



# 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.

Mid July on my 77<sup>th</sup> birthday I concluded that the little bit of wisdom that comes with age does not compensate for the accompanying aches and pains. My recurrent sciatica had flared. Every morning it took at least an hour of stretching, ice packs and hot packs before I could stand less bent over. I was too miserable to go down one flight of stairs to the garden. I had to lean on furniture and walls to limp from room to room. I could drive my car if it was parked close by, but to run any errands in a store was impossible. I had to rely on others to pick up groceries. I thought of getting a walker. Besides that I was too crabby to be social. These are but a few of the limitations that restricted my life.



Mary practicing Nae Gong Foundation with herbal bags. This type of training develops internal strength and mental calmness.

My bouts of sciatica usually lasted three months in spite of medical advice, pain pills, and physical therapy. If this pattern continued I might have to give up forever any hope of living a comfortable and physically independent life. I considered moving down to my first floor apartment.

My daughter, however, had another idea. She had just finished a constructive and restorative year with Oom Yung Doe and she was so enthusiastic about her experience she convinced me that as long as I was in constant pain it would be a grand time to start some serious physical activities (Ouch!) She argued that I should not wait until I felt better. I should join immediately while I was limping and suffering. That way when this siege subsided I would be stronger and perhaps less vulnerable to further attacks. I said, OUCH, again but I was pretty sure nothing I did would make it worse. So one month into this attack (on the 19<sup>th</sup> of August) I gave in.

Although the school is a mere seven-minute walk from my house I had to use a taxi, which dropped me off two long storefronts from the entrance. That walk seemed like a mile.

Was the agony worth it? All I know is that two weeks later (mid September) after two weeks of three sessions per week strange groups of muscles were very sore and the sciatica had not changed. After another two weeks the sciatica felt a little better and I began to believe the exercises might be working. When mid-October came around (the date I had marked on my calendar for when I might be almost okay again) I had been pain-free for hours and hours at a time with only a few twinges of sciatica, and I had already been hiking easily to and from the school with a few errands on the side.

Recently my body-clock has spun back about five years to a time when I did not have to limp, groan, stretch and squirm at least an hour each morning to stand straight enough to make a pot of coffee. And more recently I dared to curl up in my favorite deep and soft old chair. I lasted 20 minutes and it didn't kill me.

Life is so much better when I am committed to the Oom Yung Doe program. It works. I will save this note and read it whenever I have to remind myself that however much I'd rather stay home – this is too important.

- **Mary Moyer, Age 77**