



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



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.

International Level Training

Oom Yung Doe has significantly improved my quality of life in ways I never thought were possible. The training offered in this school is very unique and offers benefits that can only be found in a traditional martial arts school such as this. Something unique about this school is that it teaches how to bring Nae Gong energy into the body. I have never seen another martial arts school that offers that kind of knowledge. Through my training, and more specifically, through the development of Nae Gong strength, I have achieved extraordinary results that have changed my life for the better.

My name is Charles Praksti and I am a sixth section from Pittsburgh. I have been training for three years now and can hardly believe the ways in which training has improved my life. Before I started training I was not a happy person. There were certain mental characteristics about me that made my life miserable. I found that I was struggling to find a consistent feeling of peace and happiness. I was also an insecure person, which added to my problem. When I started training I immediately started to feel much better and more confident in myself, however, I was only scratching the surface.



My true personal benefit started with Bagwa walk. When I started going through Bagwa walk I began to see tremendous benefits mentally. Bagwa walk gave me a feeling of peace and serenity that made me feel much happier and more balanced. When I would practice Bagwa walk, I could feel a tingly sensation in my head that directly related to my changing mental state. I noticed that my quality of life was starting to improve significantly through Bagwa practice. It was at that point that I knew there was something wonderfully unique about this line of martial arts. Again, I found that I was only scratching the surface.

My condition further improved through the practice of Nae Gong. I began practicing Nae Gong foundation movements and experienced a considerable change. I noticed that I felt much more alive and energized through Nae Gong practice. It was after receiving Nae Gong movements that things truly started to change for me.

The real improvement in my condition occurred through consistent practice of Bagwa and Nae Gong together. I was put on a schedule to practice Bagwa or Nae Gong every day for two months. I began to feel things I never thought were possible. Overall, I began to feel like a whole new person. My energy level was increasing significantly, I felt much more peaceful and balanced, and I began to feel very confident and secure. Nae Gong practice would give me the feeling that I could do anything, like I wanted to take on the world. When I would practice Nae Gong I could feel the energy; it was a warm and tingly sensation that I could feel throughout my body. It felt like I was receiving an internal massage. I had never felt anything quite like it and was actually having a hard time believing what I was experiencing.

Another extraordinary effect of Nae Gong was the emotional release it caused me to experience. After practicing Nae Gong I felt that sometimes I would become very aggressive and angry. Other times I would become emotional to the point of tears. After these surges of emotion I would feel as though a weight had been lifted. I somehow knew that these emotions were directly related to Nae Gong practice and I knew that it was not a bad thing. I asked higher belts if they could help explain what might be happening. It was explained to me that Nae Gong is a way to purify the body of negative energy, and the emotions that I was experiencing were part of the purification process as the negative energy was being released from my body. By the end of the two-month schedule, I literally felt like a whole new person. I felt happier and more at peace than I had ever felt before. I had become much more confident and secure in myself, and I noticed that I had adopted a positive aggressiveness that I had never felt before. The way in which I perceived the world had changed totally. Nae Gong practice had changed me so much in such a short time that I almost couldn't believe it was real. I was told by others that I seemed more alive and happy than they had ever seen me. My quality of life had changed significantly in only two months time.



I experienced even further benefit through the 2004 weeklong seminar. The focus of the weeklong seminar was to bring Nae Gong energy into the body. During the weeklong I began to feel a very warm tingly feeling throughout my body to a degree that I had never felt before. In my life I have never felt as good as I did during the weeklong seminar, and I actually did not know that it was even possible to feel as good as I did at that time. I know what it feels like to feel good after normal exercise, and I can honestly say that this was on a whole other level.

I currently feel wonderful. I feel alive and happy and I am enjoying life tremendously. I can compare the way I feel now with the way I used to feel and I am amazed at the 180 degree change I was able to make. I have been able to accomplish a great deal in the last three years. I just returned from an Army ROTC training camp with a successful completion. The camp was very rigorous and challenging, but I was able to do well and complete the training. I have now completed almost all of the qualifications to become an officer in the Army. I credit a huge portion of my success in ROTC to Oom Yung Doe training.

I believe that everybody should train, at least for a little while, in this line of martial arts. The benefits that can be achieved through this training are rare and unique and I would challenge anyone to find something else comparable. This school is totally different than most other martial arts schools. The benefits that I have been able to attain through training could not be found by going to the gym or practicing in just any martial arts school. I am much happier and I am a better person because of Oom Yung Doe training. Many people do not understand why this training is so expensive, but I can say personally that I could not even begin to put a price on the benefits that I have experienced. For anyone that cares about him or herself, the cost of training is insignificant because the benefits of having a much improved quality of life is worth any cost. For anyone that is striving to find meaning, peace, happiness or even themselves, I would highly recommend training in this school. Most people do not think that a deeper sense of peace and happiness can be found through martial arts, but for those people I say train for a year and then see what you think. Oom Yung Doe can benefit anyone and everyone, and I only hope that someday soon more people can realize that.

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