



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 flexibility, lung capacity, stamina, and even my patience has increased markedly."

As I aged, my knees and shoulders were showing signs of deterioration from years of abuse. A friend suggested Oom Yung Doe, but I was doubtful. I signed up for just one month. Learning new terms and movements was difficult for me, but my teachers were very patient and helpful. I was trying to learn Pal Gae at a snails pace.

After 3 weeks I was surprised to do a deep knee bend and bounce right back up with no pain. My rotator cuffs responded almost as quickly.

After taking classes for 1 1/2 years my flexibility, lung capacity, stamina, and even my patience has increased markedly.

I am so grateful to the Oom Yung Doe team for my continuing progress.

Thank you,
M.J. 67 yrs.

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

