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OOM YUNG DOE™

The GRANDMASTER "IRON" KIM Style
8 Complete Martial Arts Taught as One
Always Having the Skill and Ability to Demonstrate



International Level Training Testimonial

Zac Bradford Student, 19 years old

Just a few benefits I have received from my training

Hello, my name is Zac Bradford and I have been training at the school of Oom Yung Doe martial arts in Hillcrest for six months. Training has positively effected my life in many ways that I never could have imagined. It has introduced me to some of the most kind and genuine people I have ever met that continually keep me motivated to improve myself.

Over the last six months my body has changed a great deal, I feel healthier than ever before and I also feel more alive. Before I started training I had done years of heavy weight lifting that caused soreness in my joints and left my muscles very tight and knotted. The stiffness in my muscles caused me to carry a lot of tension that could at times feel like a weight on my shoulder. Through practicing movement my joints and muscles have become much more flexible and at the same time stronger than ever before. I no longer feel any weight on my shoulder but instead feel a new spring in every step I take.



Training has not only improved my body but has greatly sharpened my mind in amazing ways. It has made my college courses much easier because I can stay focused for longer periods of time and can retain information much easier. I only have to study about half the amount time to retain more information and score better on the tests.

Because training has helped me improve my life so much it has sparked a passion for wanting to help people lead healthier, happier lives. Training has motivated me to become an Oom Yung Doe instructor and to study

holistic medicine so that I will be more able and better equipped to help people improve their lives. I have Oom Yung Doe to thank for many great things in my life.

Yours truly,
Zac Bradford
age 19
2nd section