



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.

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



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.

Conditioning Program

I would like to tell you my story of how, I have been helped both physically and mentally by attending Oom Yung Doe classes twice a week. First of all, I am very grateful for my instructor's patience and understanding.

I am a 76 year old female and for about forty years, I have suffered with pain and limited movement in my right shoulder. About one year ago I had surgery to repair my rotator cuff by stitching the torn muscles, tendons and ligaments back together. After several months of physical therapy I had some recovery; but I still had limited range of motion in my shoulder. I also was having difficulty with small muscle control in my right wrist and fingers. After one of my Tai Chi classes I mentioned my concerns to my Instructor. He told me that he might be able to learn movements from his higher belts to help ease the stiffness in my shoulder and ease the pain I was still having in my neck.



I told my Instructor that I would be willing to try this recovery plan for me. He gave me some suggestions as to how I could use the program to improve my health; not only my shoulder but my overall health. He showed me some movements that at first were a little difficult, but within a very short period I began to feel and see improvement. After a few weeks we added a small amount of weight to the movements and I began to feel improvement in my strength. Very soon, I noticed a change for the better in the strength I had in my shoulder muscles, as well as a much greater range of motion.

The next thing was to begin meditation to relieve the stress and tightness in my neck and back muscles. I also found that this technique helped relieve emotional stress. Another aid to my continuing recovery was the "Chi Herbal Muscle and Joint Kit," which is a paste that can be applied to ease soreness, along with a spray to further aid recovery. I am very happy to pass along the success I have had with my progress. This therapy is doctor approved. My husband who has been a medical doctor for over fifty years, has been impressed with my improvement and encourages me to continue using Oom Yung Doe to benefit my well-being. Another benefit I have received is that I sleep better; because I am no longer awakening several times during the night with shoulder pain.

Thank you so much for improving my quality of life.
Sincerely,
Cynthia H.