

*School of OOM YUNG DOE*®

*The GRANDMASTER "IRON" KIM Style*™

8 Complete Martial Arts Taught As One™



# Oom Yung Doe Kirkland 2023 Impact Report

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

-- Chong Su Nim Grandmaster "Iron" Kim

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*United  
we stand,  
divided  
we fall.*

## Letter from the President

One of the many principles we teach in Traditional Martial Arts is mental flexibility. We often talk about this mindset as flowing like water. When a rock falls in the river, the water does not stop moving. Instead it bends and adapts, flowing around the obstacle and finding new paths to reach its goals.

Like the river, our path this year has been one of adapting to new opportunities and challenges. We knew this year would have both exciting opportunities and unexpected challenges as our first year as a small nonprofit instead of a micro-nonprofit. What we weren't expecting was suddenly needing to move one of our facilities to a new location because the building it was in was sold and the new owners wanted to repurpose the space. When we did our planning for the year, we also weren't expecting the opportunity to add a third in-person training facility in a new state.

I am deeply grateful to the dedication and responsiveness of our leadership team, our instructors, and our volunteers who made these huge changes both possible and successful for us. We lost a little bit of traction on some of our community programs while working through these growing pains, but I strongly believe the infrastructure changes we are making and the lesson we learned through this process have better prepared us for growth over the next year or two.

We are proud of what we accomplished this year and our continuing efforts to **Promote Health and Wellness in Our Community through Traditional Martial Arts**. Our successes this year would not be possible without the passion, dedication, and support from our community and extended Oom Yung Doe family. We are honored by their unwavering support of our mission and our cause and are looking forward to the opportunity to continue this journey into 2024.

*Michelle Judy*

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





## Community Seminars

One principle that we teach in Traditional Martial Arts is that in order to care for others, we must first care for ourselves. In our busy, fast paced, lives, this message is a reminder that if we don't take the time to improve ourselves, we won't have the strength to support our families and communities. By helping individuals strive toward their own highest potential, every connection they have in their community is made stronger. Through stress-relief seminars busy individuals have a moment to simply breathe and re-center themselves, becoming more productive and focused. Self-defense courses empower women and other minority groups to build confidence in themselves. Youth programs help children develop life skills and the ability to resist negative social pressures. Each individual who benefits from our community program becomes one thread in the rope that builds a stronger and more supportive community.



## *Women's Self Defense*

Our Women's Self-Defense programs remain one of our most in-demand short programs. This year, the interest in these programs is even starting to build into other groups who also face significant threat of violence in their daily lives. This is a powerful start to empowering women and other minority groups with the tools to have confidence and feel secure moving through their daily lives.

This year we were able to maintain the total number of sessions we ran across all of our programs, from the free one-day sessions for the community to our Level 1 and Level 2 self-defense courses. We were a bit excited about all our programs and events and ended up missing a step on our promotion process for the Women's Self-Defense courses this year. Even with the end of year dip in attendance, we still had 129 women attend various seminars this year.

In addition to our in-house programs, we were invited back to Microsoft's October Give event. By request the session we hosted for Microsoft's employees was expanded to include the LGBTQIA+ community as well. We are looking forward to building on this opportunity in the future as well as expanding these program to events hosted by our new San Diego location.





### *Tai Chi and Stress Relief Seminars*

With many companies now actively seeking to promote activities to support their employee's mental health, the demand and recognition for Tai Chi, Meditation, and Stress Relief programs is growing rapidly. This is a huge opportunity for us to build deeper connections in our community and share how powerful taking even 15 minutes to focus on your own breath can be. We are continuing to fine tuning our message and promotions around these events to fully realize our vision for these programs. Even with work still being done in this area, our impact with these programs continues to improve.

This year 141 community members joined us for various lessons and seminars we hosted. This is an almost 32% growth in the impact of the Tai Chi and Stress Relief programs even with scaling back some of our weekly sessions in order to balance the increased demand for our

in-school programs. We are looking forward to continuing to build on the positive connections we have built through our two Open House events and being invited back to host a Tai Chi session during Microsoft's October Give Event.

In addition to our staple events, our new San Diego team hit the ground running this fall and has already built a partnership with Assure Recovery Center, a local addiction recovery center, to host Tai Chi lessons at their facility. We also had a blast working with some of the young ladies from our local Girl Scout Service Unit on understanding stress, how it impacts their bodies, and developing tools to combat negative stress and we took the first steps in building a program for the Bellevue Police Department in 2024.

With everything from daily stressors such as juggling work and family, to global issues and unexpected circumstances, we know how important finding a moment of serenity can be for our community members and we are looking forward to continuing to build these programs in the coming year.





