



# 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



Founded in the USA, 1972 © 1993

## International Level Training Testimonial

In late 2003, I began training in Oom Yung Doe around the same time that I began my graduate studies at MIT and Harvard. The academic programs were quite rigorous and time intensive (approximately 50 hours per week of classes, studying and research). In spite of the commitment to my studies, I remained consistent with my Oom Yung Doe practice, often attending 4-5 lessons per week as well as practicing forms and Sae Gae on my own (roughly 8-10 hours of practice per week). The consistency and discipline required by this schedule coupled with the attention received from higher belts was refreshing and a welcomed compliment to the long hours I spent daily in classes and in the library. The rigor of this first year prepared me well for two challenges.



After my first year, I encountered my first challenge. I spent the summer working in Shanghai for 3 months, away from my Oom Yung Doe school and instructors. When I first left, I was anxious to depart fearing that I would lack the discipline to practice on my own. Much to my surprise however, every morning before work and sometimes evenings after work I would practice on the roof of my apartment. The regular practice ensured my good health in spite of the city's pollution and the stress from long work hours. Also, the familiarity of the movements and peaceful state of mind helped mollify some feelings of homesickness.

This past summer I experienced my second challenge to maintaining my consistent Oom Yung Doe practice. I spent the summer working at an investment bank on Wall Street in a position that consistently demanded 100 hours per week. Often, I would begin work at 9am and work until 4 or 5am the next day. I would then run home, change clothes and return to work and repeat these hours. I also worked full days on weekends. My days consisted of many meetings, long hours in front of the computer performing financial analyses, air conditioned office space, and irregular meals. I rarely saw my wife. Also, many of my colleagues noticeably suffered from the stress and work hours, which further challenged my work environment. Indeed, living in New York working these kinds of hours, I was unable to attend Oom Yung Doe practices, even on weekends which I spent in the office.

After my third week, I realized that in order to perform under these circumstances (let alone survive the summer) I would have to make some changes. Sacrificing an extra hour of sleep (thus, sleeping only 3 instead of 4 hours per night), I began practicing Oom Yung Doe in the mornings before work. Having just taken a *Nae Gong* foundation movement Sae Gae, I spent most my time on these movements. To my pleasant surprise, I became more alert, energized, and calm throughout the day even in spite of the long work hours and stressful environment.

Today, I am certain that wherever my path takes me, the discipline, training, and tools I have gained from Oom Yung Doe will always be a part of me.

-- Nimrod Weiselfish, 1<sup>st</sup> Degree Black Belt, Age 32