

School of OOM YUNG DOE®

The GRANDMASTER IRON KIM® Style



MLT



8 Complete Martial Arts Taught As One™

Over the centuries, very few individuals have been able to reach the great heights of skill and ability achieved by their most exceptional predecessors, while also being able to significantly build upon and enhance that legacy. Through consistent dedication to training, building up others, and by clearly demonstrating an extraordinary level of skill and ability — as demonstrated through his execution of the Kyung Gong Sul Bope — Grandmaster Iron Kim has solidified his legacy as a true Traditional Martial Arts ICON.

Upcoming Forms To Be Taught By The Master Level Teaching (MLT) Team

Chui Kwon means drunken fist. The movement is like that of a drunken person. The deceptive nature of this technique gives one an added advantage over an opponent. Defensive action is flexible, like rubber. Offensive movement explodes like a cat pouncing on a mouse. Once absorbed, this technique is very powerful. This form develops all aspects of speed, strength, coordination, flexibility, and body control.



Ha Yook Tong translates to mean "six caves or tunnels." To maneuver in a dark confined space, one needs lower body strength to remain in a crouched position and must utilize all of one's sense-perceptions. This form will develop these qualities in the individual providing the practitioner with explosive power and enhanced presence and awareness. Mental sharpness and awareness will also provide quicker reflexes.



Sam Chu Chuk Bong is a 3-section staff with a chain in between each section. Every part of the weapon can be used in offensive and defensive applications. Chung Dan Hyungs practiced with this weapon demand mental focus and concentration thus quickly developing and enhancing these mental qualities. As one begins to absorb the movements in this Chung Dan Hyung the practitioner will experience an increase in mental sharpness and awareness, quicker reflexes and advanced coordination and control. Other benefits include overall flexibility, speed and strength.



For each seminar Chung Dan Hyungs and Chung Jhoong Hyungs are available. Ask your instructor for details.

Each MLT Chung Hyung Will Be Taught in a 3-Lesson Format

Lesson 1

Head National and National Instructors will teach the sequence helping students memorize the form.

Lessons 2 and 3

The Master Level Teaching Team will provide a lesson with follow-up. These lessons will be based on how each student has practiced, and fit the movement to each particular student's body type with personal adjustments to maximize benefits.

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