



# 陰陽道

## OOM YUNG DOE™

The Grandmaster "Iron" Kim style  
Always Having the Skill and Ability to Demonstrate



Founded in the US 1972 © 1993

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.

*"...at 82 I'm now stronger, have more reserve energy, better balance, ...  
...I now feel 10 years younger."  
My Cardiologist stated "I don't know what you are doing, but keep doing it."*

I have been a Moo Doe student for 3 1/2 years and have noted significant changes in my physical and mental state during this time. My background includes mostly sedentary jobs with little attention given to physical conditioning. At age 78 my friend thought I was insane, and family was skeptical but supportive when I decided to join the class.

One of the first changes I noted was the cubic volume of air my lungs would hold, and how much longer I could hold my breath during the breathing exercises. After one year (approximately) my measured lung capacity increased 80%. From just over 2 liters up to 3.8. My Cardiologist stated "I don't know what you are doing, but keep doing it." My G.P. has now become just twice a year checkup.

At 82, I am now stronger, have more reserve energy, better balance, and do many normal everyday activities more easily, dance better, and have a more positive outlook on life than when I started the program.

Thanks to the staff at Oviedo I now feel 10 years younger.

精神一到何事不成

*Where there is a will, there is a way.*

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.

Top Left Corner

