



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



corner of roof

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 started practicing in 2005 in the Waltham School with Instructor Maurice. I enjoyed the time I spent learning, and as my training progressed so did my confidence along with my focus. One of the first Sae Gae's I took was Chung Su Doe, which is a 2-sided blade. After practicing with the Doe I noticed my attention span increase, my movements were more fluid and I was feeling and carrying myself with more confidence. I started attending a school in Cambridge to learn how to cook and it required a lot of my time and I lost a lot of practice time but the movements stayed with me and so did my confidence. I eventually graduated and had a lot of free time so I decided to go back to my training because I missed how I felt while I was training. It was hard coming back and I had lost a lot of my stamina and flexibility. I kept pushing forward and was able to gain back all I had lost and even begin to learn new movements and weapons. The next weapon I learned was the Kom, which is a one-sided sword. Between the Kom, the Doe and my non-weapon movements such as Pal Gae, everything changed mentally and physically. I'm not tired at work or after work and I have started building structure in my life. I have learned to stay away from negative influences and am all around happy being able to manage my life and relationships with confidence. In the 2 months since I have started training again, all these things have changed my life for the better and I can say with confidence that I won't quit on myself again because no other type of training has been so effective for me. I want to thank all my Instructors for all their help and guidance from what I learned and what I will continue to learn as long as I keep practicing.

Jeffrey Goldman, 2nd Section
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Chef