



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.

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 will admit that demonstrating or, for that matter, anything I am asked to do in front of a crowd is nerve racking. When Instructor Nate asked me to demonstrate my Kom Do along with other students at a local library, my mind went into overload on how I would perform.

Each movement with the weapon, hand position, body position, adding strength and speed, went through my head. However as the day approached, I began to feel a sense of calm having moved with this weapon before at other school functions and during practice. It gave me some peace to realize that the people there probably had never seen me move or knew anything about the series of movements and this was an opportunity to show them some of the potential strength and flexibility they could achieve through Traditional Moo Doe.

I thought the demonstration was a huge success for the students who performed and it was again an opportunity for the community to see a small part of what the School of Oom Yung Doe is all about.

I am 51 years old and have practiced for the past two years and am completely convinced that Traditional Moo Doe is the way to reach my fullest potential physically and mentally. It is helping me to perform better at my job and I have received comments from coworkers and my family on how this has made a positive change in me.

Mike Iley
6th Section