

*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 2019 Impact Report

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

-- Chong Su Nim Grandmaster “Iron Kim”

Letter from the President

勇氣百倍

*Inspire the
courage of
oneself.*

This has been an amazing year for all of us at Oom Yung Doe Kirkland. Looking back at all that we have accomplished and what we hope to accomplish in the coming years, I am inspired to see the growth and the impact that we have had in our community.

We couldn't have done it without the generosity of our donors and the enthusiasm of the students who stepped up to the challenge of improving themselves. This past year we have seen growth and kindness beyond what we had dared to imagine.

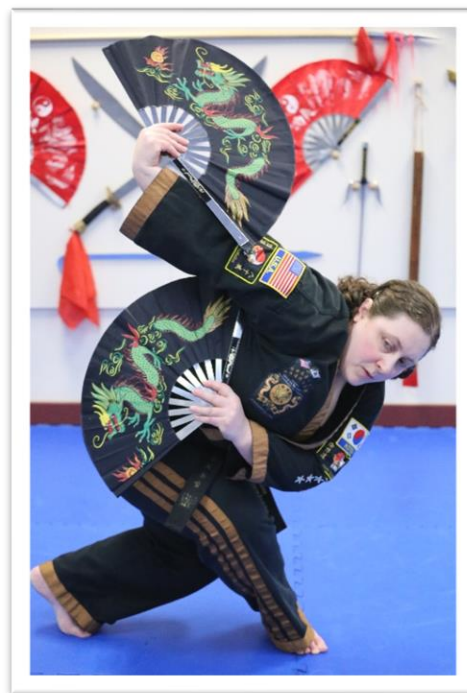
We not only reached some of our 5 year goals in just 2 years, but we exceeded them by nearly 20%. For the first time we have dedicated scholarship funds for students to be able to take training at all levels from Local Training up to Master Level Training. In addition, we have reached nearly 200 community members through the different classes we offered such as Women's Self Defense, Children's Safety Seminars, and Stress Relief Seminars.

For the coming year, we hope to increase our reach and impact even further as we continue in our mission of ***Bringing Health and Wellness to Our Community through Traditional Martial Arts.***

Thank you for your generosity and support.

Michelle Judy

Michelle Judy
President
3rd Degree Head Instructor



Community Seminars

A few years ago, students and instructors had an opportunity to learn directly from Grandmaster “Iron” Kim. During the lesson, he spoke to us about the principle of community. Grandmaster opened the lesson by saying that one plus one is one, one plus ten is one, one plus one hundred is one. Many of us were confused, the math made no sense, so Grandmaster demonstrated. He put an empty glass on the table in front of himself and opened a bottle of water. He asked us to count each time he poured a capful of water into the glass. After five pours, he held up the glass of water and asked what we saw. The answer was one, one single glass of water. Grandmaster continued to explain that we as humans are the same. We are each individual and unique, but at the same time we are all part of the greater whole of community.

This lesson has been at the heart of all our efforts this past year as we start growing our community outreach programs and sharing the benefits of Traditional Martial Arts with the larger community. Over the past year we have added new seminars and increased the number of seminars we were able to offer. Headed into the next year, we plan to keep growing the courses we can offer to our community.

Women's Self Defense

In this time where violence against women seems to become more prevalent, to the point where statistics show that 1 in 3 women worldwide have experienced some form of sexual violence, we feel that teaching Women's Self Defense training is one of the most impactful courses we can offer. Through these courses, we seek to empower women. Helping them build confidence in themselves and awareness of their own strength and power.

This year we were able to offer six Free Beginning Women's Self Defense classes, reaching 127 women in our community. These women learned some basic techniques that are simple, but effective and can be used against multiple different attacks. They also learned how to utilize their voice to draw attention to dangerous situations and gained other mental tools to help escape a difficult situation.

In addition to our short, one lesson Women's Self Defense Seminar, we were also able to offer four 6 Lesson Women's Self Defense seminars this year. Fourteen women graduated from the course and three of them have dedicated themselves to training toward their 1st Degree Black Belts.



“All women and girls should know how to protect themselves. Instructor Michelle’s women’s self-defense is a must. Do not hesitate to sign up. She taught me not only how to defend myself against potential attacks, but how important it is to take control of my self-confidence. Thank you” – Hari C.

