

*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 2020 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.*

This year has been full of unexpected challenges and learning to grow in new directions. The pandemic has changed so much in our lives with masking up, social distancing, and multiple stay at home orders. As a small non-profit that relies heavily on in-person training, this was an especially challenging situation for Oom Yung Doe Kirkland as we spent most of the year with empty practice rooms.

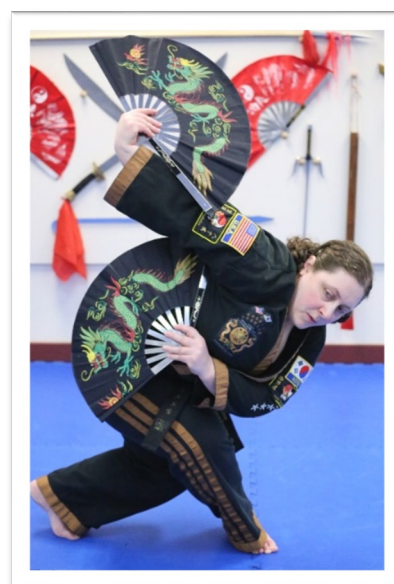
While our practice rooms may have been empty, our hearts are not, and we adapted. Instructors worked tirelessly to build our remote learning capability, including hosting our very first Virtual Tournament. We launched new Zoom based remote seminars for our community focused on stress relief and working out the kinks from sitting at a computer all day.

Seeing the way our community came together and supported each other during these difficult times, I am reminded that life will always be a challenge. Whether that challenge is for good or bad is our choice. I am honored to be part of a community that has consistently demonstrated such compassion and desire to find the good challenge in all that we do.

As we move forward into the next year, we will continue to find new ways and new opportunities to **Promote Health and Wellness in Our Community through Traditional Martial Arts**. Our mission would not be possible without the strength of our community. I am deeply grateful for your generosity and support of our mission.

Michelle Judy

Michelle Judy
President
4th Degree
Assistant Regional Head Instructor



Community Seminars



One of the principles Traditional Martial Arts teaches is mental flexibility. Through training we learn to be mentally flexible like the willow tree in the wind. The wind may howl and batter at the willow tree, knocking it flat for a time, but once the storm is over, the willow tree springs back. This past year has been one of many unexpected challenges trying to push us over, but the root of Oom Yung Doe and Traditional Martial Arts is strong and adaptable. Through the continuous efforts and dedication of our instructional team we were able to shift our entire instructional model in a short period of time to keep offering as many of our seminars and training programs as possible.

Building our strength and resiliency through these challenging times and sharing those efforts with our community has been the primary focus of our community programs this year. More than ever, we want to offer our community a way to build a sense of peace and cultivate a greater sense of community even when the world around us is in turmoil and we cannot physically be in the same room together.

Tai Chi and Stress Relief Seminars

This past year has been a story of uncertainty and change for so many of us as learned to cope with a the constantly shifting circumstances related to the pandemic. More than ever there is a need for simply taking time out for ourselves as we try to juggle working from home with online school and being stuck in the house for extended periods of time.

To help support our community through this challenge, in July we increased the number of Tai Chi and Stress Relief Seminars we offered from once every other month to once per week. These programs reached 53 community members this year, which is more than double the number we impacted last year. While our reach is currently small with this program, we are working to let more members of our community know how much these breathing techniques and special movements can help build a sense of mental calm. This year we were included in the Winter Wellness Newsletter at Lake Washington Institute of Technology and we are planning to reach out to other schools and businesses in the coming year.





Self Defense

Our community self-defense courses were one of our most heavily impacted programs with the social distancing and stay at home orders. These seminars rely heavily on being able to hit pads and drill with partners to build strength and confidence with the movements. Unfortunately, this means the seminars did not translate well to a completely online environment and we had to temporarily suspend these programs. We are looking forward

to bringing these programs back as soon as we can safely do so, because we know how valuable these programs are to our community.

Even with the challenges presented by the pandemic and having to suspend these programs in mid-March, we still had 40 community members attend the three seminars we were able to offer before the first shut down. This is nearly 1/3 of the people we were able to reach with Self-Defense courses in 2019 in just the first two months of 2020.

In addition to our more traditional self-defense seminars early in the year, we introduced a completely new seminar on using a short staff for personal protection. This seminar focused how blocking or deflecting attacks with a short staff can translate to movements that can be used with everyday items such as flashlights, water bottles, or pens. Ten community members were able to attend these new seminars and we look forward to growing our practical self-defense programs over the next year.

Children's Safety Seminars

This year we were able to offer our Halloween Safety Seminar in both a virtual and small group in-person format just before the second shut down. Like the Self-Defense seminars, our Children's Safety seminars did not translate as well as we hoped to the online environment. Instead, we focused on training instructors to teach these seminars so that we can offer more options to our community once we are able to come back to in-person training.

Health and Fitness Seminars

This year we introduced several new seminars related to stretching and exercises specifically designed to help alleviate stress and tension from sitting for long periods of time. We also promoted mental focus by bringing the Kom Doe (Samurai Sword) lesson we usually teach at Emerald City Comic-Con to the smaller venue of the school practice room. This year we had 21 community members attend different Health and Fitness related seminars. We are looking forward to taking what we learned with offering these seminars for the first time this year and growing the programs in our community in 2021.



