



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



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.

International Level Training

My experiences from this past June's weeklong seminar are invaluable. For the past two and a half years of training, I have constantly been "fighting" a lot of my movements. Even though I understood the concept of using my body's momentum through each form, it was not until the weeklong seminar when I was able to absorb this principle.

During the first three days of the weeklong, I continued to fight through the new forms that were passed. Instead of allowing my body to relax into each position, I remained tense through each transition. By the afternoon of the third day, my body suddenly released and began to move more naturally through each form. I attribute this to the environment, to the curriculum that Grandmaster Iron Kim passed, and to the herbal teas and baths. By the final two days, all of my fatigue and tension had dissipated.

Along with my physical harmonization, I was also able to reach a new level of balance mentally. Almost at the same time when my body began to release from all of the tension, my mind had also released all of the stress that I had brought with me to the weeklong. By the end of the week, I felt a deep calmness and contentment that I had never experienced before.

Because of this year's weeklong seminar, I feel like I am just beginning my training. I have taken the principles that were taught and am beginning to apply them to all of my other movements including my daily state of mind. I have come to the sincere realization that the more I discover about true Moo Doe, the less I truly understand about this treasured knowledge.

In addition to the physical training, being able to spend time around Higher Belts at the weeklong was an incredible experience. They embody the purest traits of a human and impart them seamlessly towards others. This is a group of individuals that I admire greatly and desire to be around more often in the future.



As I continue my growth as a man, and someday as a physician, husband, and father, I consider myself to be extremely fortunate to have "stumbled" into Traditional Moo Doe. Through Moo Doe, I have become a much stronger, more compassionate and humble human being. I sincerely thank Grandmaster Iron Kim, the International Level Training Team, and all of my Higher Belts for their dedication to cultivate better human beings by improving the quality and outlook of their lives as well as my own.

It is my sincere hope that other students will be able to attend the weeklong seminars in the future so that they might be as fortunate as I have been in being able to "see" what true Moo Doe can offer.

Dan Paik
6th Section
Medical School Student

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.

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