



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/Yan (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.

I thought my life was over! Instead I am sitting here looking at a brand new TREK bike that I bought for myself last month to celebrate my 60th birthday. Who would've thought it possible!

I am presently a second section. I signed up for the 2 year International Program last August after a yearly physical revealed I was overweight with borderline high blood pressure. I was diagnosed as being "pre-diabetic" and at risk for developing cardiovascular disease. Not wanting to become more involved with our health care system, I got serious about taking better care of my body.

It is now almost a year later and the Oom Yung Doe training has paid wonderful dividends. I have lost 15 pounds and am developing muscle strength. My blood pressure readings are lower. My annual eye exam in April showed the lowest pressure readings (within normal limits) since the year 2000 (there is glaucoma in my family and increased eye pressure is one of the areas looked at for a diagnosis). My carpal tunnel [syndrome] is no longer an issue. Mentally, I am becoming more focused and dealing with stress better, but the latter is still very much a challenge.

Last August at the Blue Dragon Weekend Seminar in Wisconsin Dells, National Instructor Bob said to me that I must begin to build my foundation like the root of the tree; That my body was where it was and I should try and see how far I could bring it back and to have some trust and begin to improve my condition.

Part of me thought it was too late for my body to really change and that I was too old. I was wrong. Oom Yung Doe is enabling me to improve my health and recover parts of my life I thought I would never experience again – like riding a bicycle.

Linda Williamson
2nd Section
Madison, WI
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