

*The School of Oom Yung Doe®
The Grandmaster “Iron” Kim™ Style*



Grandmaster “Iron” Kim

*Grandmaster and Founder of Oom Yung
martial arts in the United States*



Oom Yung Doe Kirkland 2022 Impact Report

“Winning over others is victory,
winning over yourself is success.”

-- Chong Su Nim Grandmaster “Iron” Kim

Letter from the President

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*United
we stand,
divided
we fall.*

In Traditional Martial Arts, we often talk about remaining connected to the root. Through the strength and depth of its roots, a tree will stand fast against the wind trying to sway it. Through the roots, the leaves and branches are connected to the whole of the tree. And through the root are the good seeds, the flowers, and the fruits produced and nourished. When we gaze upon the beauty of the tree, its strength and longevity come from the unseen connection to the roots.

It is this connection to the unseen strength of the root that resonates most strongly with me as I reflect on all that we have accomplished for 2022 and all that we hope to accomplish in the coming year. We have reached so many significant milestones this year, both ones that can be measured and others that cannot be quantified but are no less important to our community connection.

This year marks not only our 5th full year as a 501(c)(3) non-profit, but also the 50th anniversary of the Oom Yung Doe line in the United States. With the adoption of the Lake City branch at the beginning of the year, we are now operating in multiple locations and starting to develop connections to programs in other Oom Yung Doe schools across the country. In addition, this year also marks the start of our transition from a micro-nonprofit with under \$500,000 in annual revenue to a true small nonprofit.

These are amazing milestones for our organization, but more importantly they show the strength of our connection and impact in our community. I am deeply honored to be part of such a passionate and dedicated team and so grateful for the support of our community and extended Oom Yung Doe family. I am looking forward to the opportunity to share our continuing journey as we work toward sharing our mission of **Promoting Health and Wellness in Our Community through Traditional Martial Arts** with an even broader community in the coming year.

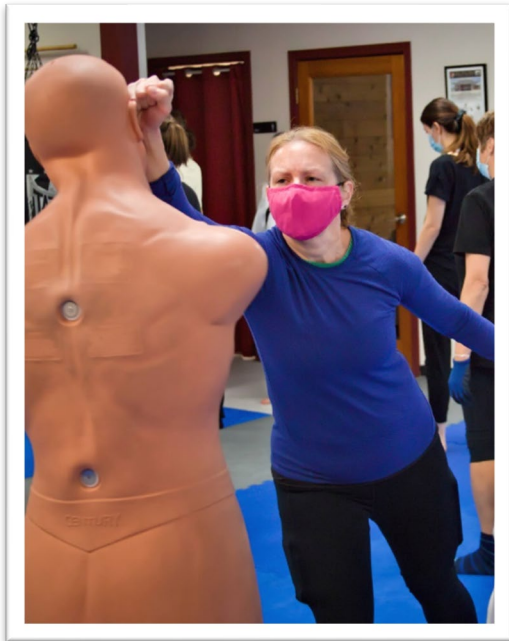
Michelle Judy

Michelle Judy
President
4th Degree Black Belt
Assistant Regional Head Instructor



Community Seminars

In Traditional Martial Arts, we often remind ourselves that life is a challenge, whether it is for good or ill is up to us. Meaning that it is always up to us to choose whether we fall toward the negative and dwell on all the difficulties around us or whether we rise toward the positive by actively seeking the things that improve ourselves and through us our community. For many of us 2022 has marked a year of changes and adapting to the “new normal”, where each month seems to bring a new obstacle. During times like these, it is more important than ever that we strive to be the positive change we want to see in the world. It is this focus of building a more positive and peaceful world through helping individuals find their own best selves that is at the heart of our community programs this year.



Women's Self Defense

With the increasing violence that women face in their daily lives, it is our mission to provide a safe space where women can feel empowered and build confidence in themselves while learning tools to protect themselves. Our growing team of women instructors and students are extremely passionate about supporting these community programs and believe strongly that every woman should feel confident moving through the world around her and that by empowering these women we build a stronger, more connected community.