Scholarships

Maintaining our scholarship programs this year has been challenging. While we were not able to do as much as we had hoped, thanks to the generosity of our donors we were able to offer some scholarships and tuition assistance again this year.

At the Master level, the highest level of training a student can get, eight students received funding for training this year. With practice and focus, these students are already seeing changes in their physical condition and mental focus from the training.

Before the first shut down, twenty-three students benefited from National Level Training. This is almost double the number of students we were

able to support with National Lessons the previous year. While we have been under the stay-at-home orders, instructors have been working on ways to give students more access to this level of training, so we are looking forward to increasing these opportunities next year.

In addition to the Master Level and National Level scholarships, three students received tuition assistance for Local Training or testing.

Promotions, Testing, and Tournaments

The path of the Traditional Martial Artist is one of constantly endeavoring to remove the negative from our lives. Whether that negative is physical like a tight back or hips or mental like stress, each day we practice, we improve not only our own lives, but the lives of those around us as well. There is no price that can be placed on living a quality life and as instructors we are deeply honored to be part of each student's journey. We look forward to celebrating each personal milestone, big or small, that brings a student closer to achieving their own personal best condition. Here are a few of the milestones' students achieved this year.





Tournaments

This year has been a year of tournament firsts, both for the school and for the students participating. In addition to our more traditional Chinese New Year tournament held just before the pandemic hit, we also held our first Virtual Tournament this year. Students came into the school individually to record their movement, then all the demonstrations were put together into a special live stream event.

Participating virtually may have been new, but students were excited to take on the challenge. This year, eleven students participated in their first tournament and four students challenged themselves to participate in a higher-level tournament.

Through practicing for the tournaments, students invest time and energy into improving themselves. Several students commented on how much more confidence they had in themselves after practicing for the tournament. That new confidence showed in all the new personal bests this year. Ten students earned their very first medal of any kind at the Local Level which requires a demonstration of one curriculum level from. Three students earned their first bronze medal, and three students earned their first silver medal at the State Level, which requires two forms at the Dan Hyung (beginning length, Master Level form). Finally, one student earned their first bronze medal, and two students earned their first silver medal at the Regional Level where participants must demonstrate three Jhoon Hyung (intermediate length Master Level forms).

Testing

While achieving a 1st Degree Black Belt is not the only goal a student can have with training in Traditional Martial arts, it is often the most recognized achievement. By reaching 1st Degree Black Belt, students have invested two to five years into improving their strength, balance, coordination, flexibility, mental focus, discipline, determination, and more. This year has been especially challenging with the interruptions to training from shutdowns and having to adjust to remote learning. Students demonstrated their commitment to improving themselves and pushed through this adversity. This year, three students reach 1st Degree Black Belt and 6 students reached 4th Section (halfway to 1st Degree Black Belt).





Promotions

Part of being an instructor is continuing to improve both our own skill and ability and our ability to pass this knowledge on to others. It is through the strength and dedication of our instructional team that we could adapt to our current reality and teaching through Zoom.

This year we are proud to announce that one Instructor was promoted to 6th Degree Assistant National Instructor, one Instructor was promoted to 5th Degree Regional Head Instructor, and three Instructors were promoted to 4th Degree Assistant Regional Head Instructor. These individuals have each dedicated ten or more years to their training and have demonstrated a deep commitment to helping others improve themselves. We look forward to the opportunity to learn from these Instructors

In addition to the National and Regional level Instructors, two Instructors reached 3rd Degree Assistant Head Instructor, three Instructors reached a 1st or 2nd Degree Instructor position, and one student dedicated himself to the Instructor path and reached Assistant Instructor.

Fundraising and Grants

The journey of a Traditional Martial Arts practitioner can last for an hour, a day, a year, or a lifetime. No matter how short or long the journey, the practice can have lasting impacts for the practitioner and the community. Whether it is a senior who develops skills to fall safely and with reduced risk of injury or a child who learns anti-bullying techniques or an overworked parent who learns to take a few minutes for themselves to release tension or a woman who feels empowered with strength and confidence to tackle the obstacles in front of her.

At Oom Yung Doe Kirkland, our vision is to promote Health and Wellness in our Community through Traditional Martial Arts. After years of watching students and community members improve their lives and realities through training, we know the training we offer works and sometimes in ways you never could have expected. But our programs and our impact would not be possible without funding from our community. With all the extra challenges this year, this has been especially true.

This year our donors gave nearly \$28,000 in donations and corporate matching contributions to support our programs. This is just over double the support for our programs from the previous year. In addition to the generous support of our donors, this year for the first time, we also received several state and city grants totaling just over \$13,000.

2020 Donor Honor Roll

We are deeply grateful to the kindness and generosity of every individual who stepped up and supported us through such a challenging year whether it was financially or by volunteering time. Our deepest thanks to everybody who donated this year and a special thank you to our 2020 Donor Honor Roll members.

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