



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 Testimonial

One of the many personal achievements of Grandmaster "Iron" Kim is the Kyong Gong Sul Bope (flying side kick). To the right, Grandmaster is 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.



## Jason Stucky

Two close friends of mine had been taking Oom Yung Doe classes for about 6 months. I saw changes in them physically and mentally. I wanted the benefits they had received, and I also wished to improve my physical and mental condition. As a science major in school, I knew exercise could improve the immune system in a person. Better health is always a good outcome. Also, spirituality is part of a recovery program that I practice, and Oom Yung Doe instruction includes spiritual principles. All of it appeared to be a satisfactory solution to my situation.



I have an immunodeficiency virus and had been experiencing many side effects from multiple medications. Some of these side effects included neuropathy in both feet, weight loss, mild lipodistrophy and constant fatigue. Despite the medications saving my life, they were gradually destroying the quality of it. Within a few months of practicing Oom Yung Doe, I saw many benefits. I no longer needed 10-12 hours of sleep each night. The fat on my body was redistributed in a uniform way reversing the lipodistrophy. The pain in both feet totally disappeared and my weight had increased and become stable. I now have plenty of energy to fill my whole day of work and lessons afterward, and the side effects from my medication have ceased. Fifteen years ago I was diagnosed with asthma and began taking daily medication. After six months of Oom Yung Doe Classes I had my routine breathing test. The doctor informed me that my condition had improved to the point that I could reduce my daily medication by half. The only change I made to achieve these benefits was to participate in Oom Yung Doe.



The psychological benefits have been just as noticeable as the physical. My mind is clearer from meditation movements. My

boosted confidence is overwhelmingly evident in my face and how I carry myself. Emotions do not overwhelm me. I am able to calmly handle surprising or distressing events without overreacting. I am starting my third year of training and am now a First Degree Black Belt. Oom Yung Doe has become not simply a satisfactory solution, but a way to greatly improve my quality of life.



- Jason Stucky, age 35  
First Degree Black Belt  
Lab Technician, Cancer Research