

School of OOM YUNG DOE®

The GRANDMASTER “IRON” KIM Style™

8 Complete Martial Arts Taught As One™



Oom Yung Doe Kirkland 2024 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.*

One of the many lessons Grandmaster “Iron” Kim shared is that life is a challenge, whether that challenge is for good or ill is for us to choose. Challenging ourselves, and the changes that comes with it, is never an easy road to walk. It is often more comfortable to sink into a known routine, but it is in changing and facing these challenges that we grow. Through challenges and new experiences, we become better than we were yesterday.

We did a lot of learning and growing this year, both as individuals and as an organization. This year marked our first full year operating across multiple states and continuing to work on our understanding how to be a small nonprofit. This has been a huge mindset change for us as an organization. With so many transitions, many of our successes this year are ones that aren’t easily measurable or immediately visible.

The strength and support of our community has been so important to us through out these big transitions. From the new community we are building in San Diego to the growing community in Seattle, instructors, students, volunteers, and donors consistently demonstrated their dedication to becoming the light and positive change that we want to see in the world.

This dedication and support for **Promoting Health and Wellness in Our Community through Traditional Martial Arts** is incredible. Especially now that we are getting close to having the infrastructure, resources, and community ready to start realizing the big dreams we have shared from the beginning of our journey as a nonprofit.

Michelle Judy

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





Community Seminars

One principle that we teach in Traditional Martial is to plant good seeds. By intentionally choosing positive actions, toward ourselves and toward our community, we build a world that is centered on care and connection to one another. In a time where so many factors seem to drive us apart, intentionally becoming the positive change we want to see in the world becomes even more important because this is the legacy that we leave behind. It is this vision of a world that comes together to celebrate personal accomplishments and growth and emphasizes building each other up that our community programs seek to share.

This year we did a little planting of seeds with our community programs by trying out some new seminars including some specialized self-defense lessons and new options for our children's safety seminars. As with many new programs, some of the sessions went well and some of them will need a bit more work before they have the impact we intend. As practitioners ourselves, we know how much depth Traditional Martial Arts has to offer and we know that sometimes those who need it most may not realize how they can benefit from the practice. We are deeply committed to our community programs as a way to share the incredible benefits of Traditional Martial Arts with our community and make these powerful benefits accessible to everybody, even if they aren't ready for the commitment that is Black Belt Training.

You can look at your reality as something that you can change.

You can see genuine opportunity at every turn.

You can see reality as an environment that is dynamic, challenging, and full of choices.

You can see reality as a condition of growth and improvement.

-- Grandmaster "Iron" Kim



Women's Self Defense

Violence against women continues to be a major issue with statistics indicating that a staggering 1 in 3 women will face assault or sexual assault in their lifetime. Our Women's Self Defense courses give women the tools and confidence to start changing these numbers. This year we are excited to add new sessions at our Northgate and San Diego facilities in addition to the ones we regularly host in our Kirkland location. With the 7 new sessions, 5 in Northgate and 2 in San Diego, we were able to host almost double the number of free sessions this year.

There is clearly a demand for this program as all three locations had at least one completely sold-out session for the year. While not everybody who signed up came in, those who did continue to remark on how much more confident they feel about protecting themselves after just one session. One attendee got so much out of the session she asked us to host a special private session for all the women at her work. All told, we had 146 women attend courses this year for a 13.2% growth attendance over 2023. With a little more promotion work and encouragement for everybody who signs up to come in, we are looking forward to growing this number even more for 2025.

After adding the new session in Northgate and San Diego this year, we are nearing capacity for the total number of sessions we can offer in a year. This means that for 2025, our focus will be on increasing attendance per session, introducing training courses for women who want to learn to lead these programs, and developing partnerships with local domestic violence prevention organizations. These are big next steps for us in growing these programs beyond our small in-house event and into something that can connect with and empower many more women in our community.



Tai Chi and Stress Relief Seminars

In an increasingly fast paced and busy society, having the tools to find a moment of serenity and simply breathe is incredibly valuable. Our Tai Chi and Stress Relief programs provide space and the guidance for our community members to take this time for themselves. After all, without you, what do you have? Without taking time to care of ourselves, we do not have the strength to share with the friends, family and community who rely on us. We believe that these programs have incredible value for our local communities, and we are continuing to improve our programs and access to them. This year 176 community members joined us for various Tai Chi and Stress Relief courses which marks a 24.8% overall growth in the programs.

The San Diego school played big role of the growth in our Tai Chi and Stress Relief programs. During the early part of the year, they partnered with Assure Recovery Center to provide weekly stress relief lessons for individuals in recovery from addiction. They also made connections with the San Diego Tech Hub and the local MIT Alumni group to offer exclusive lessons at special events. We are looking forward to building on these connections in the coming year.

