



# 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



Founded in the USA. 1972 © 1993

corner of roof

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/Yan (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.

My name is Maryse Clairzier, and I am 50 years old. When I joined the Oom Yung Doe School, I didn't think that the moves I learned were going to be beneficial to me so quickly—I thought it would take a lot longer. I frequent Davis Square a lot, and I've passed by the Oom Yung Doe school dozens of times. Finally, one day, I decided to fulfill my curiosity, and I walked in and inquired about the school. Shortly after, I registered for a two-month trial. I began the lessons, and quickly realized how much I was enjoying the classes. Not only did friends and family notice an improvement in me, but I also noticed how much more energetic I was. I was smiling more and less stressed—just genuinely happy. Not only were there mental and emotional changes, but there were physical changes as well. As I lost more weight, I became more focused.



The most defining moment for me was when I fell down two flights of stairs. The lessons that I learned regarding fall techniques, I feel, saved my life. As I first started to learn how to roll, I was making faces and thinking, "Are you kidding me? I, Maryse, roll!" I thought it was something I would never accomplish, partly because I was scared and partly because of self-doubt. With the careful tactics of my instructors, their patience, and their professionalism, I became more confident with my rolling lessons. The roll techniques and the "learn how to fall" lessons saved my life. The lights were out on the stairwell, and I missed the first steps of the stairs. Without even giving it a second thought, I immediately changed to a roll position using my right hand to protect my neck and left hand to land on my side. As I reached the bottom of the steps, I honestly believed I had broken my neck. It took a few minutes for me to readjust myself, but I did. After a few minutes, I shifted my hand and realized that, while I was a little sore, I was ok.



If it weren't for the lessons I learned at the Oom Yung Doe School, I probably would have been severely injured, or maybe even paralyzed.