



# 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



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/Yang (Oom/Yung) stands for balance of life.

*"...at age 60, I have tripled my income since starting my training. I am more focused, I have increased self-confidence, better health and now have a sense of purpose in my life."*

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 was originally attracted to Oom Yung Doe back in February of 2000 because I was painfully struggling with two herniated disks in my neck and was thinking about leaving my profession of dentistry. The herniated disks were giving me constant shooting pain down my arms and were a hindrance to my work as a dentist. I vigorously sought one alternative medical treatment after another. I tried chiropractic treatment, massage therapy, acupuncture, and injections in the neck and to no avail, nothing worked. I finally thought about fixing my problem with surgical intervention. I had a consult with a neurosurgeon and he told me I had a 50/50 chance of success. After hearing that bad report I decided to join the Oom Yung Doe organization to see if I could benefit from their black belt program. Just after 3 months of training I started feeling better and within 1 year I was 50% better, within 2 years I was 75% better, after 3 years I was 85% better and after the 4<sup>th</sup> year I was 90% better.

I am now in my 9<sup>th</sup> year of training and at age 60 have made several breakthroughs in my life. I have tripled my income since starting my training, I am more focused, I have increased self-confidence, better health and now have a sense of purpose in my life.

Furthermore, I have earned and received my 2<sup>nd</sup> degree black belt this past year and now have a different set of goals and a different set of challenges to overcome. I now have goals of obtaining my 3<sup>rd</sup> degree, becoming a certified instructor, and hopefully opening a school of my own in the near future. Some of my challenges this past year has been physical. I've had my old neck injury flare up, persistent lower back pain, chronic tendonitis of my left calf, and over all flexibility issues. I'm also trying to wean myself off two prescription drugs that I've been taking for over 12 years.

Next I asked my main instructor for a solution to some of my problems. He informed me that a new conditioning program would possibly help me with my current neck and back issues. I signed up for the conditioning program with skepticism in my heart.



I'm a real "Doubting Thomas" and would have to see results for myself. I began to see results after a short period of time. Within a month my neck was 85% better and my back 70% better. After 2 months my neck was 95% better and my back is 85% better.

I come to the conclusion I had greatly reduced neck and back pain and my flexibility seemed much better. My program consisted of specific movements, specific acupressure points, and herbal medicinal. I was recently challenged by my main instructor to perform some movements I had been challenged in the past with and did not think I could demonstrate them because of my recent physical ailments. I was challenged by my instructor to do a double jump front snap kick. I was very surprised at how strong my demonstration came up. My instructor also took photographs to provide evidence to myself and others how the conditioning program helped me achieve a much better condition in such a short period of time.

I have to thank God that Oom Yung Doe was introduced into my life 9 years ago and I thank Grandmaster Iron Kim and all my instructors for believing in me and continue to challenge me to never stop growing physically, mentally and spiritually.

Sincerely,

David Simms  
2nd Degree Black Belt