



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



corner of roof →

International Level Training

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.

After only one month of consistent practice of Nae Shim Gong, I've noticed incredible changes in my life. After an accident during a soccer game in high school I received a minor concussion and ever since I've had chronic migraines that doctor's could not explain. After practicing Nae Shim Gong, I've noticed that my migraines have virtually gone away. Practicing Nae Shim Gong has also improved my sleeping patterns. Normally I can get 8-10 hours of sleep and feel tired when I wake up, and after practicing Nae Shim Gong consistently before I go to bed, I've noticed that I need less sleep and have more energy. One night I slept for only four hours and woke up naturally in the morning feeling better than ever. **In only one month, two of the biggest issues in my life have diminished drastically**, I can only imagine what is to come.

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