



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

"I KNEW I WAS STARTING A JOURNEY THAT WOULD TAKE ME OUT OF PAIN AND DISABILITY.."

There I was, my third or fourth week in school on the two month trial program, holding the second position of Tai Chi Chung. A higher belt instructor asked me to lift my left foot and just swing it a little. I had been asked to do the impossible – stand on one foot and swing the other. I have arthritis in both my knees and in my lower back, had lots of pain as it was bone on bone, and had been using a cane for two years. But, National Instructor Bob and Instructor Ted were to either side of me. It was clear that they would out-wait me. So, I calculated the distance to be



sure they were close enough to catch me if I fell. I lifted my foot and swung it a little. Success! And with that, I trusted what I was learning. I knew I was starting a journey that would take me out of my pain and disability. But I did not yet

appreciate how great a transformation would occur. I came into the School of Oom Yung Doe after a year of soul searching, visions of a knee replacement and/or a wheelchair in my retirement years unless I did something. Only 57, I was not doing any exercise to improve my condition. Two years earlier, the doctor saw me with severe back pain, ordered physical therapy and recommended the use of the cane to help me with mobility. In my final visit, she told me that my future was in my hands. With my confidence restored through the physical therapy, I joined a health club where I could swim and use weight equipment. But I fell back into old patterns and stopped going. Now, I was again at the point where my physical condition was so poor, I just needed to move so that I could just get to a point where I could exercise. I thought Tai Chi Chung might interest me and stopped in the school. The instructor explained that the form would help with flexibility and balance. I expressed my interest in that and only that. There was a new class opening for people over 40 or with body conditions. I decided to take a chance and never looked back. It was all so confusing at first. There were movements and forms to learn. I frequently had to ask the instructor to demonstrate again what I had learned and forgotten so quickly. In the first months I could only stand for about 15 minutes without needing my cane or a chair. 45 minutes of practice was about all I could take. Then I began to notice little things in my daily life. I had more energy after class than before I came in. I started to walk without having to put so much weight on the cane. Doing my laundry no longer cost me an entire day or weekend due to pain. Other activities requiring standing, like shopping became more tolerable. Then I began to bend my knees, without thinking. One day I stood for the entire lesson. I started leaving the cane in the changing room rather than in the practice room. When I started leaving my cane behind, I moved it out into the waiting area with my

shoes. Now I leave it in the car. I still need the cane for stairs or in new places. But for the most part at work and at home, I no longer use it. Even more startling is how much I can use my body - bending my knees, circling my upper body to the floor and over my head – things I have not done since high school. Branching out beyond Tai Chi Chung, there are many movements I am practicing that have benefited my condition. Bagwa walk is one of my favorites. My understanding is that this is a very powerful form to improve mental focus and lower body strength. I have received movements to strengthen my leg muscles and stabilize my knees. During the 2004 weekend seminar



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.

students received Blue Dragon, a water movement that I continue to practice. Practicing this and other forms in water benefited me tremendously. The buoyancy of the water allows me to practice more deeply and get my body into more

difficult positions (for example, T-position), without having the joint stress that working on land provided. In water, I have an opportunity to become more skilled in all my forms and transfer that confidence and skill to practice at school. Pal Gae, a form that I received after I started practicing in water, strengthens my legs and provided the impetus to bend deeper into all my forms. Chi Gong meditation is the practice of focusing and clearing your mind. It provides calmness for facing the day if you begin the day with meditation, or for closing the day if you meditate at night. These few examples hardly touch on the wealth of knowledge that has been passed by Grandmaster. I can't say enough about how practicing these forms have benefited my body condition. **"Experiencing all these forms has changed my mental outlook and the physical ability to have an active life."** Practicing Traditional Moo Doe is the opportunity to receive the knowledge of Grandmaster through instructors in the local school and higher belts who come three times a year. The skill and ability of the instructors is truly remarkable. I also know that I am meeting a great bunch of people from all over the city, and if I go to the week long seminar, all over the country, all of whom are working to improve their life through practicing martial arts. I have witnessed my co-students as they learn movements and discover subtle changes in how they value their life and work, both in and out of school – as I am sure they observe changes in me. My life is more active and fulfilling than when I walked into the school one year ago. Then I was a very old 57. I have gotten younger at 58 than I ever expected. Now I am a fourth section. I am looking forward to continuing life-long practice to improve my life through Traditional Moo Doe.

**Kay Harbach, 58
Fourth Section, Wisconsin**