



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

## Moo Doe Program 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.



## What Moo Doe Has Done for My Life

My name is Maurice Lekea, 49. I like to stay active, and since I move up here from France, I have been looking for any physical activity, in order to keep me active and healthy. I have tried the fitness clubs: YMCAs and others, but was not totally satisfied. Because I have impression that I got more building of muscles, that was not my goal. I wanted to move in a certain way.

July 2007, on a day off, I decided to tour my neighborhood, especially visiting martial arts schools on Aurora Avenue in Seattle. Before I made up my mind, I went on Greenwood Avenue, there were a sign "Oom Yung Doe" of the Grand Master "Iron" Kim Style. I have never seen that name before; by the window, was a TV screen, showing the Higher Belts moving. I stayed watching over and over, so impressed I decided to walk in the school to get some information about the school from the instructor, Adam. It was Friday, the next Monday, I came back for trial, but it did not take me much time to decide that, this is what I am planning to do. I signed up for a 2 years degree program.



My training started well on July 15, 2007, with some difficulty any beginner student has. But in September 2007, I start feeling some back pain, not unusual thing, we all have back pain some times in our life, especially when we grow older, and overall doing the type of job that I was doing at that time: caregiver.



I started taking some ibuprofen pills, and continue practicing every day, and hiding my pain from my instructor, expecting that will go away, but it didn't, instead it went from bad to worse. I could no longer bend down to wear shoes without help, very difficult to sit down, to stand up, sleepless over the night, to get into the car, or to step out the car. As a single father with 5 kids to care for, all the household tasks became so difficult for me to fulfill. On November 15, 2007, I was taking one of my sons to the basketball practice, he just signed up and had to meet with the coach for the first time. While we were walking outside the door, I felt my right hip just went off, I almost fell on the floor, I couldn't walk straight any longer, I don't remember experiencing such a pain in my entire life, I started crying, but I still wanted to drive my son to the practice, I tried to get into the car, but no way, I could not bend down, even with the help of

my son, who started crying as well for seeing me in such a pain.

In December 2007, my Dr. sent me to Swedish Hospital for a MRI, which cost me \$4,800.00 since I did not have the insurance coverage. The diagnostic of the MRI was terrifying: the 5<sup>th</sup> vertebra was completely out of its location, and was pinching the sciatica nerve, which cut the blood circulation to my lower right leg, causing the permanent numbness on my leg since November 15 2007. According to the Dr. the only option I had was surgical, meaning to open my back and remove that vertebra. I was very concerned about my back, I maybe handicap for the rest of my life, and financially how I would afford it etc.

I went back to my local Oom Yung Doe School at Greenwood, talked to Instructor Adam about all this news, with the possibility that I may never be able to practice Oom Yung Doe. Instructor Adam advised me to talk to the Higher Belts before I decide to schedule the surgery. At first, I did not see why. But in the beginning of January 2008, the Oom Yung Doe International Teaching Team, came in town, at the Bellevue School. I decided to go see them. While I was walking in Bellevue School, National Instructor Bob saw me limping. He came closer and asked me what was wrong, I told him all about my condition, and that I was about to schedule a back surgery following my Dr.'s recommendation, but National Instructor Bob started laughing at me, then calmly told me, "Tell your Dr. that you will never have a back surgery." I did not believe him totally, because we all rely on our Dr.'s, they know our bodies more than anybody else, so I did not say much.

He told me to sit down, remove my shoe from my right leg and put that leg on the table at the school lobby, which I did. He gave me some toes movements to practice 40 times right there, and to be continue at home. Then, he recommended me: Bath Herbs, Herbal Muscle and Joint Kit and special teas to use for about 2 weeks, along with series of personal movements.

I went, and continued to use this treatment as recommended. In about a week, I felt the sensation back on my toes, I was able to sleep better every night. After a month, I was not only able to recover the sensation on my leg, but also to sit down, drive the car, walk, go back to school, and continue to practice my personal movements. In May 2009, I added the Moo Doe Special Back Program, in order to complete my back healing process. Gradually, I integrated the regular Moo Doe lessons as other students. I was 2<sup>nd</sup> Section level at the time the injury, today I am 6<sup>th</sup> Section level.

Until today, I never had the surgery, my family is so glad to see me practice like nothing had happened before, I can use almost the full potential of my body, although I still have some physical challenges due to my age, but I feel glad to practice and challenge myself every day. I am so thankful to the Grandmaster "Iron" Kim style, to my Instructors at all levels and to the other students who helped me going through this. Also special thanks to my family for their 24/7 care for me.

I like to say that, I am the perfect living example of what Moe Doe is capable to change in our life. This is not a legend, but a true story, it happened just not too long ago.

Maurice Lekea