This year we added a Level 2 Beginning Women's Self Defense course to the list of programs we offer. The new program had 18 graduates across the three sessions we offered this year. In addition to the new program, we were able to increase the number of Level 1 Beginning Women's Self-Defense sessions offered for the year from

3 sessions to 5 sessions. Between all our Women's Self-Defense programs, 147 women joined us for some Shock, Scream, and Run practice. This marks a 16% growth over our pre-pandemic program levels in 2019 and a 50% increase over 2021.

In addition to the growth in our in-house programs, we also participated in Microsoft's October Giving month for the first time this year by hosting a special session on the Microsoft campus for their employees. We are looking forward to expanding and deepening these broader community connections in the coming year by partnering with local Girl Scouts troops for specialized women's self-defense courses and adding special courses for high school seniors before they head off to college in June.

"...I found that I am so much stronger, not just physically but mentally. I found a rare community that encourages you to improve yourself and wants to see you succeed."

– Carrera G.



Tai Chi and Stress Relief Seminars

This year we scaled back our Tai Chi and Stress Relief Seminars a little bit. We know there is a huge demand for these programs between everyday stressors like juggling work and family and the general chaos going on as we navigate a post pandemic world and other global issues. The community members who do connect with us consistently express how much better and more peaceful they feel after taking our seminars and how grateful they are for making the connection; many of these community members even start coming to the seminars regularly. However, because there are so many

gimmicky commercial programs with big advertising budgets flooding the same channels, we need to spend some time making connections and improving our message to better reach our community and let them see what a powerful tool the movements we offer are for reducing stress and building a more positive, balanced, and peaceful life.

Despite the marketing difficulties and the time spent reconsidering how we are approaching these programs, we continued to offer our weekly 30-minute stress relief seminars for most of the year and hosted two stress relief seminars just in time for the busy holiday season at the end of the year. Across all these programs we had 107 community members attend various events. In addition, to our in-house events, we were also invited to participate in Microsoft's October Give this year and offered special Stress Relief seminar for their employees. We are looking forward to growing these connections in the coming year and helping this community program reach more individuals in the future.

World Tai Chi and Qigong Day

As a Global Day of Peace, World Tai Chi and Qigong Day is always an amazing opportunity to build positive energy in our community. We got rained on (again) this year but were still able to host the event in partnership with Lake Washington Institute of Technology. This year 19 members of the college staff, faculty, and students took a moment out of their busy day to become part of the "One World, One Breath" theme of World Tai Chi and Qigong Day. Now that we've got all the kinks worked out of our promotion and rainy-day plans, we're looking forward to seeing just how big we can make this event for 2023.





Children's Community Programs

Our youth community programs are an area we are continuing to work on, especially with the last of the restrictions from the pandemic lifting. These programs are a powerful opportunity for children of all ages to build confidence, mental focus, determination, strength of character, and other physical and mental skills while having fun exploring Traditional Martial Arts movements.

This year, with the resumption of fully in-person training and the lifting of capacity limitations, we were able to offer five different weeklong camp style sessions, including one special program for the Environmental and Adventure School students which reached 32 children between the ages of 4 and 14. These numbers are small right now, but we are looking forward to increasing the number of students we can support with these programs for 2023.

Halloween Safety Seminar

Instructors and students always have a blast at our annual Halloween Safety Seminar. This year we had a full house with 33 children joining us to learn general and holiday themed safety tips across both our kids' session and a new session for tweens and teens. We may have doubled our available seminars, but we nearly tripled the attendance over the previous year. At this rate we're hoping to expand into a bigger facility to host the session in a year or two.

Emerald City Comic Convention

We love getting our geek on at Emerald City Comic Convention (ECCC) with our Samurai Sword Sparring sessions! These sessions remain extremely popular with the thousands of convention goers. Even with a bigger space for the lessons this year, we were still filling up all our available spaces well before the lesson starts, even on the traditionally lighter days. This year we had 344 individuals participating or watching the Samurai Sword sparring, including a couple of Jedi who brought their own lightsabers to practice with.

