



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.

*".. my mind is more at peace than I have felt in many years. As a side benefit, I've lost 30 pounds without even trying to lose weight."*

I began my training in January, 2002 as a new white belt student. Having led mostly a sedentary lifestyle until that point, I was more than a little nervous about what I had undertaken at Oom Yung Doe. It was clear that my training was going to be a very challenging experience and at age 49, I wasn't sure that I had the stamina or strength to succeed. In the beginning, everything hurt. I was tired and had to really push through each lesson. Also, my body could only tolerate training sessions 3 times a week. However, the National Instructors, Regional Instructors, Instructors, Assistant Instructors and students could not have been more supportive and encouraging. There was a team behind me.

After only a few months, I could tell that my body and mind were changing. My stamina was much better, my mind sharper and I felt that this was going to work. Eventually I worked up to my current schedule of coming 5 times a week and sometimes twice a day. I also participate in the Sae Gae offerings and every international lesson that is given. I now look forward to each lesson with enthusiasm. Yes, there are still injuries, pains and strains but that is secondary. I know that I have a lifetime of learning ahead of me, which is one of the attractions. The more I learn, the more humbled I feel. But, at the same time, I am feeling more confident that my body and mind are now improving rather than deteriorating as I grow older. That is a rather remarkable thing!

My body is becoming more flexible, stronger and my mind is more at peace than I have felt in many years. As a side benefit, I've lost 30 pounds without even trying to lose weight.

I summed it up best just a few nights ago to a group of fellow students: The more I come, the better I feel – both physically and mentally. There were nods around the changing room. Everyone there knew and agreed with what I was saying.

I want to express my deep appreciation and thanks for the dedication of all Oom Yung Doe Instructors.

Jeffrey W. Moore  
3rd. section International Student  
Framingham, Massachusetts