World Tai Chi and Quigong Day

We are proud to continue participating in World Tai Chi and Quigong Day this year. As a Global Day of Peace, this event is incredibly meaningful to us and a powerful reminder that we are one world connected by one breath. This event spans thousands of cities across hundreds of countries and is an amazing opportunity to share Tai Chi with our local communities. Whether someone is young or old, new to Tai Chi or with years of practice, World Tai Chi Day is a fantastic time to come together and celebrate a moment of peace.

This year we continued our partnership with Lake Washington Institute of Technology, to offer our community members in the Seattle Area an opportunity to experience the powerful positive benefits of Tai Chi. While the soggy, overcast weather kept some away we still had a solid group of staff, faculty, students, and community members come by. In addition to the Seattle event, we also hosted our first World Tai Chi and Quigong Day event in San Diego. Between the two events we had 27 community members become part of the global movement for peace. We are looking forward to continuing to expand these events in the future.





Parades and Festivals

As Traditional Martial Artists, we are passionate about what we do. Whether it is through helping women gain self-defense skills, demonstrating the discipline and focus that are possible for young practitioners, or simply showing that you can train no matter your age, we believe that there is something that can benefit everybody. Our students and instructor love getting out into our community and sharing our perspective on the benefits of Traditional Martial Arts.

This year was a mix of new opportunities and regular appearances. Students and Instructors came out in force to help us mark our 10th appearance at the Kirkland 4th of July Parade. Our youngest students got so excited about inviting our community to come by and experience Traditional Martial Arts for themselves that they gave out all our invitations before we even made it halfway through the parade. This year also marked our 3rd year participating in the Lake City Grand Sea Fair Parade. Our demonstrations were so popular that we were invited to be part of the Celebrate Woodinville Parade too. While we couldn't make Woodinville this year due to other commitments, we are definitely looking forward to adding this to our list of parades and community events for next year.

We were excited to be invited to the First Annual Washington Martial Arts Festival this year. This was an amazing opportunity to connect with other Martial Arts groups in the Seattle Area and share the benefits of our training techniques. While our demonstration team is both very young and relatively new to training, they did a fantastic job representing Traditional Martial Arts. Other groups may have had a little more flash in their demonstrations, but we had several community members remark on how much they appreciated the way we showcased true strength with our movement.



Emerald City Comic Convention

We were very excited to be invited back for our 7th year at Emerald City Comic Convention (ECCC). Sharing our passion for Samurai Sword Sparring with the thousands of convention goers is always a blast and something instructors and students look forward to every year. This year our Samurai Sword sessions were exclusively part of the convention's After Dark Activities. Due to the limited evenings available, we weren't able to host as many sessions as last year, but it was incredibly exciting to be part of the big-name evening events like the annual Prom, the finals for the Costume Competition and more. It is a great recognition of how popular our sessions have become.

Even with the reduced number of sessions, we hosted 321 convention goers for Samurai Sword Sparring which is slightly more than across all our sessions last year. We even had one session with 69 participants and watchers which is bigger than we've ever hosted at one time.

It was definitely a good thing we had a much bigger room this year since our Kung Fu for Kids lesson continues to grow in popularity too. This year we had 177 kids join us for learning a little Monkey Kung Fu, which 26.4% more participants than last year. Our Saturday session was especially popular with 73 kids and parents participating.

Our 8 Martial Arts Demonstration is growing too, albeit a little more slowly than our other programs. This year we had 36 people stop by to learn about Traditional Martial Arts and see the demonstrations. We are already looking at how to build our demonstration team and strengthen our presentation for next year. We are also looking at adding a Tai Chi session to the list of seminars we are hosting. Stop by in March 2025 and check us out!



初志一貫

*Attain one's
(original)
object.*

Student Success

The path of a Traditional Martial Artist is one of commitment and dedication. Whether they train for a day or decades, a practitioner of Traditional Martial Arts is deeply committed to a journey toward continually improving themselves. Each day, we strive to remove the negative from within ourselves and become better than we were the day before. Along this journey, students become a positive guiding influence for their friends, family, and community. A true light of peace, hope, and compassion at a time when there are so many negative messages facing us. As instructors, we are honored to guide students along this path and to be part of celebrating each milestone along the way.

Testing

One of the most recognizable milestones in Traditional Martial Arts (Moo Doe), is earning the rank of 1st Degree Black Belt. Like any journey, it begins with a single step. This year we are proud to acknowledge the 146 students – 54 adults and 93 children – who put on a white belt for the very first time and embarked on this transformative path. These numbers are holding steady from 2023 as we continue to build our systems to fully handle operating multiple locations across multiple states and are a reflection of the strength and continuing appeal of our programs.

