

School of OOM YUNG DOE®

The GRANDMASTER "IRON" KIM Style™



MLT



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.



"I have increased energy, reduced stress, a clearer focus and a healthier perspective."

I am a second section in Oom Yung Doe. I have been enrolled in the International Level Degree Training program for approximately four months. The training I have received has been remarkably efficacious. The learning environment is positive, challenging and highly supportive. Every instructor at every level has treated me with utmost respect, has taken a genuine interest in my progress and development and has challenged me to reach beyond what I think my limits are. The results have been extraordinary. Already I am stronger, more flexible and more supple in my movements. I have worked as a flexibility coach to athletes of all levels for the past 10 years. As a result of my Oom Yung Doe training for the past 4 months, my body now moves in a way that it never could before. The more I practice, the more I see my potential, and the more inspired I am to continue my training. I also believe that everything I am learning inside the classroom will have manifold benefit to me outside the classroom. The changes I am feeling in my body are the result of the changes I am feeling in my life. I have increased energy, reduced stress, a clearer focus and a healthier perspective. The principles of Moo Doe are powerful lessons that can be applied to my everyday life. I am exceptionally pleased to be a member of the Oom Yung Doe community.

Barbara Chandler

Business owner

Age 48

www.oomyungdoe.com