### World Tai Chi and Quigong Day

As a global day of peace, World Tai Chi and Quigong Day is one of our favorite events. In thousands of cities all across the world, people join together in the practice of Tai Chi. Whether young or old, experienced with Tai Chi or brand new to the practice, we are all connected by taking a moment out of our busy lives, and sharing the positive message that we are one world, connected by one breath.

This year marks our third year partnering with Lake Washington Institute of Technology to host the event on their campus. We always have fantastic time sharing the powerful stress relieving benefits of Tai Chi with the faculty, staff, and students at the college. This year we had gorgeous sunny weather for the event and 37 community members, ranging in age from 5 to 73, joined us for the event, making it our biggest event yet. We are

looking forward to being back next year and adding a session near our new San Diego School as well.

### *Children's Community Programs*

Our youth community programs are one area that we weren't able to invest in as much as we wanted this year. With all the big changes in our in-school programs we fell behind on some of our promotions for a few of our planned events. Despite missing out on the Halloween Safety Seminars this year, we still had some fantastic successes with our children's community programs.

This year we had the opportunity to work with the girls from Seattle Girl Scout Service Unit 421 on some of their badge requirements. We worked with the Daisy's and Brownies on tools and resources in case they get lost or separated from their parents. The Junior Girl Scouts worked on understanding how stress impacts their minds and bodies and developed tools to identify and release negative stress.

In addition to the Girls Scout program, we also ran three sessions of our one-week Martial Arts camps this year. We are better understanding the timing on the promotions for these events as this year one of the camps for our youngest community members, ages 5 to 9, ran at very near capacity for the first time. Overall, this year our Children's community programs reached 45 community members, an almost 40% increase over the number of children we supported last year.



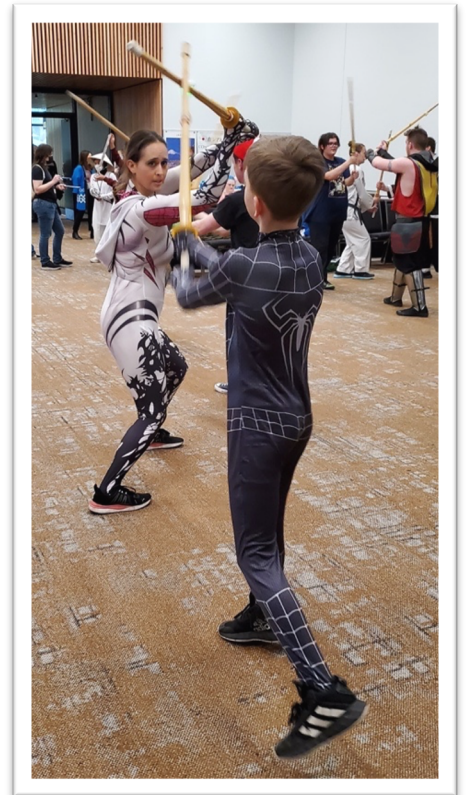


## ***Emerald City Comic Convention***

For the sixth year, we hosted our Samurai Sword Sparring sessions at the Emerald City Comic Convention (ECCC). Instructors and students always have a blast geeking out with the thousands of convention goers and this year was no different. With the new venue for ECCC we had a few unexpected hiccups, including a room assignment that was a little too small for swinging around swords. Even with the reduced capacity, we still had 318 participants and audience members over the course of the convention. While these total numbers are a little lower than last year, we were invited to host a bonus session during the after-hours events. Even with the short notice, we had 68 people participating and watching the session. We are hopeful that with all our sessions running at capacity for both participation and available audience seats, we'll get assigned a bigger room for next year.

Now in its third year at ECCC, our Kung Fu for Kids session continues to grow in popularity with convention goers. This year we had 140 kids and parents stop by one of our four sessions and learn how to move like a monkey. This is 18.6% bigger than our participation levels in 2022, including a Saturday session with a whopping 58 kids and parents jumping in on the action.

In addition to our Samurai Sword Sparring and Kung Fu for Kids programs, we also ran our 8 Martial Arts Demonstration session. In its second year, this program is a little slower to find its feet at the convention. We had 30 audience members during the session, which was all the room could handle. This is a bit smaller than the previous year, but we've learned a lot in how to present the program to increase participation next year. We are definitely looking forward to being back with all our programs again next year. Come check us out in March 2024!



## Welcome San Diego

We are excited to announce that in September the San Diego school joined our organization as our third brick-and-mortar facility. This is an amazing opportunity as it means we have increased the number of facilities where we can offer our long-term Black Belt programs and we are now operating in multiple states. As expected, we've had some challenges learning how to manage multiple facilities across different states, but this is a tremendous step forward for us as a small nonprofit and one we weren't expecting to see for a couple more years.

