



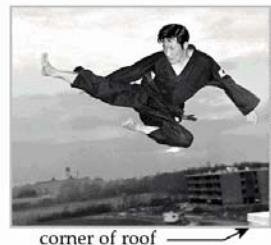
# 陰陽道

## OOM YUNG DOE™

The GRANDMASTER "IRON" KIM Style  
8 Complete Martial Arts Taught as One  
Always Having the Skill and Ability to Demonstrate

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.

### International Level Training



Founded in the USA, 1972 © 1993

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.

If you keep this up you won't be able to lift your kids up by the age of thirty. Is What the Orthopedic Surgeon said to me in January of '07 when the x-rays still revealed that my back had two dislocated disc's pinching a sciatic nerve, causing my whole left leg to go numb at times, in this case he recommended surgery as soon as possible. Three months later after looking for a Traditional Shoalin Long Fist School I approached Assistant Head Instructor Jeremy, in charge of the school I attend on 117th in North. When I talked to him I was on a quest to find a Traditional Wushu martial Art school but after talking to Assistant Head Instructor Jeremy he seemed so calm caring and confident in his school I quickly decided to try out a class. After That class I was so disgusted with the shape that I was in and so shocked on the power and humbleness of Assistant Head Instructor Jeremy I decided to sign up for The Two Month Program. It was then when I had informed him not only of my back issue but my serious mental conditions which where Anxiety/Panic Disorder as well as ADD/ADHD. My goal was very long and detailed because I use to be all-sate wrestler as well as football player to practically being a crippled so in my mind I set a goal, that my doctors would've thought, that was almost impossible after two months of coming everyday and sometimes twice and with the extra encouragement and guidance from Assistant National Instructor Rich I began to see a change in myself and to see myself for what I was which was very hard to see. I realized things I thought were right weren't correct in principle. I also realized that these people care so much about the outcome of every student, me being a semester away of student teaching, this was something I have never seen before and was totally amazed by the caring put into each person based on there condition by both Assistant Head Instructor Jeremy and Assistant National Instructor Rich. I was amazed how my mental state of mind changed in the two months with just very little hesitation I went into my college fund and signed up for the degree program. The next dramatic change that happened was when I decided to take a Sae Gae Seminar June 13 of 2007. During this seminar my movement was assessed by Assistant Head National Instructor Michael and Head National Instructor Jerry and surprisingly enough they told me that my biggest weakness was in my legs and my lower body so they passed me power kicking movement. During these three days I was impressed to realize that there was no numbness in my legs I hadn't felt it in awhile but I thought if I were going to it would be some point during the Sae Gae. I was signed up for the Aikido/Udo seminar but instead I asked advise for what movement would better benefit me and they said Bagwa or a Weapon Sae Gae. I agreed to do the Bagwa Seminar. This seminar helped me use my entire body to develop coordination, strength, balance, power, and Flexibility. It also taught me how to use breathing to help combined all the exterior benefits with the interior. This lesson was so powerful and had me thinking very deeply about

my back and why they did not point it out. So two weeks later I decided to go to the doctor and ask for a specific x-ray to be done on my back the Doctor was amazed to see that my back was 90 percent back in line with the other vertebrae and no longer was pinching my sciatic the Doctor was amazed and asked me what I was doing and quick answer Traditional Moe Doe he told me as fast as it healed keep it up for another month and everything should be back to normal. Now before I started Moe Doe practice I was taking 4 !0 mg tablets of Valium daily for my Panic Disorder and 2 30mg tablets of Adderall twice a day for attention. I gradually got better and now after the Weekend Seminar, that I just attended September 8th and 9th by Assistant Head National Instructor Sampson and Assistant Head National Instructor Michael, it is rare for me to take one pill of Valium a day this is largely due to the higher level of Nah Shim Gong that has been passed to me if I have a place to do Nah Shim Gong and if I feel a Panic Attack emerging I can quickly calm myself down by going through my highest form of Nah Shim Nong which has just been passed to me. The Weekend Seminar also has made my focus at its highest level especially in the areas that I need concentration the most now I have no need for my adderall because through the training of the weekend I gained the power to not let outside noises and distractions interfere with my focus and before it could have been the littlest thing, such as a quite tick of a clock, and I would be unable to concentrate. But besides myself this weekend has made me feel apart of a much bigger family. Which is very important because I do not let people get that close to me but through the support of my teammates the instructors and myself I felt a warm feeling that just made me feel at home and at peace. Now when I am with the individuals who I shared this experience with it is like we have an inseparable mutual respect bond that I have never had with anyone else in my life. I feel so much closer to my Instructor as well it made me see what care that the instructors have for all of their pupils and what they are willing to do so everyone can share the same experience that they had with their instructors at my age and through this connection it only made me want to teach and pass this Moe Doe movement and more importantly principle to anyone I will meet. It was after the first seminar I decided I wanted to be an Instructor and spend my life helping others and having the same connections my instructor has with me and pass the same principle that all the instructors, especially mine, passed to me. The Weekend and the weeklong is something I will be doing every year for many years to come and its so amazing that that they can put a price that reasonable and at the same time when you're done the experience seems priceless

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