Progressing through the ranks of Moo Doe involves not only physical skill but also the development of discipline, respect, and focus. The journey to Black Belt is built on incremental growth, with students advancing through seven ranks before reaching the halfway point at 4th Section. This year, we celebrate 24 students—9 adults, 9 juniors (teens or tweens), and 6 children—who achieved this milestone, nearly doubling last year's numbers. Reaching 4th Section requires a deep commitment to practice, even as students balance their training with other responsibilities like school, family, work, or sports. Adults typically reach this step with in 12 to 16 months of training while younger practitioners may need 24 months or more to reach this milestone.

As part of our dedication to fostering growth, we also continued our work on formalizing our line separations this year. By tailoring training to kids (under 10 years old), juniors (teens and tweens), and adults, we ensure that each group or line is challenged appropriately while building the confidence and skills necessary for their continued growth. These structured progressions also provide opportunities for students to test into the next line as they demonstrate readiness. This year, 10 children advanced into the junior line, while three juniors transitioned to the adult curriculum—a significant step that reflects their readiness to embrace more advanced techniques and principles.

Each student who steps onto this path is committing to a journey that transforms not only their physical abilities but also their character. Through dedication and perseverance, these students are building the foundation for lifelong growth and success, both on and off the practice room floors.



Beyond 1st Degree

Achieving a 1st Degree Black Belt is a defining moment in any martial artist's journey. It reflects years of dedication and discipline, as students invest two (2) to five (5) years developing the physical, mental, and emotional strength needed to reach this milestone. For some, earning their Black Belt marks the completion of a major goal; for others, it is the start of a deeper commitment to Traditional Martial Arts.

For those advancing beyond 1st Degree, their achievements reflect unwavering commitment and perseverance. This year, two (2) students earned the rank of 4th Degree Black Belt, while one student achieved 3rd Degree Black Belt. These ranks require years of practice, embodying the core values of Moo Doe: respect, discipline, and persistence.

We are also proud to recognize Christian Beaver, who received an honorary Black Belt from the Grandmaster "Iron" Kim style School of Oom Yung Doe. This is the first time an honorary Black Belt has been awarded by the nonprofit. Christian was honored for his exceptional work serving the San Diego community, where he connects individuals facing substance abuse challenges with recovery services. Embodying the martial arts principle "A Match For A Thousand," Christian dedicates his life to helping others, often at great personal cost. To support him, Oom Yung Doe has shared advanced techniques to help him maintain his physical and mental well-being, continuing a tradition of martial artists assisting those who devote themselves to service.

The achievements of these students remind us of the transformative power of Traditional Martial Arts. By pushing beyond 1st Degree, they set an example for the community, inspiring others to embrace growth, dedication, and the pursuit of excellence.



精神一到何事不成

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

Promotions

Becoming an instructor at Oom Yung Doe reflects a commitment of time, energy, and passion to not only their own personal growth, but also a commitment to helping others. This dedication to others, is one that mirrors the dedication that is required to achieve a 1st Degree Black Belt. Instructors play a vital role in sharing the powerful benefits of Traditional Martial Arts, helping students grow physically, mentally, and emotionally. Without these passionate and dedicated individuals, our mission would not be possible.

This year, we are honored to recognize two (2) students who earned the rank of Assistant Instructor, marking the first step on their instructor journey and one Assistant Instructor was promoted to Instructor. These first steps on the instructor path requires a deep understanding of principle and commitment to giving back to others. We are looking forward to seeing the impact these new Assistant Instructors and Instructors will make in the community.

This year we also recognize several instructors who have demonstrated consistency and dedication at an even deeper level. These instructors have dedicated between 5 and 19 years to guiding others along their paths to self-improvement and were promoted from Instructor to Assistant Head Instructor in recognition of their readiness to lead and mentor others, including ones who are starting on their own journey as an instructor. Additionally, two (2) Assistant Head Instructors were promoted to Head Instructor. These leadership roles have a profound impact on not only individual student's lives but also on the communities they connect with.

This year we also recognized one (1) Head Instructor moving to the position of Assistant Regional Head Instructor. This promotion marks multiple decades of giving back to others, including helping teach and mentor other instructors as they guide students.

We are inspired by the dedication and care shown by these individuals, who not only strive for their own mastery but also support their students in becoming the best versions of themselves. Each promotion reflects their commitment to the values of Moo Doe: discipline, respect, and the belief that teaching others can transform lives. We look forward to seeing what these leaders will achieve in the coming year.



Scholarships

At Oom Yung Doe, we believe that Traditional Martial Arts should be accessible to all, regardless of financial circumstances. Often, those who need the benefits of training the most face the greatest challenges in supporting their journey. Thanks to the generosity of our donors and the dedication of our fundraising efforts, we've been able to continue providing assistance to students who are committed to their growth.

