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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

I recently had the good fortune to attend the Blue Dragon Weekend in Cape Cod, Massachusetts. I am a third section in the Watertown, MA school and, although it seemed financially infeasible for me to go, I worked hard and made extra money so that I could attend. I knew that this training would move my practice forward, and I was strongly convinced that it was important to my development that I go. This has turned out to be an extremely rewarding choice, which is already paying me back through benefits on several different levels.

First, the movements that make up the Blue Dragon form are some of the strongest and most interesting movements I have. While they are more challenging, practicing the form actually builds my energy instead of depleting it. Practicing in the pool facilitated rapid development while supporting my body – though we trained for 6 hours a day for two days straight, I experienced only slight muscle soreness. The Higher Belts were patient, approachable, and generous with their time. I received particularly careful attention and was even able to have rewarding dialogue with them. The most subtle aspect of the Weekend was the movements and meditation to pull in and assess chi: subtle in immediate effect, but its benefits are extremely profound.

The most dramatic evidence of the great benefit of the weekend began to come once I returned to my regular life and practice. I immediately noticed that all of my movement came up stronger - even movements which were never practiced over the weekend, but especially those which were. For example, side-kick had previously been very difficult to properly execute for me because of the restriction of my hip inflexibility. Because of the pool practice and the capable instruction of higher belts, my side-kick comes up strong and consistent now. Furthermore, I have much more energy to practice with and I tire less easily.

The benefits are not simply physical, however, nor are the physical benefits the most profound ones. I am much more consistently calm and peaceful. A carpenter by trade, I had been used to “muscling through” many of life’s obstacles and this tendency has often been frustrating for me. Suddenly, when confronted with a problem at work or at home, I am able to step back and analyze it, and come up with a solution which doesn’t drain me of valuable energy. One particular message imparted to me has initiated a quantum leap in both my Oom Yung Doe practice and my ability to overcome everyday obstacles: He told me that I didn’t have to put so much force into my movement;



that I was working too hard. Since I began integrating this, my life has changed.

Other benefits might be difficult for those who haven't experienced them to believe. I am far more attuned to nature: the shifting of winds, the movements and songs of birds and bugs, things which I did not notice before are suddenly apparent to me. I walk through life with gratitude and joy instead of awkwardness and confusion. I need less sleep than I did before. I am aware of my energy level and am able to draw in more when I need it.

In short, it has been only 8 days since I returned from the Blue Dragon Weekend and it has already dramatically changed my life. I look forward to continuing development and can't even imagine what affect it will have. I would like to thank Grandmaster and the Higher Belts for sharing this movement with us and passing it on so skillfully. I would strongly recommend that any student who thinks they might enjoy similar benefits to attend the Weekend. Perhaps it will change your life, too...

Jay Dubois – Carpenter – Age 35