



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

International Level Training 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.



**The crooked path is straightening...**

Ever since I can remember being myself there has been a fire raging in my heart. A desire for love, unity and connection to the invisible consumed my thoughts in a world where I found no clear example of how to move forward. This thirst has been my inspiration, my suffering and my faith.

I spent many years seeking answers in the external. Guided by love I was determined to achieve and succeed so much in "the world" that all of humanity would shine. College taught me about logic and ecosystems and finding answers. Upon graduation I realized that scientists had plenty of answers and people were not listening. I then became more involved in community building and social change. Whether producing benefit concerts, managing a youth service non-profit, or speaking out against injustice, I was set on using the intelligence of my mind and the passion of my spirit to make things better.

About five years ago I began feeling that my priorities were misguided. While the energy that made me whole came from the invisible, I honored that energy through external success and achievement. At that point I decided that "the force that gives me my life, I give my life to; and that force is love". This began a transformation that has been the hardest, scariest and most wonderful journey in my life; the path towards loving myself as much as I love life, and earning true success. I feel that I am now beginning to understand and embody the life principles that have been the source of my fire.

It is Oom Yung Doe that has connected myself to the line and taught me how to polish the diamond of my being. Grandmaster "Iron" Kim has my deepest gratitude and respect for his strength, courage and wisdom, as well as his dedication and care, which have brought the light of Moe Doe into my life. I began training to have a physical discipline that could balance my mind and spirit while I figured how I fit into my skin and the world. Every aspect of my training has taught me so much about myself, and given me so much life.

I can not imagine doing anything other than moving forward with all my heart on the Chung Doe path. I am honored to have the opportunity to begin handling a school, and I am glad that my focus can now shift from the construction to the instruction. I look forward to connecting the individuals of my community to the wisdom of Moo Doe so that they may shine. Being in a position to begin earning while learning at an ever deeper level is such a gift.

By changing my reality the world does not seem so big and scary anymore. Challenges are blessings and I am blessed. ... and I get to wake up tomorrow and put the open sign out at the Pioneer Square School of Oom Yung Doe.

Doing Very Well,

**Abe Meyer**

