



陰 (mind) 陽 (body) 道 (harmony)
OOM YUNG DOE®
 The GRANDMASTER "IRON" KIM Style™
 8 Complete Martial Arts Taught as One™



Asst. Regional Head Instructor Nancy Heilman
 featured in More magazine.

"I'm getting balance, coordination, flexibility and strength that is mental as well as physical."



NANCY HEILMAN
 / 65 / Pittsburgh, Pennsylvania

She writes a mean legal brief, sure, but the weapon of choice for this law partner, mother of five and grandmother of 11 is the *pu chae*, a Chinese fan that traditionally has a blade at the end of each rib. Fortunately, the *pu chae* that Heilman uses for practice has no blades. "It's defensive, not offensive," she says of her eclectic martial art, *moo doe*, "so there's no need for us to have blades that could chop off an arm."

Heilman was 53 when she began studying *moo doe*. "I was bored doing the same routine at the health club," she says. "I wanted something challenging." She found it: The practice combines eight martial arts styles, including tai chi chung, jujitsu and tae kwon do, and employs a *Crouching Tiger, Hidden Dragon* arsenal of swords, spears and chains, along with that deadly fan. Competing in the over-35 group at national tournaments, Heilman earned a gold medal in sparring. Now a third-degree black belt, Heilman says she is stronger, quicker, better coordinated, more flexible, calmer and more fit than she has ever been. "A few months ago I was running for the train with some colleagues in their thirties," she says. "We all made it, but I was ahead of the pack and not even breathing hard, while the others were short of breath by the time they arrived."



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