



# 陰陽道

## OOM YUNG DOE™

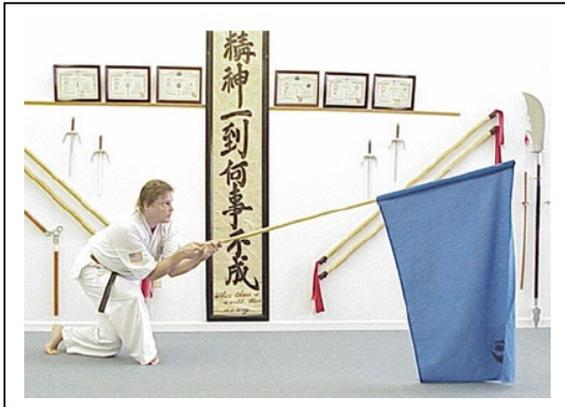
The GRANDMASTER "IRON" KIM Style  
8 Complete Martial Arts Taught as One  
Always Having the Skill and Ability to Demonstrate



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 no longer have such short patience with my family."*

Since joining Oom Yung Doe, I have seen many improvements in myself with regards to my health, outlook on my life and in my physical condition. My health problems stem from psoriatic arthritis. The treatment for this condition is medication management with drugs used in chemotherapy and continued physical therapy. I have also been involved in 2 recent car accidents where I was hit from behind injuring my neck and back. Between the treatments for the disease and additional medications to control the side effects, I was taking 8 prescriptions. After a year of therapy and 2 chiropractors later, I was still walking with a cane.

The doctors couldn't loosen my back muscles enough to manipulate my spine and relieve any of the pressure that I was feeling in my back. They said there was nothing they could do. I just had to live like that.

I enrolled in Oom Yung Doe because I read the testimonials of people like me that the school had helped. There was a man who had back problems and arthritis like me that talked about having a life again and working again. I'm currently a third section and I don't walk with a cane any longer, I lost 20 pounds and I'm down 3 prescriptions. One was blood pressure medicine that doctors told me I would have to take for the rest of my life.

Through traditional movement and some specific exercises the Oom Yung Doe instructors taught me, I'm able to enjoy my life again. And since the stiffness and pain are at half the level they were at, I no longer have such short patience with my family. When I was in pain, I just wanted to be left alone, but now I can enjoy my family and they enjoy me.

Oom Yung Doe is the third martial arts school that I have attended and by far the best. The other schools had their attributes, but they didn't help my health, mental state, and physical condition like Oom Yung Doe. My family and I thank all the instructors and Grand Master "Iron" Kim for their guidance. I will always be with Oom Yung Doe. I even plan to become an instructor myself so that I can help others like Oom Yung Doe has helped me.

Thank You,  
James A. Yakita