



# 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.

*"... I feel great. Best of all, I now have the energy to play with my children."*

As an attorney, stress is a major part of my life. Unfortunately, for most of my career, I did too little to cope with the stress. I spent too many hours sitting behind my desk, ate too much, and exercised too little. As a result, I never seemed to have enough energy to enjoy my precious free time. My children wanted to play with me, but I was always too tired. Middle age, it seemed, had caught up with me.



Before International Level Training

Finally, on my 40th birthday, I decided to do something about my condition. After an exhaustive review of the martial arts schools in the area, I joined Oom Yung Doe specifically to participate in the International Level Black Belt Training program. I did this because I wanted to achieve the fastest results possible with the best training available. Now, after 9 months of training, I'm happy to say that the International Level Black Belt Training program is everything I had hoped for ... and more.



After

When I began, I had limited flexibility, my body constantly ached, and I had little energy. Now, because of the International Level Black Belt Training Program, and the special conditioning movements that were taught to me, I have regained the flexibility and strength that I once had. And, my body doesn't ache ... in fact, I feel great. Best of all, I now have the energy to play with my children.



Before International Level Training

Of course, stress is still a part of my everyday life. But now, I have the mental and physical conditioning to easily deal with it. I will never again let stress control my life. Middle age will have to wait for a while longer!



After

Charlie Price  
3rd Section  
Age 40