



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



Over the centuries, very few individuals have been able to reach the great heights of skill and ability achieved by their most exceptional predecessors, while also being able to significantly build upon and enhance that legacy. Through consistent dedication to training, building up others, and by clearly demonstrating an extraordinary level of skill and ability--as demonstrated through his execution of the Kong Gong Sul Bope--Grandmaster Iron Kim has solidified his legacy as a true Traditional Martial Arts ICON.



Mental and Physical Benefits of Championship Training



I started Oom Yung Doe in Fall 2013, and like most students of the school, I immediately began to enjoy the physical and mental benefits which have been commonly associated with the training. That said, I was admittedly very skeptical of signing up for the championship/Dan Hyung training at first. I figured that I had already made a fairly large investment of both time and money, having paid for degree training and consistently attended classes 3-4 times a week. Without undermining the value of degree training, there came a point when I realized that beyond my new-found physical and mental state, I wanted to truly absorb techniques and elements of Oom Yung Doe beyond the hourly classes. I eventually put my skepticism to one side and registered for my 1st Dan Hyung seminar this past January to see what it was all about. The form I signed up for, called Ha Yook Tong (six tunnel form), specifically develops lower back/body strength and flexibility, which I had been severely lacking.



I enjoyed the Dan Hyung seminar thoroughly, though it was a little bit overwhelming to get all the steps straight at first. After practicing the form during the weeks that followed, I began to feel that, indeed, there might be something to all of this. With a tournament coming up in March, I decided to go ahead with the championship training. Through the adjustments made by Chung Sa Bu Jerry during my championship training it became obvious that the movements of the form, though they may appear to be subtle, are actually quite deep and effective when performed correctly. When properly executed, you can feel positive energy and warmth flowing all throughout your entire body in a way that I cannot fully describe with words. I am also happy to report that back pain no longer keeps me up at night.



It is difficult to pinpoint exactly where my condition would be if I had kept to degree training alone. I can simply say that at this moment, I am probably in the best shape that I have been during my entire 20's, and have more confidence than ever. There are some key changes in my development that I can solely attribute to championship/Dan Hyung training. I cannot overstate the deeper level of understanding that I gained about how to execute movements and how to make all parts of the body work together. The most important thing that I have gotten, however, is a new sense of context and motivation to my training. That goes for practically anything else in my life that I find to be both difficult but also extremely valuable. I still have a ways to go, but I no longer romanticize about how trying training can be, and instead, simply focus on making the efforts needed to better myself.

Shahan Nercissian

I noticed that my right knee has improved to the point that I can actually do something most take for granted, and that is simply squat down in one motion with palms of hands flat on the floor. 26 months ago I was using a cane. No, really. I was in trouble because I couldn't walk. Actually I walked with the left leg as I dragged the right. It was quite painful. I had no health insurance at the time. My family said, "What are you going to do?" I threw the cane down and said, "I will walk."

I came limping into the Newton School of Oom Yung Doe. Being a student years ago I knew where to go. I signed on to the degree program. All the instructors were aware of my knee problem and all helped me. They took me there slowly, to a point that I could actually go through a lesson without falling down. Ok, that took a good 4 months. After one year there was a change in the right direction. I was able to walk, jump, bend, twist.



The real change came when I was able to take a Dan Hyung, the tiger form, 2 weeks later I was able to enter into a tournament then a 2nd tournament. Before the championship program, I actually couldn't make heads or tail of the forms that I've watched others do. I feel that now I have a much better understanding. I'm also surprised how I actually absorbed the movements so quickly. My biggest surprise came last week when I was working, nailing on baseboard, finding myself in a squatting position. "Hey," I said, "Wow, no pain, no stiffness, up and down, no problem." I actually can feel the change. The championship program for me made all the difference.

Rick Darragh 6th Section