



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.

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.

Thinking back as I prepare for my Black Belt test to the beginning of my time practicing Oom Yung Doe is to realize how great I feel. I believe it is safe to say, "I never knew it was possible to feel this well." The movements have made me strong physically.

I began the program with a goal of increasing my balance and my flexibility. This goal remains "a work in progress." The understanding I have gained of myself was unexpected and illuminating. It is in this insight where I have achieved the most lasting value from practicing Oom Yung Doe.

For the sake of brevity, I will put in list form what I have learned of my character:

- I lacked patience with myself
- I did not like being given direction or criticism
- I did not like to sweat
- I did not like to feel uncomfortable physically or psychologically so I did not push myself
- It took me a while to make a commitment to the program – to make it a priority to practice



In addition to the above revelations, I have grown to accept my physical limitations. I began the program classified as legally blind and have experienced additional vision loss during the course of training. Through practice, I am able to move about more confidently and less stiffly even in difficult lighting and uncertain footing. I have accepted that I cannot learn as easily as others and feel grateful for the individual attention of the instructors as opposed to feeling resentful for being singled out. I recognize that I tried to find short cuts in the movements so I did not finish last as I did with many aspects of life. I now take my time and do everything thoroughly and with focus and purpose. This allows me to

derive the most benefit from whatever I am doing.

I am aging well-free of arthritis and with great energy. The better care I take of myself, the better care I can take of others. I have a quality of life I cherish and look forward to continued achievements and knowledge with the help of Oom Yung Doe.

Catherine M. Meyers
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