

School of 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.

"...my mind is more at peace than I have felt in many years. As a side benefit, I've lost 30 pounds without even trying to lose weight."

I began my training in January, 2002 as a new white belt student. Having led mostly a sedentary lifestyle until that point, I was more than a little nervous about what I had undertaken at Oom Yung Doe. It was clear that my training was going to be a very challenging experience and at age 49, I wasn't sure that I had the stamina or strength to succeed. In the beginning, everything hurt. I was tired and had to really push through each lesson. Also, my body could only tolerate training sessions 3 times a week. However, the National Instructors, Regional Instructors, Instructors, Assistant Instructors and students could not have been more supportive and encouraging. There was a team behind me.

After only a few months, I could tell that my body and mind were changing. My stamina was much better, my mind sharper and I felt that this was going to work. Eventually I worked up to my current schedule of coming 5 times a week and sometimes twice a day. I also participate in the Sae Gae offerings and every international lesson that is given. I now look forward to each lesson with enthusiasm. Yes, there are still injuries, pains and strains but that is secondary. I know that I have a lifetime of learning ahead of me, which is one of the attractions. The more I learn, the more humbled I feel. But, at the same time, I am feeling more confident that my body and mind are now improving rather than deteriorating as I grow older. That is a rather remarkable thing!

My body is becoming more flexible, stronger and my mind is more at peace than I have felt in many years. As a side benefit, I've lost 30 pounds without even trying to lose weight.

I summed it up best just a few nights ago to a group of fellow students: The more I come, the better I feel – both physically and mentally. There were nods around the changing room. Everyone there knew and agreed with what I was saying.

I want to express my deep appreciation and thanks for the dedication of all Oom Yung Doe Instructors.

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www.oomyungdoe.com