Tai Chi and Stress Relief Seminars

With so much turmoil in the world, juggling careers and families, we build incredible levels of stress in our day to day lives. Over this past year, we offered a variety of Tai Chi, Stress relief, and Moving Meditation seminars to the community. We also participated in events like World Tai Chi and Quigong Day and National Senior Health and Wellness Day. The energy from participating in events like these is so positive both for us and the community members who walk out calmer and more prepared to deal with whatever life throws at them. This year we had 22 community members participate in Stress Relief and Tai Chi lessons throughout the year. We hope to increase our impact and the number of Tai Chi or Stress Relief course we offer in the next year.

World Tai Chi and Quigong Day

The last Saturday in April is known as World Tai Chi and Quigong Day. During this event people come together in hundreds of cities, spanning eighty nations across the world to practice Tai Chi and promote peace through the concept of One World, One Breath. For the past several years, the Kirkland School has offered special Tai Chi Lessons as part of this worldwide event. This year, our Redmond School was also able to participate in this event dedicated to promoting peace in a time of turmoil.

National Senior Health and Wellness Day

The last Wednesday in May is National Senior Health and Wellness Day. The goal is to promote activities for seniors that will help them stay healthy and fit. For the first time this year, our Kirkland school offered special Tai Chi lessons for seniors as part of this National event to help our senior community members build strength and improve balance, both of which will help reduce the risk of falling which is one of the greatest sources of injury for older individuals.

Iron Kim Moving Meditation Seminars

This year we were able to start offering special seminars focused on movements that promote blood flow and emphasize breathing techniques that help balance stress. Both locations offered these seminars to the general public for the first time this year.

Children's Safety Seminars

We were able to bring back our Halloween Safety Seminar. This special event works with both children and parents on things like how to cross the street safely, identifying code phrases, and which candy is safe to eat. This year we had 18 children take the seminar.



Senior Falling Seminar

Falling is one of the greatest causes of injuries among seniors. According to the CDC, 1 in 5 falls for seniors results in a serious injury such as broken bones or head injuries. This year our Redmond location offered a falling seminar specifically for Seniors in our community. We were able to help 2 community members with this seminar and we hope to improve our educational tools and reach even more community members next year.

Community Events

Students and Instructors love sharing our skill and ability as well as our passion for improving ourselves through our Traditional Martial Arts training. We're always happy to come out and demonstrate what we've been working on, whether it is for friends and family or for the larger community. Check out some of the events we participated in this past year.

Emerald City Comic Convention

Emerald City Comic Con (ECCC) is a huge event with thousands of people in attendance every year. This was our first year running the event after picking it up from one of our sister schools who hosted the event in previous years. We taught four Samurai Sword lessons, with nearly 160 people participating in the lesson and another 40 watching and gave one live demonstration. The event was so popular and well attended, we've been invited to come back next year and teach two additional lessons.



Kirkland 4th of July Parade

We always look forward to the Kirkland 4th of July parade. The community is always so excited to see our students and instructor out demonstrating their skill and abilities. This year was our ninth year participating in the parade as part of the Celebrate Kirkland events. This year was special for us because eleven students who had never participated in a parade before came out with us and had a blast showing the community what they've been working on. We're looking forward to coming back next year.

Redmond Derby Days Parade

This year we participated in the Redmond Derby Days parade. Five students who had never participated in a parade before came out and demonstrated with us. Next year we are planning to be back in the parade as well as have a booth at the fair.



Kick-a-Thon

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*Where there
is a will,
there is
a way.*

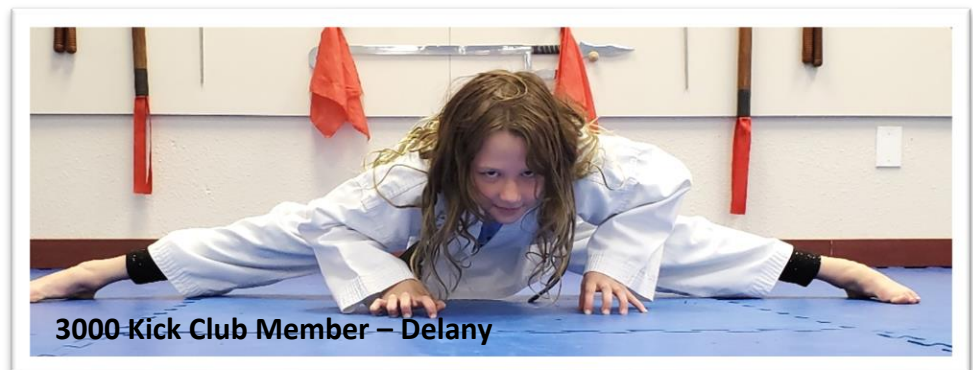
This year we held our first Kick-a-thon donation drives, one in the spring and one in the fall. The money raised from these events helped replace worn equipment and provide scholarships for training. Even more important the funds that were raised, are the lessons students learned about themselves and what they are capable of when they set their mind.

