



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

International Level Training Testimonial

One of the many personal achievements of Grandmaster "Iron" Kim is the Kyong Gong Sul Bope (flying side kick). To the right, Grandmaster is 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.

Let me start by saying that I hate exercise; I'm one of those individuals who would rather sit and read a book instead of going hiking on a nice day. However, knowing that exercise is a necessary evil, I would try the gyms and the personal trainers. But to no avail. It was too boring, doing the same thing over and over again. And sooner or later, I would always find an excuse and stop going.

I'd pretty much given up on exercise until my last physical exam. My doctor told me that I was looking at osteoporosis and a number of other physical problems if I didn't start moving. Now, that got my attention. But what to do? Gyms and such were out, so I decided to try Tai Chi. Tai Chi had those beautiful flowing movements, it looked simple, and best of all, it looked as though it didn't require a lot of exertion.



And that was how I found Oom Yung Doe. However, I quickly found out that Oom Yung Doe is much more than Tai Chi. It is Nine Dragon form, other forms with equally exotic names and movements, and weapons! (This is martial arts after all.) I also found out quite quickly that training in these forms was, for me, arduous and at times overwhelming. Frankly, I wasn't sure I was up to the task.

When I started Oom Yung Doe (7 months ago) at the age of 54, I was decidedly out of shape: no muscle tone, loss of breath from the most minor exertion, and my sense of balance was, well, off balance. In other words, I had a long row to hoe. A critical component of my development was and continues to be the school instructors and the International Level Team. Without their patience (lots of it), support, and skill in teaching the forms, I would have never made it this far.

I can honestly say that Oom Yung Doe is one of the more difficult things I've ever done, but it is also one of the most rewarding. I feel physically better than I have in years. I have built muscle strength, learned how to breathe deeper, and my balance has much improved. And, because I'm constantly challenged both physically and mentally, I keep coming back.

There is so much more about Oom Yung Doe than I can explain in this testimony, and there is even more for me to learn. With the guidance (and forbearance) of the instructors, I look forward to gaining a deeper understanding of the discipline of Oom Yung Doe.

-Jody W.

Age 55

Senior Technical Writer

