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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

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



I began training at a point in my life when I knew that something was missing. I have always enjoyed physical activity as an outlet for stress. I liked the way I felt calmer for about half an hour after I finished and that while exercising I was able to focus on something other than my thoughts. But after a while I would inevitably begin to feel troubled again.

For as long as I can remember I have suffered from emotional problems. Throughout much of my childhood into my adult years I spells of depression coupled with intense feelings of anxiety and restlessness. I began seeing Doctors and specialists around the time I entered grade school. I had been traumatized, I refused to speak to anyone and I was put into a special school. Fortunately in this country children like me are usually given special treatment. But even though I was given special attention I was never able to feel the way I wanted. I had no control over my thoughts or emotions. My moods were always up and down.

As a teenager I was given a new set of diagnosis. I guess "depressed" and "rambunctious" were no longer good enough. Now I had Bipolar disorder, generalized anxiety disorder and post traumatic stress disorder. And depending on who you asked sometimes attention deficit disorder was thrown into the mix. I was put on one set of medications after another. The medications caused negative side effects and thankfully I was allowed to stop taking them! Throughout high school I saw a therapist but refused to be put on any more drugs.

By age 20, I was pretty tired of talking about my feelings. I just accepted the fact that I was different and would have to deal with these issues on my own. I drew myself into a self made cocoon. I isolated myself and began drinking heavily and experimenting with drugs. I dropped out of college and stopped talking to my family. Days blurred into weeks and there are periods which I honestly do not even remember. It was clear to even myself that I was on a self destructive path but I did not care enough to stop. I felt lost and defeated but I don't think I ever really gave up hope. I read countless self help books, went on long walks and



tried to meditate. But my feelings of anxiety and despair followed me like a ball and chain.

I would say at this point I was functioning but just barely. I did what needed to be done to ensure I had a roof over my head and food to eat but not much else. I had no real friends and found it impossible to trust others. I didn't think anyone could understand what I was going through or what I was capable of. I had also become very dependent on alcohol as a means of escape. Sometimes I would look in the mirror and feel like crying. I no longer recognized myself and worse yet I began to hate the person I did see.

I would like to say that all this magically changed once I began training in Oom Yung Doe but sadly that was not the case. They say that with growth comes pain and this was surely the case with me. It was not easy for me to peel away the many masks I had spent a lifetime hiding behind. I felt vulnerable and exposed. I had no choice but to trust the Instructors though this was an extremely difficult process for me.

As much as I wanted to change I also seemed to be fighting it at every turn. I was in pain and I did not know how to handle it. Though the Instructors were always there for me I made it almost impossible for them to reach me. I had so many thoughts racing through my head I know it was like talking to a wall. I saw myself so clearly and I did not like what I saw but I also knew I did not want to go back to the way things were.

I realized that if this was going to be painful I wanted to do it on my terms and that meant as quickly as possible. I went to class every opportunity I had. Although I tried very hard I felt overwhelmed by the complexity of the movements. It would take me weeks to learn movements that I saw other students pick up in a day. I felt so frustrated with myself I wanted to give up. But the Instructors were always patient, always willing to listen to what I had to say and to offer direction. When nothing else seemed to make sense the words of my Instructor always did. So I continued to commit myself more and more.

After about a year of training on the degree program I began a program specifically designed for my emotional issues. It has been about a month and I am seeing amazing results. I am calmer throughout the day, better able to focus, and more in control of my thoughts and actions. I also do not become frustrated so easily which was a huge obstacle for me prior to starting the program.



I believe the way I interact with people has changed as well. As I become more accepting and patient with myself I am better able to extend that courtesy to others. I also know that this is just the beginning. If after a relatively short period of training my life has changed this drastically I can only dream of what the future holds in store!

Cat Soucier