



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.



## Feeling old at 47

In March 2006 I turned 47 and after years of ignoring my health I found myself over weight, out of shape with my cholesterol at almost 400. I was tired most of the time, had problems with my hips, and felt like an old woman. I tried the latest health trends for brief periods of time over the years; joined the gym, aerobics, yoga classes, kickboxing and even hypnosis without the desired results or motivation. A friend who is my age and in wonderful shape attends the school in Mission Viejo, California. He suggested I try Oom Yung Doe and I decided to give the two-month program a try.

The first two weeks I must admit were hard. My body was rebelling against all the twisting and the bending, but I had made a commitment to myself to stick it out for the two months while going to class four to five times a week no matter what. After 2 weeks I went to San Diego for the quarterly International Course Lesson. I appreciated the interest and attention of the Instructors and found it motivating to see other students in my age category moving in ways I hadn't in years.

After four weeks not only was I losing weight, I was more energetic and my hips were not bothering me as much. Assistant Head Instructor Brian with his patience and caring made it an easy decision to sign up for the International course.

I had a check up at my doctor, after being in the program for only 10 weeks. My doctor asked me what I was doing differently. Not only had I lost 10 lbs, but my cholesterol was down to 246 and overall I passed my physical with great results.

On June 19<sup>th</sup> and 20<sup>th</sup> 2006 I was fortunate enough to attend the Traditional Moo Doe Weeklong Seminar at Warner Springs for a couple days. The Head National Instructor, Assistant Head National Instructors, National Instructors, Assistant National Instructors and fellow students made this magical place with their energy and caring an experience like no other.

I am looking forward to next year and all the other Sae Gae sessions in the future on my journey to better my mind, soul, spirit and body.

Birgit Ehk  
June 21st 2006