



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 Testimonial

One of the many personal achievements of Grandmaster "Iron" Kim is the Kyong Gong Sul Bope (flying side kick). To the right, Grandmaster is 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.

La Vita Deming - age 43, MBA, BA Paralegal Studies, Master Certificate in Commercial Contracting, currently working as Contract Admin.

After more than 20 years of living with Rheumatoid Arthritis ("RA"), I knew I needed to make a change in my life. I had developed secondary health issues, was taking around 8 medications, had limited range of motion due to damage from RA and shoulder joint replacements, and was experiencing panic attacks and anxieties. My last five years in Memphis, I walked two mile and two half marathons, as well as worked with a personal trainer and a yoga instructor, so I was in better shape than I had been in 20 years. However, I continued to develop additional health problems. I was ready to make a move to a new area with more opportunities for a holistic approach to my health.



After one year of training on a First Degree Black Belt program



At the beginning of Oom Yung Doe Training



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A little over a year ago, with much apprehension, I resigned from my job and moved to Seattle without a job. When I moved, I promised myself that I would be open-minded and try new things even if I was skeptical. While looking for a personal trainer with a physical therapy background, I was referred to the School of Oom Yung Doe. I thought it was a crazy idea, but I decided to give martial arts a try. At this point in my life—what did I have to lose.

A year later, I have eliminated all RA medications, have very few panic attacks and anxieties, more strength, range of motion and flexibility. My communication and interactions with others have improved, and I deal with my pain in a healthier way. I am able to handle a daily schedule of 3 a.m. to

9 p.m. or later (while eliminating the one degree medication that stopped the progression of the debilitating disease) and that would not have worked in the past. I am mentally much healthier, think clearer, and have started pursuing other business interest I have not had the confidence to pursue in the past.

I currently manage my health with diet and Oom Yung Doe practice. I take more natural remedies and only two prescription drugs for secondary issues. I have developed a personal practice of 30 minutes to one hour in the morning before leaving for work, and attend class four to five times a week in the evenings after work. I experienced various stages of emotions ranging from anger in the beginning, wanting to quit the school, and to currently being more prone to crying when frustrated. I can not say it has been an easy way to improve my health, but it is the only way I have found that has worked for me.

I plan to continue to practice Oom Yung Doe in the future to develop a balanced body, mind and spirit. I enjoy taking Sae Gae and incorporating them into my morning practice. I just started Iron Hand, and am hopeful that it will increase the strength in my hands, arms and shoulders. Oom Yung Doe has allowed me to make peace with my past, given me a future of possibilities, and hope for a stronger, healthier body, mind and spirit.

-La Vita Deming



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