



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.

“As a nanny of four, I was discouraged to realize at 22 years old I was having trouble keeping up with the kids. Now after 11 months of training, the kids can’t keep up with me.”

I have been training for nearly a year and have never felt better than I do right now. I am stronger and far more confident than I have ever been. As a nanny of four, I was discouraged to realize at 22 years old I was having trouble keeping up with the kids. Now after 11 months of training, the kids can’t keep up with me.

White Belt Photos ▼

3rd Section (1 year later) ▼



As well as the changes I have experienced physically, I have noticed a change in how I view things. I was very much an “I Can’t!” person for the majority of my life. I didn’t have much faith in my abilities, and was often second-guessing myself. Since I began training I noticed little by little that I was becoming much more of an “I Can.” Person. If an instructor told me to do something, I no longer hesitated or wondered if I could do it, over time I just did it. Whether it was how high I could jump or how low I could get into a position I learned to trust my instructors as well as myself.

This quickly spilled out into my life helping me to become more of the self-sufficient, confident woman that I now am.

What most impressed me about Oom Yung Doe was that not only was I learning from skilled instructors, I was also given personal attention and instruction from Regional, National and International Level Instructors. Of all the martial arts that I looked into and attempted there were none that offer so much.

I have had the privilege of attending three International Level lessons since I began training and have been amazed at what I have learned. Each of the instructors knows who I am and where I am in my training. This multi-leveled attention and guidance has been a key factor in my progress as a student over the last eleven months. I can’t wait to see what the next year of training will have in store for me.

Samantha Bashor
3rd Section Student
Waltham, MA