



# 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.

## Blue Dragon Weekend Seminar Testimonial

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.

The email read, Weekend Seminar would be available to OYD Florida students. I did get excited until I read, 'Blue Dragon'. Blue Dragon meant water; water meant NOT FOR ME. You see, I've had an indescribable extreme fear of the water since I was a very young girl and have never stood in water much above my knees. (*My three children, 53, 52 and 48 will attest to that*).



Now the scheduled dates were another negative factor for me, as I would be coming upon the 2nd anniversary of my husbands' death, the week of the weekend seminar. Stepping back to the very beginning of May; I had made the decision to end any kind of negative attitude or feeling about my husbands passing and wanted to be ready to begin another chapter of growth through my journey of life. This I worked on through the month of May. By the time the 28th of May approached I was well again.

The weekend seminar was close at hand. My friend at OYD whom I practice with everyday had signed up for the weekend seminar so I decided to tag along. I needed a get away and I was looking forward to meeting with the higher belts.

When we reached our destination in Orlando. We checked out the pool, it was huge; deepest end of the pool looked like 1000 feet deep to me but the steps to the pool looked and felt friendly. That accounted for about 1/4% +, not enough to even think about it again.



Next morning I took on the role of ' packer of the food' as I would be sunning myself, poolside all day. Shortly Head International Instructor Mike came to the assembled group to impart some words of wisdom. I listened. Don't know what angel was knocking at my door but I looked for my instructor and told him I would like to give this a try. Shortly I was having conversation with HII Mike who explained, "if you are not going to practice, DO NOT take this course. I thought .... I committed .... I was accepted to try with further consideration after the morning session. It is very unclear to me just how I got down the steps to the pool; my fellow students tell me I walked right in. Who knows? Doesn't even matter. I did it! My friend had signed up for one day only; we agreed we needed to stay for the entire weekend, which we did.

Now it is the day after the weekend and I am back on the practice floor. I am still on an incredible high. No I cannot fly through the air like Chong Sa Bu Jerry but I am more confident with my moves and forms. I am enjoying my practices even more than before this weekend. What more can I ask for?

Yes, I need to share this with you. What we get out of our Oom Yung Doe lessons and practices is not only about our skills and our ability; it is about building ourselves wholly, honoring our bodies and sharing our gifts with others.

Thank you Grand Master for your share, higher belts and all instructors who have received the pass and humbly given to others

*AI Sandie Arthur, 5th section, 74 years of a quality life*