



# 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 name is Sue Van Doeren. I am 64 years old and have trained in Oom Yung Doe since 1999. Recently I received my black belt and am training for 2nd Degree black belt. When I began training at age 59, I became painfully aware that aging and not having a physical discipline in play had eroded my strength, balance, agility, hand/eye coordination and mental quickness of my youth. I had been living with osteoarthritis for 15 years. I learned that being physically active was not sufficient and that unless I intervened this decline would continue to progress and I would lose the pleasure of safely and comfortably hiking, biking, skiing and horseback riding – my passion.



In the beginning, I "put up with" the self-defense aspect of the training. I felt totally incapable and I didn't value it. Eventually I came to appreciate that it is physically and psychologically balancing to access and develop the aggressive side to one's nature and it is life-giving to be able to defend oneself. Once while walking alone at dusk with my dog at North Park, an unsavory looking character came walking toward me from the other direction. At first I felt frightened and then I realized that if necessary, I could defend myself. I felt a great sense of pride, safety and security. I have a love/hate relationship with Oom Yung Doe. I love it because I continue to push beyond my powerful limits of age, fear and self-consciousness. I hate it because I must face the fear that I can't, that I'm too old, it is too late.



The Instructors are remarkably skilled, the teaching is individualized, and the challenge and support are the right combination. Each day I reclaim a piece of mental acuity, balance, strength, confidence and hand/eye coordination. It is never easy for me but the rewards are enormous. I have been in total remission from osteoarthritis for 4 years. I am grateful to the dedicated Instructors, their training and investment, nobility of spirit, brilliant skill and commitment to pass on to others the Oom Yung Doe way to better our lives.

Finally, I am grateful to Grandmaster "Iron" Kim for dedicating his life to developing and transmitting this knowledge.