The San Diego school, as a previously established school, brings with it an active adult student body with deep connections into their local community. The students and instructors in San Diego are excited for the new opportunities to share the powerful benefits of Traditional Martial Arts with their local community that being part of a non-profit will bring their community. Even with only joining us in October, the instructors and students have already helped make connections with a local addiction recovery center to provide Tai Chi and stress relief movements for program patients. The San Diego team also has plans for community self-defense lessons, Tai Chi program, and some connection to local school districts that they plan to build for the coming year. This is fantastic energy and drive and we are looking forward to seeing what the San Diego school can accomplish!



## Northgate: New Home, New Name

We are pleased to announce that our Northgate facility (formerly called Lake City) is open for lessons in its new home. We were always planning to move Northgate into a new space as our programs outgrew our original facility. This just came a little sooner than we had planned after our previous landlords informed us that they would be repurposing the building. Even with the timetable for the move coming faster than we had planned, we are super excited about our new space and the new opportunities that come with it.

The new Northgate facility is bigger with better lighting and store front space visible to all the traffic headed to the nearby Kraken Ice Arena or the Light Rail Station. This is a huge opportunity for us to increase the visibility and accessibility of our in-school and long-term Black Belt Training programs. Even with a few moving related hiccups and our official grand opening celebration getting delayed, we are already getting noticed and the in-school programs are starting to grow. Stop by and check it out if you are in the area!





# Student Success

With each step and one breath at a time, a Traditional Martial Arts practitioner seeks to improve themselves and the lives of those around them on a daily basis. This process is truly a journey, especially for those who commit themselves to achieving 1<sup>st</sup> Degree Black Belt or beyond. As instructors, we are honored to be part of guiding students along this journey and proud of all the the milestones students have achieved over the past year.



## *Testing*

One of the most recognizable milestones on the path toward 1<sup>st</sup> Degree Black Belt is testing for belt rank. Students take their first step on this journey by putting on a white belt and starting their training. This year we are proud to say that 157 students, 49 adults and 108 kids, took this first step on their Traditional Martial Arts (Moo Doe) journey. These numbers are holding steady from 2022 and with the addition of the San Diego school toward the end of 2023 we're expecting to connect with more of our community in the coming year.

After the first step of putting on the white belt, the next 7 steps, or belt ranks, on the path towards achieving a 1<sup>st</sup> Degree Black Belt typically take between two and five years

to complete. During this time, students will develop the balance, coordination, flexibility, strength, mental focus, discipline, and respect that characterize a 1<sup>st</sup> Degree Black Belt. This year, 14 students, 4 adults, 6 juniors (teens or tweens), and 6 children, achieved 4<sup>th</sup> section or halfway to 1<sup>st</sup> Degree Black Belt. These students stayed on their practice, even when other activities such as travel and school sports were picking back up. Along with the students who made it halfway to 1<sup>st</sup> Degree Black Belt, we are also celebrating the 9 students, 5 adults and 4 juniors, who earned their 1<sup>st</sup> Degree Black Belt this year. These students are individuals who took their first steps on their journey just before or during the pandemic and overcame additional challenges to achieve this milestone.

We spent time this year formalizing our line separations between kids (under 10 years old, juniors (teens and tweens) and our adult lines. Each of these age groups has distinct needs and ways they are best challenged in order to flourish on their training journey. As a student progresses between the lines, they also have greater expectations, challenges, and become more capable of a deeper understanding of principle and movement. With better separation of the expectations and what each age group learns and emphasizes, also came the opportunity for students to test between lines, demonstrating they have developed the mental and physical abilities to handle the more challenging curriculum in the next line. This year, 6 students test into the next line, 3 children tested into the junior line, and 3 juniors took the big step of testing into the adult line.

# 勇氣百倍

*Inspire the  
courage of  
oneself.*

## *Testing: Beyond 1<sup>st</sup> Degree*

Reaching 1<sup>st</sup> Degree Black Belt is one of the most recognizable steps for any Martial Arts Journey. For some individuals this is the big goal and they move on to other things after reaching this standard. Others, will continue beyond this point, dedicating additional years of study and practice. Training at this level requires deep personal commitment as each rank or step along this journey can take years to achieve. This year one student reached 2<sup>nd</sup> Degree Black Belt, which is typically a two to three-year commitment beyond 1<sup>st</sup> Degree Black Belt, and one student reached 3<sup>rd</sup> Degree Black Belt which is another two to three years or more beyond 2<sup>nd</sup> Degree Black Belt.

## *Promotions*

Becoming an instructor in Oom Yung Doe is a commitment of time and energy much like achieving 1<sup>st</sup> Degree Black Belt. We deeply appreciate those who commit themselves to teaching others and sharing the powerful benefits of Traditional Martial Arts. Without these dedicated and passionate individuals, we would not be able to accomplish our mission. This year two students took the first step on the instructor journey and were promoted to Assistant Instructors. A little farther along the path, 4 Assistant Instructors were promoted to Instructor. We are looking forward to seeing what these instructors can accomplish in the coming year.

