



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.

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

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.

About a year and a half ago my wife and I wanted to get my son into a martial art form so that he could improve not only his physical condition but his discipline and ability to concentrate. I didn't want to put him in Karate or Tae Kwon Doe because of the intense desire of many schools to promote tournaments, which can lead to fighting outside of the school as well as favoritism in the school. I heard about Oom Yung Doe, did some research on the Internet and found that this style appeared to have the qualities that my wife and I were looking for so we took him for a free lesson. After that one hour free lesson my son came to me excited and wanted to join the school. Since then he has achieved the rank of 5th section and continues to enjoy going to class just about everyday.

In my work life I am an Occupational Therapist with advanced training in Myofascial Release as well as a Reiki Master. I have strived for the past 7 years to provide my patients with the best care possible by examining not only their physical pain but also how their body moves as a whole unit in space. Up until this year my search for the best care lead me to begin training in Pilates, which at the time seemed to be one of the best ways to help a patient move more freely without pain. However, with encouragement from both my son and AHI Jeremy Keila I joined the Oom Yung Doe School and have found that Pilates (although a great treatment modality) is only a fraction of what is available to help a person achieve true strength and stability in movement as well as mental clarity and strength. Another thing I have begun to learn is the importance and effectiveness of the herbal products that Grandmaster "Iron" Kim has provided to us as students. These products are so effective with my training that I decided to introduce them to my patients with good results. All of my patients are also encouraged to visit the Oom Yung Doe School and consider adding Moo Doe training into their lives to not only continue to heal but prevent further injury.

Through out the past couple of months I have been encouraged to participate in short seminars held by national level instructors but have decided to not pursue them because of time. However, this past weekend was different. I signed up to participate in a weekend seminar with Assistant Head National Instructors Samson and Mike in order to experience Moo Doe training in the water. When I signed up I had asked if my son could join us and was granted permission to have him join me during the weekend. At that time I didn't feel that he would be able to physically keep up with the adults for the whole weekend because he is only 7. I was proven wrong. With the excellent teaching from the Assistant Head National Instructors as well as the local Head, Assistant Head and other instructors my son was able to participate 90% of the time (only taking a few breaks during the land practice time). I attribute his success to the training he has received thus far from Assistant Head Instructor Jeremy Keila and the true desire to pass on Grandmaster's knowledge as seen by all the instructors at the seminar. After this weekend my son and I have a different relationship. Not only one of father and son but of friends who share a common goal to keep Oom Yung Doe in our lives and share our knowledge with others. This experience has further strengthened my decision that I made a week ago to join the Master Intern Program and begin my training toward being an instructor.

I want to use this testimonial to thank Grandmaster “Iron” Kim for earning what he learned by sharing his knowledge of true Moo Doe movement with this country and especially all the instructors that have touched my son’s and my life. I also want to thank Assistant Head Instructor Jeremy for encouraging my son, keeping his interest in his training by providing a place where he can feel safe not only to train but to have a little bit of fun during application lessons. For myself it has been an honor learning from Assistant Head Instructor Jeremy as well as Assistant National Instructor Rich, both have helped me to fine tune my own personal path through corrections of movement as well as sharing their personal insight. There are more to thank; however, I have learned that by thanking Grandmaster I am thanking all the people he has taught and those who continue to follow in his footsteps in regards to earning what they have learned by passing down this knowledge.



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