



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.

"...I signed up for a conditioning program that was designed to repair the torn cartilage and after 3 months of training, I stopped limping and the pain was reduced by 90%."

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.

Thirty years ago I received training in the art of Kung Fu. I enjoyed it immensely. I learned to be compassionate, and improved my strength. I was dedicated and determined to be a good martial artist. After a year and a half of training I had to stop because of time constraints. I was working 3 jobs and just ran out of time to practice or go for training. However I was not able to just sit idle and I began to train as a runner. I was able to run vs. martial arts because I could do it whenever. I would get up at 4 am and run. After 2 years I was running 5-10 miles per day. I ran for 20 years. I was able to maintain my weight and my condition.

Unfortunately I had a terrible accident and tore cartilage in my knee. After a year of walking with a limp and enduring much pain, I decided to go for weight training. I trained for 5 years. My strength improved considerably but I was not able to keep the weight off and I gained over 60 lbs. The condition of my knee improved about 75% but never any better than that and the pain still persisted. The medical community told me the only way to repair it was to have surgery. Something was missing but I wasn't sure what and I still couldn't run without terrible pain. Then the worst thing happened. I was hit by a car while crossing the street and dislocated my hip and tore more cartilage in the same knee including a tear in the meniscus. I was in bed for 6 weeks.

After going back to the orthopedist I was told the only cure was surgery. I was told that I would never walk normally again without it. I walked with a limp and wear a knee brace for the next two years. I did make some progress from rehabilitation with a physical therapist but only achieved about 50% of knee function. The pain persisted.



Then a friend of mine told me about Oom Yung Doe and he told me how it could permanently re- pair my knee. I was skeptical. However, I went and spoke with the head instructor. He told me that he felt I had a good chance to repair the damage but the road wouldn't be an easy one. I would have a lot of work hard work ahead of me. I didn't care about how hard I had to work. I signed up for a conditioning program that was designed to repair the torn cartilage and after 3 months of training, I stopped limping, and the pain was reduced by 90%.

Currently after 7 months of training, I am now able to practice the art of Oom Yung Doe, run, walk, and bike pain free. I can now do all the things I love to do, for example, lift weights, run, walk, and bike and practice martial arts. I am also learning the principles of harmonizing mind/ body/spirit, which is the something that was missing.

I owe a lot to the art of Oom Yung Doe and to all the patient and understanding instructors that helped me regain my abilities without surgery

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