



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.

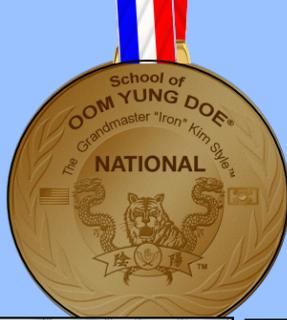


Chong Sa Bu (Master)
9th Degree



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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



Pal Bek Gae Pal Bek Gae means 8 military disciplines. Pal Bek Gae develops the upper, middle and lower body while combining offensive and defensive techniques. Footwork, stances and body control are accentuated while attacking with closed hands, open hands, elbows and the feet, creating a strong foundation for long, mid, and close range self defense.



Ship Sa Gae Ship Sa Gae is part of the Ship Pal Gae family. It is the open hand foundation of Ship Pal Gae. Ship Sa Gae improves and supports any movement. Coordination, flexibility, timing and strength are all improved through the practice of this form as well as upper, middle and lower body development. This form also has a wide range of self defense applications.



Dong Bong Dong Bong is a short wooden staff. The approximate length is measured from the practitioners elbow to finger tips. Dong Bong movement is primarily linear and comes from the wrist, forearm, elbow and shoulder. Skill with a Dong Bong can be transferred to using many common items for offense and defense. Dong Bong is a good foundation for development with bladed weapons.

