



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



corner of roof →

Founded in the USA, 1972 © 1993

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.

It seemed like fate, really. A day like any other, walking down a street I had been down dozens of times before. Then, I saw a sandwich board on the street advertising some sort of martial art. I knew it had been there before, but in four years of traipsing that street I never cared to read it. This time I did. A panhandler came up to me saying I should really check out the place, its just right upstairs. I told the man I had been seriously thinking about picking up martial arts and that I would. After that first free lesson I could clearly see how much hard work was ahead.

My hips never hurt so much in my life. All I had done was a simple form called Kwu Yung Bope. Immediately I saw the flexibility and strength problems that had resulted from my accident. In February 2003, I broke my ankle on a slippery staircase. I needed surgery and was on crutches for three months, forbidden to put any weight on my right ankle. This was when my body went out of balance.

I healed completely, but there was still some obvious work of getting my lower body back into balance. Oom Yung Doe has accelerated that process enormously. I work four days a week with Instructors who know my problems and limitations. They always know what is best for me in developing and returning my body to absolute balance.

Those first couple of months of lessons were killer. I could not walk without pain for a week straight sometimes. I quickly came to realize that Traditional Moo Doe was steadily and correctly ridding my body of its weakness. The soreness stopped almost as quickly as it came and now through the wisdom of the International Level Teaching team I am developing strength surpassing my previous levels.

If there is one thing I enjoy most about Traditional Moo Doe it is the feeling after my lesson. I go for an hour and concentrate on myself and the wisdom that can come from the instructors' lessons; starting at Grandmaster and filtering down to me. They always have my best interests in mind, purging my body of toxins, clearing my mind of clutter, and focusing my whole self into one. Combining mind and body to achieve the highest of my own potential. Man, does it feel good.

Oliver Wojtyna – 2nd Section
Laboratory Instructor
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