



# 陰陽道

## OOM YUNG DOE™

The Grandmaster "Iron" Kim style  
Always Having the Skill and Ability to Demonstrate



Founded in the US 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.

**"...my concentration is more focused and I feel energized after each session and lesson."**

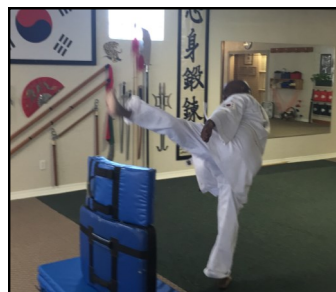
I am writing this testimonial to declare the benefits that I have received since I began my training in the martial art of Oom Yung Doe.

I began my training on August 25, 2014, and initially, when I began I had an extremely hard time with my breathing because of years of cigarette abuse.

I was given several instructions in Qi Gong breathing, and gradually my distaste for cigarettes began. From two packs of cigarettes a day I have been able to cut it down to less than a half a pack and less than a full cigarette with each encounter. I am breathing easier and I am also breathing better and I know its only a matter of time before I quit entirely of this destructive smoking habit.

I also began to learn Tai Chi Chung in which breathing is incorporated within the form movements. My concentration is more focused and I feel energized after each session and lesson. I am looking forward to learn more and grow more with Oom Yung Doe.

Albert Carrasco  
Supervisory Deputy US Marshal, Retired



精神一到何事不成

*Where there is a will, there is a way.*

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.

*Top Left Corner*