



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

Moo Doe Conditioning Program

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.



Steve P.

My name is Steve and I am a Second Degree Oom Yung Doe Instructor. I trained in Oom Yung Doe from the age of 28 until I was roughly 35 years old. I left school to focus on other things and pursue a number of personal goals. I am now 43 years old and returned to training this past September. I can't even begin to explain how happy I am that I did. Training was always a source of strength, confidence and great health for me. However, the level of knowledge that is now being passed by Grandmaster is astounding compared to before. I am 100% certain that it will not only expedite my ability to regain what I once had from training but, it will also help me quickly move far beyond where I was mentally, physically and spiritually back then.



When I was 21 years of age I was in a very bad car accident. The vehicle I was driving was sandwiched between a car and a van almost simultaneously and I then crashed into a telephone pole head-on. The driver of the car that struck me blew through a STOP sign at about 35 miles per hour while she was looking for a contact lens in her vehicle. I was not wearing a seat belt and my car was totaled. At the age of 21 a man feels invincible and that, coupled with some bad medical advice had me in a back brace and back to work the day after the accident. I was told by doctors at the time that I had "sprained" my back and the brace would help. The brace only made things worse and for nearly a year I walked crooked. I have lost count of the number of times in the past two decades when I have re-injured my back, been unable to walk upright or been hospitalized with serious back problems. I have also seen every type of "expert" and tried every type of "treatment" without real success in terms of truly correcting the problems.

Now that I am 43 years old, the injuries I sustained back then have begun to catch up with me and affect my health and my life very negatively. I recently signed up for the Back Program at the Natick School and after only one month into the program, I just know wholeheartedly that, in time, the issues I have had with my back will be resolved once and for all. Presently, I am practicing a special series of about six movements about five times per week. The series of movements was designed specifically for me by the International Team based on detailed information I provided them about my condition. After only about one month's time, I can already tell that the movements are exactly what I need. I am experiencing the strengthening and re-alignment of some of the injured areas as well as some pretty amazing and powerful flows of energy and heat throughout the injured areas that I have never felt before. I can tell things are healing. I am certain that the Back Program is exactly what I need to correct my major body problems once and for all so that I can move forward in my training. For me, it's like taking two steps back in order to take five leaps forward later on. It is a very worthwhile investment. Without our health we have nothing.