



陰 (mind) 陽 (body) 道 (harmony)
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.

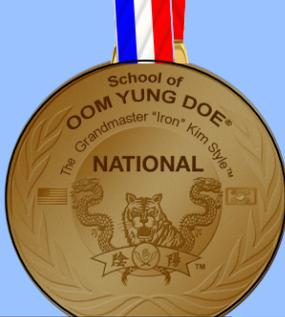


Chong Sa Bu (Master)
9th Degree



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9th Degree

**Traditional Martial Arts (Moo Doe)
Tournament Seminars**
Following the tradition and correct path (Chung Doe) of true Martial Arts throughout the centuries



YOU CAN BECOME A TRADITIONAL MARTIAL ARTS CHAMPION!

To become a Traditional Martial Arts Champion and/or judge, means to have achieved a feat recognized throughout history as one of the highest tiers of achievement in Traditional Martial Arts. This is an honor that will be recognized by your community, your family, and countless practitioners who also strive to become Champions in their lives.

Benefits of Training for a Traditional Martial Arts Tournament

- Learn Chung Dan Hyung movements directly from the Master Level Teaching (MLT) team, consisting of Masters and practitioners who have for many years dedicated—and continue to dedicate—their lives to the practice of achieving *Martial Arts Perfection* for themselves and the students that they teach. Through consistent lessons from Grandmaster "Iron" Kim, the MLT Team is able to make these Chung Dan Hyung seminars available directly to you.
- Push yourself beyond your existing limitations to achieve a higher level of mental & physical skill and ability that will improve your condition. This will immediately lead to a better quality of life on a daily basis and lead to an increased life span.
- Through your practice, you will be compelled not only to strive to improve in your training, but also in all areas of your life.
- Learn correct training methods that will lead to the development of internal strength, which will help you train even into old age with a very low probability of injury. Without internal strength, your body cannot counter the gradual breaking down that is typically associated with aging and harsh physical activity.
- Throughout history it has been proven that through Traditional Martial Arts you are clearly able to demonstrate powerful mental and physical strength.

Earn the opportunity to become a recognized True Traditional Martial Arts Champion!

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Do one's best

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Martial Art Perfection

Chung Dan Hyung Seminars & Championship Coaching

Chung Dan Hyung forms are the most powerful, completely balanced short forms that can be absorbed by all body types and conditions. Because Chung Dan Hyung forms are completely balanced, the movement will become your own and your mind and body will come together as one. These forms are required for entry into Traditional Martial Arts tournaments, following the tradition and correct path (*Chung Doe*) of true Martial Arts throughout the centuries. **It is vital that these forms are taught by a true grandmaster and/or master who can clearly demonstrate their incredible level of skill and ability.**

Championship Coaching, taught by the MLT team, incorporates centuries proven training methods that enable one to achieve the highest level of TMA skill & ability. As a follow up to *Chung Dan Hyung Seminars*, the championship coaching takes your form and development to a much higher level by teaching you how to practice the movement taught in the *Chung Dan Hyung Seminar* according to your body type. This level of instruction can only be taught by a qualified Master and allows one to fully "digest" and absorb the movement; providing the fastest way to achieve a medal in a TMA Championship Tournament.

UPCOMING FORMS TO BE TAUGHT BY THE MASTER LEVEL TEACHING TEAM

Regional Level Chung Joong Hyungs

Regional Level Chung Joong Hyungs will be taught at this seminar, along with Chung Dan Hyungs. A Regional Level Chung Joong Hyung builds upon an existing Chung Dan Hyung. The training consists of three components. The Chung Dan Hyungs the practitioner currently practices will be more advanced - new movement will be passed and Championship Training will be taught as well. All of the forms can be learned for the first time also, in the manner the Chung Dan Hyungs are normally taught. Regional Level Chung Joong Hyungs will be required to enter Regional Level Tournaments



Kum Gung Quan Bope

This form is for attacking and defending in a rock strewn landscape. Agility, coordination, timing, flexibility, body control are developed. Offensive and defensive movements are executed from many positions. Practitioners of all ages will benefit from this practice. **This seminar will develop strength and flexibility in the lower body.**



Tuksuli Bope

is eagle form. The eagle is known for its speed, grace and precision in flight and its powerful claws as it descends upon its prey. The practitioner must bring to life these qualities within the form in order to inherit these qualities within themselves. Through proper and consistent practice one realizes an overall balanced development of strength and flexibility in the upper, middle and lower areas of the body.



Yun Chun Doe

is a Chinese broad sword that has nine steel rings attached to it and is marginally heavier than a typical kom requiring the practitioner to learn to use their entire body - an ability which transfers to other forms and self defense. Once an individual absorbs the proper technique, it is common for the practitioner to be directed to slowly increase the weight of the weapon further developing their strength, skill and body control. The practice of Yun Chun Doe has been known to quickly develop tremendous internal and external strength which can give immediate benefits in daily life.

