



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.

My experience with Oom Yung Doe is that it has made me so much stronger and I have become an independent women doing things as much so, that my husband no longer has to take care of me. We are now partners in life rather than him being my caregiver doing for me what I can't.

I have stronger legs, back, arm strength, and stamina. My mind is clearer, I learn faster and I'm not always in a fog. I can make it through a day without lying down from exhaustion. I can stand more, playing and practicing bells. I can lift my sewing machine out of the car when I need it.



Also, I was able to fly this summer by myself and take care of my own luggage when I went to visit my mother in Boston. I was able to check into the motel and care for my mom and have fun with her. All this would not have been possible without the training I have gotten from Oom Yung Doe.

Sandy Hammel
3rd Section