



# 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



corner of roof

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 Testimonial

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.

For many years I was intrigued about studying martial arts, but I always seemed to find a good excuse to avoid taking that first step and joining a school. Even when I had researched for weeks and months to find the perfect style and/or school, I would manage to talk myself out of going forward using any number of what I considered to be reasonable barriers: Time constraints, schedule conflicts, fear of doing something different, other hobbies taking precedence, etc. In time, I managed to work past most of these excuses but my in my heart, my primary reservation was always around cost. It seemed selfish to spend that kind of money on martial arts when I had bills to pay. In cases where I would actually consider using a credit card to "front" costs I could not afford, I always understood that I would be better off putting that money into additional graduate classes that would help advance my career. For years I stayed in that perpetual state of inactivity, but that all changed recently.

About six months ago, I walked into the School of Oom Yung Doe and signed up for a two-month membership. I then purchased a six-month membership and shortly thereafter enrolled in the degree program and MIP program. The costs to take part in these programs are considerable. Even as a working professional I have had to use my credit card to make some of the payments and I was initially very hesitant to take on more debt. In time, however, I began to worry less about how much the training was costing me and began to think more about how much training was helping me. I no longer felt selfish or guilty about spending money (or credit) on myself. I only knew that each night after practice I was going to feel great and it just felt right to practice.



As a second section, I have started to look more closely at the impact that Moo Doe training has had and continues to have on my reality. When I was a new student, I understood the claims that practice would help improve my flexibility, strength, coordination, confidence, etc. and I began to recognize those benefits as I continued to train. With the help of the instructors I have managed to start to recover from some old injuries and have seen real progress in how I feel each day as well as in terms of my overall life balance, my decision-making and the way I evaluate situations and deal with stress. Without question the instruction I have received at the School of Oom Yung Doe has certainly met and/or exceeded my expectations with regard to the traditional benefits one might expect from training. To that extent, I have received "my money's worth" and even if I

"broke even" I would consider that money (and the debt I incurred) well spent.

During the past six months, however, I have noticed some very pronounced financial benefits as a result of my training. In the workplace I have noticed a dramatic improvement in my ability to evaluate situations, make good decisions and I have become virtually impervious to stress. My clarity has improved my communication and has given me confidence to deal effectively with any situation. My colleagues and managers have seen this leadership consistently and as a result I have received several pay increases and a promotion. Based on

those increases, my practice has more than paid for itself already. I certainly never expected that when I agonized over monthly dues for all those years.

Martial Arts training will require some of your time, some of your effort and some of your money. If you are considering joining the school and are looking to make the investment of time, energy and effort in yourself, there are clearly traditional benefits you can and should expect to receive. You will improve your condition, you will improve your ability to focus, you will improve your flexibility, strength, confidence and you will take steps to achieving harmony in your life. I would also encourage you to think about the considerable financial return you stand to receive by making that same financial investment in yourself and your school. While you essentially pay for your training once within the first year or so, your training will continue to pay you back every year as you excel in your career and in your life. The back of my uniform reads, "Mind, Body, Harmony", which describes practice perfectly. When I consider the financial benefits of training I have one thing to add... Mind, Body, Harmony...and worth every penny.

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