



The tiger is symbolic of the physical world and the dragons signify the mental or spiritual world. Together the symbols represent a harmony between both worlds. The Chinese symbol Yin/Yan (Oom/Yung) stands for balance of life.

# 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



corner of roof →

One of the many personal achievements of Grandmaster "Iron" Kim is the Kyong Gong Sul Bope (flying side kick). Above is Grandmaster jumping from the top of a building. (The roof is visible in the lower right corner.) In 1970, Grandmaster "Iron" Kim demonstrated Kyong Gong Sul Bope by jumping from the equivalent of an 11-story building. In 1972, Grandmaster "Iron" Kim again demonstrated the Kyong Gong Sul Bope movement by jumping from the equivalent of an 8-story building both times landing without injury onto a sloped surface below.

## Autism Conditioning Program

We have a 6 year old boy who has a diagnosis of PDD-NOS\*. He started the focus training with Instructor Andrew about 5 weeks back. I have seen a lot of changes in him since then:

- 1) He has become more alert. He notices what people are doing around him and talking about much more than before. Even in school, Ishan is doing a lot better as he is more present in terms of his attention.
- 2) He has become a lot more confident about himself and that translates into more willing to try out new things, more confident in talking and playing with his friends.
- 3) A lot of subtle changes in his gross motor skills, he learnt how to jump rope as he can jump with two feet now, he learnt balance on the scooter, he is able to hop on one foot so now he wants to play hopscotch, he runs less awkwardly, etc.
- 4) His reaction time is faster as he practices dodge, duck and other exercises with his Instructor.
- 5) His general mood also stays better as he loves to go for his sessions and loves the physical exercises and challenges his Instructor tailors for him.



We are very happy with the progress our son has been making and will totally recommend this training for all kids especially kids who have special needs.

Ruchi J.

\*PDD-NOS stands for "Pervasive Development Disorder – Not Otherwise Specified." It is one of five autism spectrum disorders and is often referred to as "atypical autism."