In 2024, our scholarship programs supported 20 students, with 10 students receiving tuition assistance (6 children, 4 adults) and 10 students receiving Master Level Training (MLT) scholarships (5 children, 5 adults). While these numbers reflect a modest increase from last year, the most significant achievement is the refinement of our scholarship application and oversight systems. With these structures now fully in place, we can turn our focus toward expanding fundraising efforts to ensure that even more students have access to training in the years to come.

As we look ahead, our goal is to grow these programs further by securing more funding opportunities and engaging with our community to make Traditional Martial Arts available to as many students as possible. Every contribution—whether through direct donations, fundraising events, or ongoing support—helps us continue changing lives through training.





Tournaments

In Oom Yung Doe, tournaments are more than competition—they are a test of skill, perseverance, and the ability to rise to the challenge. Stepping onto the mat takes courage, and each competitor pushes past their limits, proving that winning over yourself is the ultimate victory in Traditional Martial Arts.

This year students had the opportunity to participate in two (2) in-person tournaments in the Seattle area and one Nation Wide Virtual Tournament. The Virtual Tournament is a fantastic opportunity for students and instructors to share movement with our sister organizations in Boston, Florida, Temecula, Hawaii and more. Even with the Virtual Tournament only being available for students and instructors demonstrating at the highest levels available (State and Regional), we still had some amazing

milestones this year from students earning their first-ever medal to pushing themselves to compete in multiple divisions or at a more difficult level.

In 2024, a total of 80 students stepped up to compete—a 5% increase from last year—including 6 San Diego students entering their first tournament. Even with only two tournaments available for new students, 36 students competed for the first time, nearly doubling last year's numbers. An additional 10 students advanced to a new level, pushing themselves to take their skills to even greater heights.

Every tournament is a chance to test discipline, focus, and self-improvement—and we are incredibly proud of every student who stepped onto the mat. As we continue to grow, we look forward to even more competitors challenging themselves, gaining confidence, and proving what's possible through dedication and effort.





Fundraising and Grants

As instructors and students of Traditional Martial Arts, we are passionate about what we do. We love being able to empower women with the confidence and skills to live their best lives without fear of attack. We are excited to see teenagers developing resiliency and self-discipline to pursue goals and avoid negative social pressures. We are proud to help children learn teamwork and develop safety skills. We are committed to helping our community find peace through Tai Chi and Stress Relief. As amazing as these programs are, they wouldn't be possible without the unwavering dedication and support of our community of volunteers, donors, and sponsors.

Fundraising overall remains one of our most challenging areas. We know how to share the amazing benefits of Traditional Martial Arts in the practice room, but we are still learning how to share that message with grantors, sponsors, and new donors. We are deeply honored by the unwavering commitment of all our donors who contributed to the over \$286,000 in cash and in-kind donations that were raised this year. We are especially grateful to our key donors who have provided such critical financial support for our programs while we learn how to fully diversify our revenue sources.

In addition to the funds raised through donations, we also had some small successes with micro-grants this year. We were awarded \$1080 in in-kind contributions for our Women's Self Defense programs. We were also one of ten (10) organizations recognized for a Youth Choice Award as part of the Ignite Kirkland Grant sponsored by Kirkland Parks & Community Foundation.



Kick-a-thon

Our Annual Kick-a-thon really brings out the competitive spirit in students and instructors as they continue to push for new records and new personal bests in support of the Oliver Reese Memorial Scholarship Fund. These funds help support youth scholarships, tuition assistance, and other programs that give those in need of financial assistance a little extra support to either keep training or accelerate their training. The spirit of community and supporting each other to do more than they ever thought was possible runs strong with this event.

This year we expanded our Kick Day activities to include an additional Kick Venue in San Diego. The 29 Kickers who stepped up to the challenge raised just over \$11,000 dollars with the generous support of their 42 sponsors. With an estimated \$1,500 additional support from corporate matching this is the most funds we've raised for this event.

In addition, to our fundraising firsts, we are crowned two Kick Kings this year. Kick Kings Dan and Aadya decided previous records needed to go and completed over 6000 kicks. Honorable mention goes to Maksim, Adhrit, and Olivia as students' age 10 and under who threw down over 5000 kicks and earned the Knight of Kick distinction. We also recognized Instructor Haley from San Diego as this year's Golden Heart winner, with the most total funds raised, a phenomenal accomplishment in her first year participating. Assistant Instructor Jenn was awarded the Network Guru as the kicker with the most sponsors for her amazing work sharing our message and encouraging others to help support our programs. Come out and kick with us in March 2025 to show your support of Traditional Martial Arts scholarship programs and see what new firsts our students and instructors can kick their way into!

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.

2024 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 2024 Donor Honor Roll members.

Corporate Donors

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 - Microsoft
 - T-Mobile
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- Esther Hui
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