



# 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



Founded in the USA 1972©1993

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

**"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