Like training beyond 1<sup>st</sup> Degree Black Belt, some instructors choose to continue learning and growing, eventually learning to guide and train others as they begin their own journey to becoming an instructor. Individuals with this level of dedication and care often oversee the smooth operation of daily programs in a single school. This year one Instructor was promoted to Assistant Head Instructor, and 3 Assistant Head Instructors were promoted to Head Instructor. We are honored to see so many individuals dedicating themselves to helping others become the best versions of themselves.



## *Scholarships*

Within Traditional Martial Arts is the strong belief that the movement and principles we teach have tremendous benefit for everyone. Often those who need it the most have the greatest struggles to support their training. We are very thankful for the generosity of our donors and the fundraising efforts of students and instructors throughout the year. These efforts help us open doors to give these students opportunities to continue training or to elevate their training. Our programs provided benefits to 18 students this year with 5 students receiving tuition assistance and 13 students receiving scholarships for Master Level Training. This is an increase of 60% over the number of students we were able to support with these programs in 2022. Now that we have gotten our application systems streamlined and more automated, we are looking forward to being able to put our time and efforts toward building up our investment donor programs and improving our review process so that we can support more students in 2024.



## *Tournaments*

Participating in a tournament challenges each student or instructor to improve themselves through focused practice which also builds long term determination. For some individuals, taking on this challenge can be scary. Taking on the tournament challenge and developing the ability to step out in front of friends, family, and fellow students to demonstrate, helps the individuals overcome those fears and builds lifelong confidence. This is a huge part of why we teach that winning over yourself and your circumstances is what builds true victory.

This year we continued our combination of in-person and virtual tournaments with 76 students and instructors, an increase of 21% over last year, participating. Of those students 23 students participated for the very first time and another 8 students and instructors achieved a new personal best with their demonstrations.







## Fundraising and Grants

This year was a big learning year for us. As with any learning process, things don't always go perfectly the first time. We had a big boost in 2022 to help us grow out of the micro-nonprofit status and into the small non-profit status. This year meant a lot of figuring out how to make sure we maintain our status and learning about the new opportunities that come with it. We were able to maintain the \$500,000 annual revenue marker this year, thanks in a large part to the unwavering support of our donors who helped us generate just over \$100,000 in support of our projects this year.

### *Kick-a-thon*

Our annual Kick-a-thon remains a great opportunity for students to challenge themselves to do more than they thought possible while kicking for a cause. This year our timing was a little off and we ended up competing with Spring Break for the local schools, but we had a blast anyway with some gorgeous sunny weather and a great family spirit. Many of our kickers this year were kicking side by side with their spouses, children, siblings, nieces, cousins, or found family. The support from family and community helped many kickers to reach or exceed their goals with 30 of our 31 kickers making it over 1000 kicks!

Kick King Daniel returned to defend his crown this year and showed off he'd been building his endurance and kick strength since his 4-way tie in 2022. This year with a faster pace on the kicks and harder kick combinations, he wiped out the competition with 100 double jump front snap kicks at the 2500 kick mark. And of course, he then threw down another 600 kicks which were as strong as his first kicks, just because he could! We're looking forward to seeing what he comes up with for next year. Altogether, this year's kickers and the generous contributions of their sponsors raised just shy of \$6000 for youth scholarship programs.



# 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](http://www.martialartskirkland.org/donate) or by mail at Oom Yung Doe Kirkland, 8512 122<sup>nd</sup> 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, volunteering, or advocating for our cause. Our deepest thanks to everyone who donated this year and a special thank you to our 2023 Donor Honor Roll members.

### Corporate Donors

- Amazon Smile
- Benevity Fund
  - Microsoft
  - T-Mobile
  - Boeing
- Network for Good

### Gold Donors (\$1000+)

- Jon Criddle
- Thomas A. Grate

### Silver Donors (\$500-\$999)

- Esther Hui
- Justin Martin

### Bronze Donors (\$50-\$499)

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| <ul style="list-style-type: none"><li>• Anonymous</li><li>• Milo Cavic</li><li>• Alpesh Dhanki</li><li>• Umesh Dhanki</li></ul> | <ul style="list-style-type: none"><li>• Helga Ding</li><li>• Anne Kornmann</li><li>• Ying Li</li><li>• Abigail Ondek</li></ul> | <ul style="list-style-type: none"><li>• Joanne Osband</li><li>• Surya Pathak</li><li>• Michael Reinhardt</li><li>• Brian Weiland</li></ul> |
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