

McLEAN HOSPITAL – MASSACHUSETTS GENERAL HOSPITAL

HARVARD MEDICAL SCHOOL

IGOR ELMAN, M.D.  
ASSOCIATE PROFESSOR OF PSYCHIATRY



MCLEAN BRAIN IMAGING PROGRAM

*DIRECTOR, CLINICAL PSYCHOPATHOLOGY  
LABORATORY*

October 27, 2008

Dear Instructors at the Oom Yung Doe Training Facility at Natick:

I am writing to express my enormous appreciation for my son's and mine training in the martial arts techniques during the last one and a half years.

One of the greatest science philosophers of our times, Karl Popper, perceived the mind-body conundrum as the linchpin of the entire Western philosophy, from antiquity to modernity. Numerous eminent thinkers have accordingly not succeeded in integrating spiritual and physical realities into one unit.

Your approach is so unique that you can easily eschew such a logical paradox and consistently demonstrate to us that mind and body are actually indivisible entities. Indeed, regular participation in physically rigorous and demanding training at the Oom Yung Doe not only improves our mood, but also contributes to enhanced motivation and to a better ability to focus at school, at music lessons and at work. Furthermore, your astute comments and discussions during and following the training sessions invariably lead to a more positive outlook at life as well as to deeper insights into our actions and life choices.

I would recommend Oom Yung Doe training to anyone most highly and without reservations and look forward to the continued joint work aimed at optimizing our physical and spiritual faculties.

Sincerely,

Igor Elman