

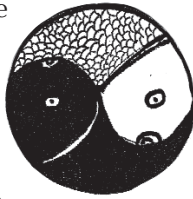
Traditional Moo Doe: Developed Over Centuries

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Traditional Moo Doe has been developed over the centuries by many generations of practitioners dedicating their lives to finding the most correct ways to harmonize the mind and body for reaching their fullest potential. This knowledge is highly prized in Asia, yet a school that can teach correct Moo Doe knowledge is not common nor easy to find in the U.S. Through the strength of the movements and forms, more precise Moo Doe pressure points and specialized all natural herbal formulas combining the mind, body, and spirit, extraordinary mental and physical development can be gained in Traditional Moo Doe to reach your fullest potential.

HARMONY Now for the first time in the U.S., specialized short programs are available to the public with out having to become a martial arts student. These programs have been developed from the same root of Traditional Moo Doe, refined and developed over many years.

The human body has an incredible ability to heal itself. The Moo Doe conditioning programs will help your mind and body to be able to utilize this healing ability by evaluating a specific condition, then directing the participant to execute proper movements, pressure point application and the use of special all natural herbal formulas. These programs will leave you feeling refreshed, rejuvenated and help eliminate any ill effect, with no negative side effects.



Some Conditions which have been addressed so far:

- neck
- shoulder
- elbow
- hand
- back
- hip
- knee
- ankle
- poor flexibility
- plantar fasciitis
- plantar warts
- carpal tunnel syndrome
- fibromyalgia
- multiple sclerosis
- diabetes
- vision issues
- tinnitus (ringing in the ears)
- acid reflux
- hormone deficiencies
- depression
- kidney issues
- heart issues
- sciatica and other nerve issues
- migraine headache
- weight loss

There are many more issues that can be addresses through these specialized conditioning programs.

www.oomyungdoe-nw.com

Moo Doe Conditioning Programs



Programs to help the body heal itself through the proven techniques of Traditional Moo Doe

Body Problems?

It is never too late. Contact an instructor today - (206) 949-5208

Directed by Moo Doe specialists with over 30 years of experience

Internal & Mental Issues

"After a month I felt 75% better, all symptoms had improved greatly. I can say after being on the program the past 3 months, I feel better than I have in 5 years regarding my symptoms. I know that was an incredible thing to me. To have symptoms or problems you have had for years simply disappear in only 3 months." - Sherry P

"I've been doing it about 6 weeks now and I noticed improvement in my deep breathing and blood flow to my feet." - Thomas D

"After my abilities began to improve, I immediately felt better on the inside. My body hurt less. My daily pain lessened. With the lessening of my physical pain, my emotional and mental pain also decreased..." - Chris G.

Back & Neck Pain

"For about 35 years I have had neck pain, headaches, stiff trunk and upper body. In addition, I have experienced mental confusion and depression...After about 2 or 3 weeks that disappeared..." - Karen S.

"After only about one month's time, I can already tell that the movements are exactly what I need... I am certain that the Back Program is exactly what I need to correct my major body problems once and for all..." - Steve P.

"...my joints and muscles have become much more flexible and at the same time stronger than ever before. I no longer feel any weight on my shoulder but instead feel a new spring in every step I take." - Zac B.

Hand & Arm Pain

"Within only a few months, both thumb conditions were almost completely recovered...I am very thankful that I did not have to undergo additional surgery or continued physical therapy..." - Stephanie T.

"...the training has gotten rid of the carpal tunnel pain I had experienced in my wrist and elbows from the constant daily typing I do. For the past 6 months the pain in my wrist has prevented me from doing many things I wanted to do." - Roger L.

Leg & Foot Pain

"So far, my left hip and legs have improved dramatically and I anticipate both sides will continue to improve quite a bit over the next few months." - Jon C.

"Even more startling is how much I can use my body - bending my knees, circling my upper body to the floor and over my head - things I have not done since high school." - Kay H.

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*Pain is
gone, and
pleasure
is come.*

It is sad to see how much time people have lost of their lives, and how much money they have wasted in earnest pursuit of remedies that too often result in limited improvement in one area accompanied by a change in lifestyle and a side effect to be addressed at another time. As instructors of Traditional Moo Doe we are glad to see people regain their lives. One person commented that she had her condition for so long, and grown so accustomed to that reality that she didn't realize how much different her life could be until the pain was gone. We've seen many people overcome mental and physical issues through this method, but are especially grateful this knowledge is now available and are able to learn this for ourselves and our families, and have something we can give to others.