



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



corner of roof

Founded in the USA. 1972©1993

### 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 attended the 2006 Weekend seminar at Ocean Shores, WA and found it to be a very enjoyable experience learning the Blue Dragon in a weekend. At the time of the seminar, I had been on the International Level Degree Training Program for only 2 months. The most amazing part of the Weekend Seminar experience for me was actually on the following Monday when I happened to have a scheduled appointment with my chiropractor.

I have suffered from neck and shoulder tension and sometimes pain. My chiropractor went through his usual procedure to test my neck checking me while lying on my back. Instead of adjusting my neck as usual, he had me sit up and tested the range of motion of my neck. **My neck was in perfect alignment and my range of motion was the best that it had been in over ten years.** On that chiropractic visit, the chiropractor only adjusted one vertebra between my shoulders. My chiropractor stepped around in front of me and asked me "What did you do? You don't need any adjustments". I told him that I had just attended the Oom Yung Doe weekend seminar.

To follow-up my experience, two weeks later I went to my scheduled Chiropractic appointment and again my neck was in perfect alignment, my range of motion was still great, and I really did not need an appointment.

Thomas Grate, 42 years old, Software Architect

1<sup>st</sup> Section

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