



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

### International Level Training



corner of roof →

Founded in the USA, 1972©1993

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 recently completed a two month course at the School of Oom Yung Doe in Somerville, MA. I began lessons with two goals in mind: improve my aerobic capacity and flexibility with intentions of becoming a faster swimmer in college. I have noticed those benefits, along with a host of others.

**The Body.** Despite being a varsity athlete in high school and now in college, I have never been able to touch my toes while standing with my knees straight. That is no longer the case! When I began practice, I believe the longest time I could hold my breath was twenty seconds, when I finished after two months I was approaching two minutes. The first two goals I had for myself were immediately met.



"The ability to see things clearly has been invaluable." explains Kevin O'Rourke about the impact of Oom Yung Doe training on his life as a college student.

A lot of the exercises focused on developing the core. This development comes from the physical strengthening of core muscles, but also learning to use the core as a source of power and strength. With training, I found that while doing normal activities like riding a bike, or throwing a water polo ball this past season, I was moving from my core. The sensation of power that comes from that area is indescribable, except to say that it is unique and life changing. I can throw a ball harder and faster than my peers with stronger arms because I am throwing from my core. I am also swimming faster than I ever have before.

The final physical benefit, which perhaps ties more closely to my developed mental health, is the strength at which I pursue my day. Before I began practice, I felt like most people do: tired in the morning and unsettled at night. The ease at which I wake up in the morning is fueled by the vigor that I feel for the day's events, it's as if I've caught a "second wind" before I wake up.

**The Mind.** What I didn't expect to develop was my mind. Ironically, this is what I developed the most. I had an experience with a coworker that left me bitter, frustrated and sweating with negative energy. After practice, especially meditation, I was able to not only see that my frustration was clouding the issue, but miraculously, I could see that my coworker was only teasing me because she wanted to befriend me. School has taught me that when I am angry, I know that the opinions I form are clouded by my anger. More importantly, it has given me the techniques to release that anger and see the situation in a positive light, which is incredibly calming. The feeling is so calming that I often left practice with a smile that I couldn't explain, and stuck with me for weeks.



Kevin practicing with herbal bags to help develop internal and external strength during a weekend seminar

The ability to see things clearly has been invaluable. Exams, paper and academic work in college have been a source for stress in my life for my entire career. School has given me the ability to see past that cloud and, in some ways, predict what will be on an exam better. Perhaps I had that ability before, but was not mentally relaxed enough to use it. The results are in: this past semester (the first semester after my training) I received the highest grades of my entire life, by a huge margin. Even more incredible was the ease at which I was able to get those grades, it was if the work was lifted off my shoulders and I chose to get an "A."

**The Spirit.** It is hard to classify the change in my spirituality because I believe that I am still developing it. It is, however, easy to attribute that development to my training. Perhaps it is best to say that Oom Yung Doe gave me the ability to understand my feelings and emotions clearly. Before training, a death of a very close teacher I had in high school haunted me for weeks. I saw him, sometimes, in my books and heard his daughter's voices in my head. I refused to understand, or accept, why a man might die so young. While I still can not explain his death, it no longer haunts me; instead it enlightens me.

I hope that you can find the same positive benefits to your life as I did.

Kevin O'Rourke  
College Student