Our Kung Fu for Kids session is growing too and nearly tripled in size from last year. This year we had 118 kids and parents come take lessons on how to move like a monkey. This is huge growth for just our second year offering these lessons at ECCC. For the first time this year, we were also invited to do an 8 Martial Arts Demonstration as part of the afterhours attractions at the convention. We had a little trouble with a new security guard not being aware of what we were doing, but we still had a blast with the 43 spectators who came to check it out before we had to cut the demonstration short. We are looking forward to being back next year. Come check us out in March 2023!



Welcome Lake City

We are excited to welcome a new location for our in-school training programs in the Lake City area of Seattle to our family this year. The school itself is not new, having previously been operated by our sister non-profit Honor in Legacy, whose mission, like our own, seeks to improve individual lives and the communities they belong to through Traditional Martial Arts. After much deliberation, both Oom Yung Doe Kirkland and Honor in Legacy decided that what mattered most is supporting our community and providing the best possible opportunities for individuals to grow toward their own best selves. Something we could better focus on together as a single organization.

The Lake City Instructional Team brings with it additional expertise in working with Neurodiverse students and connections to Seattle's LGBTQIA+ communities. While this year has been primarily about getting the systems in place to manage multiple locations and a growing instructional team, we are looking forward to carrying forward Honor in Legacy's mission by bringing this experience and knowledge to our community programs in the coming years.



Student Success

Part of being a practitioner of Traditional Martial Arts is continually seeking to improve yourself and become a positive influence on those around you. For those who dedicate themselves toward achieving 1st Degree Black Belt and beyond, this can be a journey of years. As instructors we are honored to be part of guiding students through this journey and acknowledge a few of the milestone's these students have reached over the year.

勇氣百倍

*Inspire the
courage of
oneself.*

Testing

Earning a 1st Degree Black Belt is one of the most recognizable achievements in Traditional Martial Arts. Reaching this level is an investment of between 2 and 5 years of training to develop the balance, coordination, flexibility, mental focus, discipline, and other mental aspects that characterize a 1st Degree Black Belt. This year 161 students, 43 adults and 118 kids, took their first steps on this path and began their Black Belt Training. With the easing of the pandemic restrictions and operating in two locations, it's no surprise that this well over double the numbers from last year.

In addition to those just beginning their journey we had 17 students reach 4th Section or halfway to black belt and 2 students reached 1st Degree Black Belt. These are students who either started during the pandemic or just before the first lock down, giving them the additional challenge of learning to train over Zoom, social distancing, and limited numbers in the practice room. These students persisted with their training when the temptation to back off was the strongest.

Promotions

Our programs would not be possible without the passion and dedication of our Instructional Team. Like training for 1st Degree Black Belt learning to become an instructor takes a tremendous amount of commitment and dedication. This year two students took on the challenge and were promoted to the position of Assistant Instructor.





Tournaments

We were back participating in the Nationwide Virtual tournament with our sister schools in Pittsburg, Boston, Florida, Vermont, and San Diego again this year. It's always amazing to see not only the hard work of our local students, but also the efforts of others across the country. For the first time since the pandemic, we were also able to have an in-person tournament again in the Fall. It was such an amazing feeling to be back with all our Oom Yung Doe community and seeing all the hard work students and instructors have invested in themselves in-person. Between both tournaments, we had 63 students and instructors participate in tournaments this year, including 27 students who participated for the very first time or stepped up to take on a higher level than they had previously done.

Scholarships

Our scholarship programs are a work in progress right now. We believe strongly that Traditional Martial Arts is for everyone, and often those who needed it the most have the greatest struggles to support their training. We are deeply grateful to the generosity and support of all our donors and the tremendous efforts from our Kick-a-thon and Kung Fu Marathon participants for their fundraising efforts this year. Through their support 11 students were able to directly benefit from training, either tuition assistance programs or Master Level Training scholarships. These numbers remain small right now, but we are reviewing our application process and looking for investment donors to help get these valuable programs better established in the coming year.



