



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.

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

International Level Training Testimonial

One of the many personal achievements of Grandmaster "Iron" Kim is the Kyong Gong Sul Bope (flying side kick). To the right, Grandmaster is 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.

Two months ago I entered Oom Yung Doe because my 17 year old son wanted martial arts training. While I was there the instructors told me about a Tai Chi class for adults over 40. At the time I was 43 and so out of shape that I could not walk but a few blocks. My knees hurt badly and I had adult onset type 2 diabetes. My diabetes was so out of control the pills I was taking were not working and my doctor wanted to try insulin injections.

At the end of September 2009 I started my training. At first I could barely get through the warm ups without wanting to quit. But I promised myself that I would try it for at least 2 months.

The instructors at Oom Yung Doe really demonstrated to me that they cared about my progress toward the goals I had set for myself. I was introduced to the higher belts and they were also caring and gave me useful instruction that helped fuel my determination. I have just passed the test for the 1st section, something that I could not imagine that I could accomplish two months ago.



I have experienced so many benefits in this short time.

My knees are stronger and I can actually walk up a flight of stairs. My depression has lifted and I have lost 25 pounds. Most importantly, my diabetes is in control and my doctor is no longer talking about insulin injections. I have also experienced benefits that are more subtle but just as important. I am calm during my daily activities. I am able to handle the stress of my occupation much better. I can actually sleep better at night.

I have just started my journey in Oom Yung Doe, and I am extremely grateful for my instructors and the higher belts. I am looking forward to my future accomplishments in Oom Yung Doe.

~**Latasha Billup**