



# 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

The physical and mental benefits of exercise in general are well documented in medical literature.



**Dr. Guy Riccitelli explaining how Traditional Moo Doe can benefit older adults at a National event in Wisconsin.**

Aside from strengthening the body and burning calories, there are changes in both the immune system and the endocrine system. Western medicine has focused for a long time on the reparative aspect of healing. As physicians, we have been taught to identify and 'fix' problems that occur to the human body. We are given an arsenal of medicines to prescribe to our patients. There is, unfortunately, little training in how to encourage our patients to remain healthy and prevent illness other than our standard admonitions of "Eat Right, Exercise, Sleep, etc.".

Traditional Eastern Medicine has always sought a balance and harmony with Mind, Body, and Spirit. It is as much about preventing illness as restoring wellness. Natural herbs have always been a part of the healing process. Aspirin, for example, was derived from the bark of the Willow tree. It is only in the past few years, that

Western physicians seem to have rediscovered that these natural herbs and substances can complement pharmaceutical therapy.

There are many therapies for serious diseases. These therapies often can have side effects that keep people from using them. Natural medications, in combination with Moo Doe and the advice of your doctor can assist in diseases as diverse as Diabetes and Heart Disease. There are means of boosting the immune system to help someone with Cancer or aiding a woman struggling with the changes of Menopause. As an OB/GYN and Emergency physician, I am intimately aware of all of these conditions and more. As I served the victims of Katrina, my lessons in Moo Doe helped not only myself, but everyone around me.

Moo Doe is different than exercise. It is unique in the fact that it is structured individually for each person who chooses to follow its path. It does not matter if you are 8 years old or 80 years old. I have been surprised, not only at the reparative changes in myself and other students, but that I can clearly witness the healthy changes that may prevent or diminish illness in myself and my fellow students.

On a personal level, the combination of Traditional Herbal Medicine and properly taught Movements has lowered my blood pressure significantly. Other students have noted that their Diabetes is under control with less and sometimes NO medication. I have seen students who require nothing but Moo Doe to control their asthma. I have talked to others who after years of pain and immobility, now shock their own doctors with their newfound life of flexibility and activity.

Moo Doe is about much more than fighting or breaking a board. Rest assured, that though you may just learn to defend yourself quite handily, this is a Martial Art devoted to Health and Well-being. That may extend from self-defense in the traditional sense to maintaining your body well into your "elder" years. Moo Doe is a powerful means of achieving and maintaining physical, mental and spiritual wellness. It is the best gift I have ever given myself and one I will share with my children, friends, and family.

**Guy Riccitelli MD**