



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



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.

Hello, my name is Charlie and I am a first degree. I had an interesting experience attending the latest weekend seminar that I feel proves the strength of Sae Gae seminars.

I have been training in Oom Yung Doe for four years, and have received tremendous physical and mental benefits as my condition has become much more balanced through training. Six months ago I stepped away from the school to move across the country. I noticed that as I stepped away from the school, I was not able to maintain the level of balance I would receive training in the school, even though I was practicing on my own. I was dealing with some personal problems that were causing my condition to become a little more unbalanced. I attended the 2005 weekend seminar in San Diego, because I knew that Blue Dragon 3 would be a movement of incredible strength. I drove 14 hours from Reno to San Diego to attend the seminar.

Before the seminar I felt unbalanced due to some of the negative I was dealing with at the time. I knew that the seminar would rebalance my condition, but I had no idea to what extent. After the weekend I literally felt like a whole new person, like my condition had been completely rebalanced. I could not believe how different and how good I felt after just one weekend. I have been able to maintain a very balanced condition by practicing the movements I learned at the weekend. This last weekend seminar made me realize how fast a person can change being around Higher Belts and also how a person can maintain a balanced condition on their own by attending Sae Gae's a few times per year. I truly do appreciate the incredible knowledge that Grandmaster Iron Kim is passing on, and I will forever be thankful that I found Oom Yung Doe.

Charlie Praksti  
1<sup>st</sup> Degree