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OOM YUNG DOE™

The GRANDMASTER "IRON" KIM Style
8 Complete Martial Arts Taught as One
Always Having the Skill and Ability to Demonstrate



Founded in the USA, 1972©1993

International Level Training Testimonial

Jeff Alas Student, 19 years old

Hello, my name is Jeffrey Alas. I am currently a second section, and I have been practicing Oom Yung Doe for about eight months. Before that I had been practicing in a different style of martial arts. Although I don't regret my time there, it could take me only so far. I knew since the day I saw the school, that I would make the decision to join. After trying Kwu Yung Bope, a Kung Fu form, for the very first time and feeling challenged, I knew that I had opened the door for something that I had been searching for.

Traditional Moo Doe movement has challenged me time and time again, but I have found that I am stronger, faster, more accurate, and overall healthier than I have ever been. I am 19, and like most people my age, you think you're healthy. After experiencing Moo Doe, I now have a better understanding of what true health is. I truly do believe that Oom Yung Doe can help anyone improve their quality of life.



One of my goals is to get my mom to join. I know she could benefit from it. I've longed for a way to help others. Finding the Moo Doe Line of martial arts I know that I can do that. I want to improve my understanding so that I can become an instructor and help others see the many benefits of correct movement.



Many people search for a way to improve themselves. Traditional Moo Doe has proven to be a way to achieve that. The Instructors I have had the pleasure to learn from are definitely some of the wisest people I've ever met. They are truly helping others improve themselves. I have benefited from everything that I have learned in class, but I feel the most development from practicing Pal Gae, and Bagwa walk. I am

currently on the two-year program, and I'm looking forward to getting my 1st degree. I look forward to practicing deeper movements that will give me a deeper understanding of how energy works.

Jeff Alas
Age 19
Second Section