



# 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

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.

I met with friend who is Chinese and a successful businessman in the food industry. Visiting his restaurant we spoke of martial arts over lunch. I'd been studying Oom Yung Doe for less than 3 months at the time we spoke. He had been studying with different styles and techniques of martial arts for a couple of years, a mixture of Kung Fu and forms of Karate. I thought to myself "some of the training methods he is speaking about make no sense to me." I told him that I had looked around at various styles when I discovered Oom Yung Doe. After explaining my understanding of the 8 styles taught in Oom Yung Doe, he was intrigued. Realizing that I was at ground level in my training, I demonstrated 5 forms I had learned. To say the least, he was shocked and from his mouth came the words "I'm jealous. How could you learn all that in several months...those are high level forms of Kung Fu – I don't even know those."

*".. Training has gotten rid of the carpel tunnel pain I had experienced in my wrists and elbows from the constant daily typing I do."*

Since I have started training in Oom Yung Doe, some of the immediate benefits have been increased flexibility, loss of weight (over 20 lbs), and stress reduction. My job is very stressful and after leaving my lessons the stress is completely gone. In addition, the training has gotten rid of the carpel tunnel pain I had experienced in my wrist and elbows from the constant daily typing I do. For the past 6 months the pain in my wrist has prevented me from doing many things I wanted to do.



What I discovered in studying Oom Yung Doe is this: It is a place where one's ego has no place. The patience and fortitude of the individuals who, over the centuries, have given themselves to the study of mind and body through movement and techniques and the unique way of passing it to those who follow, is a strength of the Oom Yung Doe line of martial arts. Through practice, one can discover the benefits of Oom Yung Doe in health, self-defense, and a greater sense of self respect and respect for others.

Roger LeBlanc

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