



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 have been on the Iron Hand training program for 9 months, and though I have noticed an increase in the strength of my hands, I didn't realize the internal changes that have developed during that time, until recently.

I was at work and was cleaning a plastic bottle in the break-room sink. The faucet is fitted to disperse boiling water for beverages, and I used that to clean. I had filled the bottle halfway and fastened the cap, but forgot to vent the hot air that built up inside. As I shook the bottle to clean the inside, the steam pressure built and then burst the top of the bottle releasing steam and hot water on to my right hand giving me a 1<sup>st</sup> degree burn on my middle finger.

I dried my hand and saw that there were three dime-sized burn marks on the top of my finger. It happened that evening was an Iron Hand review, and I had a bottle of Iron Hand extract in my backpack, I sprayed some on and it immediately began to soothe the burn. About a half-hour later I called Assistant National Instructor Frank, to ask if I should attend his review class and he advised I should still come. For the next 2-½ hours until it was time to leave work, I applied the extract to my finger every half hour. As I walked to class, I would occasionally check the burns, I couldn't be sure, but it seemed like they had actually shrunk in size. By the time I arrived for class, they felt like a mild sunburn. I practiced Iron Hand that night, and by the time class was over, the burns were noticeably smaller and were only sensitive if pressed. By the next morning, there was only one small red spot the size of a large freckle; my hand had completely healed.

I've lived long enough to know that burns like that take 2-3 days to heal, there is pain the entire time, and I have been even scarred. My hand healed in less than a day, with no visible damage. The only difference between similar injuries in the past and now is the Iron Hand practice. I use a computer for my work, and an injury like that would have made for several days of discomfort, not that I needed this kind of a demonstration, but it was dramatic enough to show me how this aspect of Moo Doe has enhanced the quality of my life.

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