



# 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.

**“Each day I came in,  
I started to feel more alive!”  
“I lost 50 pounds.”  
“Within 2 weeks my lungs stopped  
hurting.”**

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.

When I first started at the school I weighed 190 lbs., I had really bad asthma and I had hypothyroid and had gained a great deal of weight because of it. A few of the symptoms of Hypothyroid that effected me the most were, weight gain and difficulty losing weight, fatigue, weakness, hair loss and memory loss. Due to all of this I had become very disconnected with my body and with those around me. I felt like I was in a daze all the time. It was difficult for me to focus on even the simplest tasks. I had been on Synthroid a medication for hypothyroid for about three years before I joined the school and it didn't seem to make much of a difference. The only change I noticed is that it would make me extremely hyper and that would be accompanied with the shakes.



I'm not sure if my thyroid had a direct effect on my asthma as well but when I first started the school breathing was my first major challenge. I would use my inhaler one to three times a day. My lungs would get so tight and hurt so badly during practice, until I let my instructor, National Instructor Rich, know and he gave me a couple of breathing movements to do each day. He explained the pressure points and what I should focus on and in just a couple of weeks I already felt 10 times better. And within 2 weeks after that, my lungs stop hurting all together when I would practice. After only 3 months with the school and consistent practice I no longer needed my inhaler. It was such an incredible feeling. I had grown so dependent on my inhaler and to know I could do it naturally gave me so much hope for everything else I wanted to improve upon.

I always hoped that someday I could do the same with my thyroid but I felt that would probably take years or even that I may not accomplish it my lifetime. My Doctor had failed to mention to me that once you start taking thyroid medication your thyroid becomes dependent on it and loses it ability to work on it's own anymore. I've read several books and articles on hypothyroid and everything I read stated there was no natural way to cure yourself. Hypothyroid is supposed to be something that you had to stay medicated to treat for the rest of your life and that's it. Through my consistent practice I started, at first slowly losing weight. I felt myself being able to focus better, think clearer and make better decisions. I started feeling connected again with myself and then with others. I continued with my practice coming in 5 to 6 times a week because I had become addicted to how great I felt. Each day I came in I started to feel more alive. After a little over a year of this I lost 50 pounds and my hair not only stopped falling out but also grew in thick again. I feel strong, awake, alert, and naturally energetic. It got to the point with my condition that the only time I ever felt any true negative is when I would take my medication.

Without talking to my Doctor or my instructor, I slowly started to cut back on my medication. At first I started by cutting my pills in half then I stopped my medication all together. One day, about 3 months after I had stopped taking the Synthroid, I was speaking to my Doctor on the phone. During the conversation I told him that I had stopped

taking my Synthroid for 3 months. I told him how whenever I would take it I would feel like I had taken poison. My whole body would instantly hurt and my heart would race, I would almost feel as though I was having a heart attack. He told me that it was because I wasn't taking it regularly and that my body would get used to it. That day I followed my doctor's orders and took my medication once more and for the last time. Within 10 minutes of taking my medication I felt as if my whole body had gone into shock. I was curled up on my bed, heart racing and my chest, stomach and intestines felt like they were turning over. I was in so much pain I felt as if I was dying. I tried my best to breathe deeply and remain calm and within a few hours the feeling finally subsided. After this experience I decided to stop taking my medication despite what my Doctor had said. I felt that nothing good for you should feel this toxic.

A few months later I was scheduled to go in for my yearly physical. When I got the phone call reminding me of my appointment, I had realized that I still hadn't talked to National Instructor Rich about this issue. I told him everything from my stopping my medication and speaking to my doctor to my experience when taking my medication for the last time. I also mentioned that my physical would include tests on my Thyroid. He asked me how I felt and I told him how I felt much better now that I had stopped taking it. He told me to let him know the results of the test and that we'd go from there.



I have been going to the same doctor for many years. So, when I went for my physical and told him that I had not been taking the Synthroid for 7 months, he looked genuinely concerned and spoke to me as if he was scared for me. My doctor emphasized to me that once your Thyroid stops working that it does not start working on its own and that there is no natural way to heal it. He also explained how without a working Thyroid, your body can develop many life threatening illnesses. He stressed to me that I would always need to be on Thyroid medication. He also explained that just because I lost weight and I felt better, didn't mean I was cured. He wanted to run some tests on my thyroid and based on the results perhaps put me on a lesser dosage. My doctor explained to me how fat absorbs medication, so the more over weight you are the higher of a dosage you will need. He explained that since I had lost so much weight that I probably just needed a lesser dosage. I was ok with this as long as I didn't experience what I had the last time I took it. My doctor took several tests and told me that he would call me in about a week with the results.

One week later, I was getting ready to go out with my boyfriend, when I realized I had missed a call from my Doctors office. There was a message from the head nurse. I had always known her to be calm and soft spoken. However, in the message she sounded ecstatic. She said that the Doctor had gotten the results for my Thyroid and that he said there was nothing wrong with my Thyroid and that I no longer needed to take medication. She was so excited and wanted to make sure I heard her correctly that she repeated the message two more times.

I can't explain how this made me feel. I felt as though I had won the lottery. Though my Instructors never said it wasn't possible. Something that almost everyone around me and every book I had read said was not possible happened to me. I credit my condition improving this way on the wisdom and movements passed down from Grandmaster through my Higher Belts and Instructor to me. I do recognize that this doesn't mean I'm miraculously cured and that I can just stop practicing without these issues coming back some day. I would much rather stay on a consistent practice, always improving on my condition then be dependent on steroids and other drugs and feel as if I'm barely getting by. I am eternally thankful to Grandmaster, Higher Belts and Instructors for sharing their knowledge and guidance with me.

Sincerely Thankful,  
Jessika P.  
Age: 33