



# 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.

There are many benefits I have gained in my training: flexibility, strength, and determination. These benefits carry over to all parts of my life. But, I would like to share with you why I decided to be come an instructor.

About a year into my training I began to experience extreme pain in my lower right abdomen. One day the pain was so intense I went to the emergency room. The doctors decided I needed my appendix removed. One month later the pain came back in the exact same location and intensity. The doctors then decided that I had kidney stones.

After three months and five trips to the emergency room there was no conclusive evidence that it was kidney stones. The next time I felt the pain I didn't go the ER, I went to school. There, my instructor showed me three exercises to balance my hips. After two weeks the pain never returned.

Up to that point my intention was to continue my education as a Massage Therapist and become a Chiropractor. The strength of traditional Moo Doe was too much for me to ignore. I am currently the main instructor at the Winter Springs school of Chung Moo Doe in Florida. I am looking forward to the opportunity to understand at a deeper level so I may pass knowledge on to others.

Sincerely,  
Todd M. Facello LMT  
2nd Degree Instructor



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