



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.



Formulated in the U.S.A. 1972 © 1993

## Adam Buchanan



### School Ownership

Opening a school has been one of the most exciting and challenging moments of my life. I have been constantly challenged to quickly learn and adapt to new things, move with purpose, and strive for success. I have always wanted to be a part of teaching others how to improve their life and change their own reality and circumstances. My own life has been a constant struggle not to succumb to the negative environment that I was surrounded with, and to look along the Chung Doe pathway of hope, courage, honor and enlightenment. I feel that I now have the opportunity to share with others one of the strongest systems of principle and knowledge that I have found. Through my experience of teaching and helping others, I have learned that the only way to truly understand yourself and others, is by building and sharing this knowledge to establish a long and healthy life of peace and happiness. Through helping others improve their lives, I have found meaning and purpose in my life, resulting in the peace of mind and happiness I never could find before.

*- Adam Buchanan, 1<sup>st</sup> degree black belt*