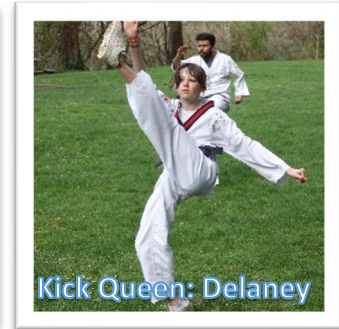
Fundraising and Grants

This year was a big one for us. With the addition of the Lake City school and through the support of our donors we are starting the process of fully transitioning from a micro-non-profit with under \$500,000 in annual revenue to a small non-profit. For the first time, our annual revenue exceeded \$500,000 making us eligible for the additional grants and funding for small non-profits in the coming year. This is a big step as statistics show that as much as 60% of non-profits never make it to this point. We are both excited by the opportunity and honored by the unwavering support of some of our most consistent donors who helped us generate over \$150,000 in donations to support various programs this year.

Kick-a-thon

Competition remains fierce for the Kick Crown at our annual Kick-a-thon challenge. We are so proud of all the hard work that these kickers and their sponsors put into raising funds for the Oliver Reese Memorial Fund in support of youth training programs. Once again, the Court of Kick decided last year's whopping 5300 kick record needed breaking and knocked out 5382 kicks before rain ended the marathon in a 4-way tie between repeat Kick Queen Kalah, three-peat Kick Queen Delany, and our new Kick Kings Dan and Oliver.

Our Court of Kick weren't the only ones kicking through challenges this year. Of the 29 kickers who took up the challenge of kicking in support of the Oliver Reese Memorial fund and youth training scholarships, 6 kickers, including one of our youngest, first-time kickers, made it to 3000 or more kicks. A lofty standard that was previously for the 2020 Kick Queen alone. Other notable kickers include 6 kickers (4 first timers) reaching 1000 kicks and another 7 kickers (1 first timer) reaching 2000 kicks. Thanks to the amazing efforts of our Kickers and the generous pledges from their sponsors, we raised just over \$11,000 in donations for youth programs, a 10% increase over last year.



Kung Fu Marathon

In addition to our Kick-a-thon Fundraiser, we also held our first ever Kung Fu Marathon in support of Adult Scholarships and Low-Income Tuition assistance programs. We were really excited to share our Tong Nan (Ocean Kung Fu) Marathon with our Oom Yung Doe community. As is traditional with the first time for a big event like this, it didn't quite go as planned. We had great participation with 21 students stepping up to test their endurance and see just how long they could keep doing their Kung Fu. We crowned two Kung Fu Kings who topped out at 90 minutes before they ran out of steam. Between some scheduling issues and only a handful of sponsors, we didn't reach our fundraising goals this year, but we learned a lot for next year.



How You Can Support Our Continuing Mission

We are deeply passionate about our mission of Promoting Health and Wellness in Our Community through Traditional Martial Arts, especially for those most at-risk for increased emotional, mental, or physical challenges. While we are steadily growing and gaining recognition for the positive impact we make in our community, this is not a journey we can take alone. Many of our programs are funded through the generosity of our donors. You can help us increase the impact of our programs by choosing to become an Investment Donor and making regular donations each month, quarter, or year. Even a small, one-time donation can make a big impact. Donate online at www.martialartskirkland.org/donate or by mail at Oom Yung Doe Kirkland, 8512 122nd Ave NE #67, Kirkland WA, 98033.

2023 Donor Honor Roll

We are deeply grateful to the kindness and generosity of every individual who stepped up and supported our programs this year, whether it was financially or by volunteering time. Our deepest thanks to everyone who donated this year and a special thank you to our 2023 Donor Honor Roll members.

Corporate Donors

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 - Indeed
- Costco
- Custom Ink
- Network for Good

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- Esther Hui
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Silver Donors (\$500-\$999)

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- Sofia Marshak
- Richard & I-leen Tsao

Bronze Donors (\$50-\$499)

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