



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.

International Level Training

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.

“What a wake up call my mind and body have taken!”



John Casey – September 2004

I'm a 61 year-old man who joined Oom Yung Doe 6 months ago. Just an ordinary Joe who walked in off the street, knowing nothing about Martial Arts. What a wake up call my mind and body have taken!

I was 9 months post op from shoulder surgery. My shoulder and body needed help. After 6 months I can now do exercises that I hadn't been able to do in years. I have lost 15 pounds, I feel better, my posture is straighter and I react better to life situations.

I feel very comfortable in my instruction classes. Age...size...disabilities, it doesn't matter...the instructors will work with your abilities. I have learned to listen, to focus and to avoid distractions. I feel breathing is a big part of the instruction and I see improvement when I perform my movements and when I walk 5 flights of stairs, carrying a heavy bag. I cannot say enough about how much these last 6 months have improved my well-being.



John Casey - March 2005