well as how to develop the weaker parts of my body. After just one lesson, I could feel my mind and body coming together as one with my movements as if they had advanced several months! The International Level Instructors learn from Grandmaster for their own development and also how to teach students of any body type and condition. It is through this multi-level system that I have dramatically improved my condition and will continue to develop quickly and properly as long as I practice.

I am beginning to understand how Traditional Moo Doe allows me to balance my mind and body to become one, and to use my full strength at will to achieve my goals and overcome the many challenges of everyday life. My quality of life has truly improved and I continue to strive for excellence in all areas. I now understand why higher practitioners throughout history have spent years seeking the teachings and wisdom from the direct line of Traditional Moo Doe masters and grandmasters.

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In the United States since 1972, Oom Yung Doe has been one of the first to teach traditional martial arts, having over a 96% satisfaction rate. This is one of many thousands of testimonials attributing to the benefits of Oom Yung Doe.



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



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).



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



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.

"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 certified 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