Kalah came into her first Kick-a-thon as a 6-year-old white belt and challenged herself to do 800 kicks in the Spring Kick-a-thon. With the support and encouragement of her fellow students, adults and children a-like, she was able to complete 1000 Kicks. Her tenacity even inspired others to do more than they thought they could too. Kalah was so excited by her success she came back in the Fall Kick-a-thon with an even bigger goal of completing 1288 Kicks. She made it to 2000 kicks.

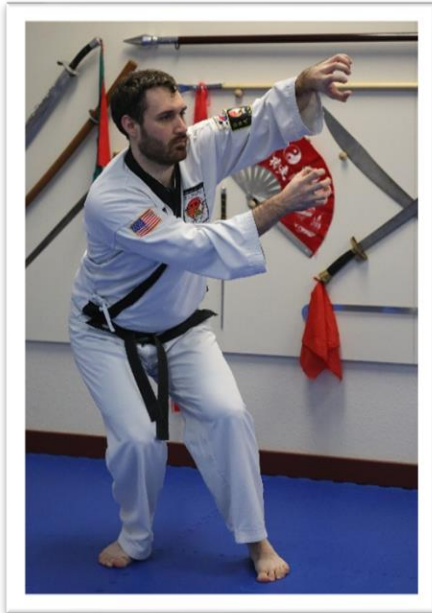


Delany made a huge splash in the Fall Kick-a-thon by challenging herself to 3000 kicks. She stayed through two sessions to get all 3000 kicks in at one time, but she made it all the way to her goal and then did four extra kicks just to prove she could.

The perseverance, determination, and discipline shown by all our students had six students making it to 1000 kicks and five students reached 2000 kicks. Every student who participated learned just how much they can accomplish when they put their mind and heart into what they are doing. We can't wait to see what they will accomplish next year.



3000 Kick Club Member – Delany



Scholarships

Over this past year, we had such amazing participation in our fundraising events and incredible generosity from our donors. For the first time we were able to provide scholarships and tuition assistance for students to take training at all levels, from Local Level up to Master Level.

Four students received scholarships for Master Level Training this year. This is the highest level of training a student can get into. Students training at this level see the most change in their condition in the shortest amount of time.

Thirteen students received scholarships to attend National Level Training. Many of these students had never taken any form of advanced training. After their lessons, students were excited to share their personal adjustments and how much better they felt.

Eight students received tuition assistance for Local Level training or testing.

The changes that students have made in themselves and in their lives because of these training opportunities is amazing to watch. We are excited to see these students continuing to grow over the next year and to opening doors to even more students to see the benefits of Traditional Martial Arts.

Promotions, Testing, and Tournaments

One of the greatest honors of being an Instructor is watching students improve their condition and ultimately their lives. From students who can now touch their toes for the first time in years to students who are waking up without joint pain in their hands, there is no price that can be placed on living a quality life. We can, however, celebrate milestones that bring each student closer to achieving their own personal best condition.

Tournaments

The goal of an Oom Yung Doe tournament is to win over yourself. All students compete against a standard for their age, rank and condition, as they work to improve themselves. This year two instructors were able to reach gold medal standards for the first time at the State Level, which requires two forms at the Dan Hygung (beginning length Master Level form). Both forms must meet the gold medal standard in order to achieve the medal. In addition, one youth student became the first youth level medalist at the Regional Level of the tournament where participants must demonstrate three Jhoon Hyung (intermediate length Master Level forms). In addition to these fantastic personal bests, we also had thirteen students participate in a tournament for the very first time and four challenged themselves to participate in a higher-level tournament than they had before.



音
心
士
心
*A strong
will*

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 year in improving their strength, balance, coordination, flexibility, mental focus, discipline, determination, and more.

This year we had eleven students reach fourth section or halfway to their 1st Degree Black Belt and Seven students reached 1st Degree Black Belt. In addition, we had three students who committed to continuing their training beyond 1st Degree Black and reached their 2nd Degree Black Belt this year.

Promotions

Our programs couldn't be offered without the strength of our instructional team. This year we had several students set their mind toward becoming an instructor and helping us give back to our community. Four students reached a position of Assistant Instructor and one reached a position of Instructor. Their enthusiasm and dedication are inspiring, and we look forward to the opportunity to expand our programs.



2019 Donor Honor Roll

We couldn't have managed our programs and our successes over this past year without the kindness of our donors. Thank you so much for your generosity and support.

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