

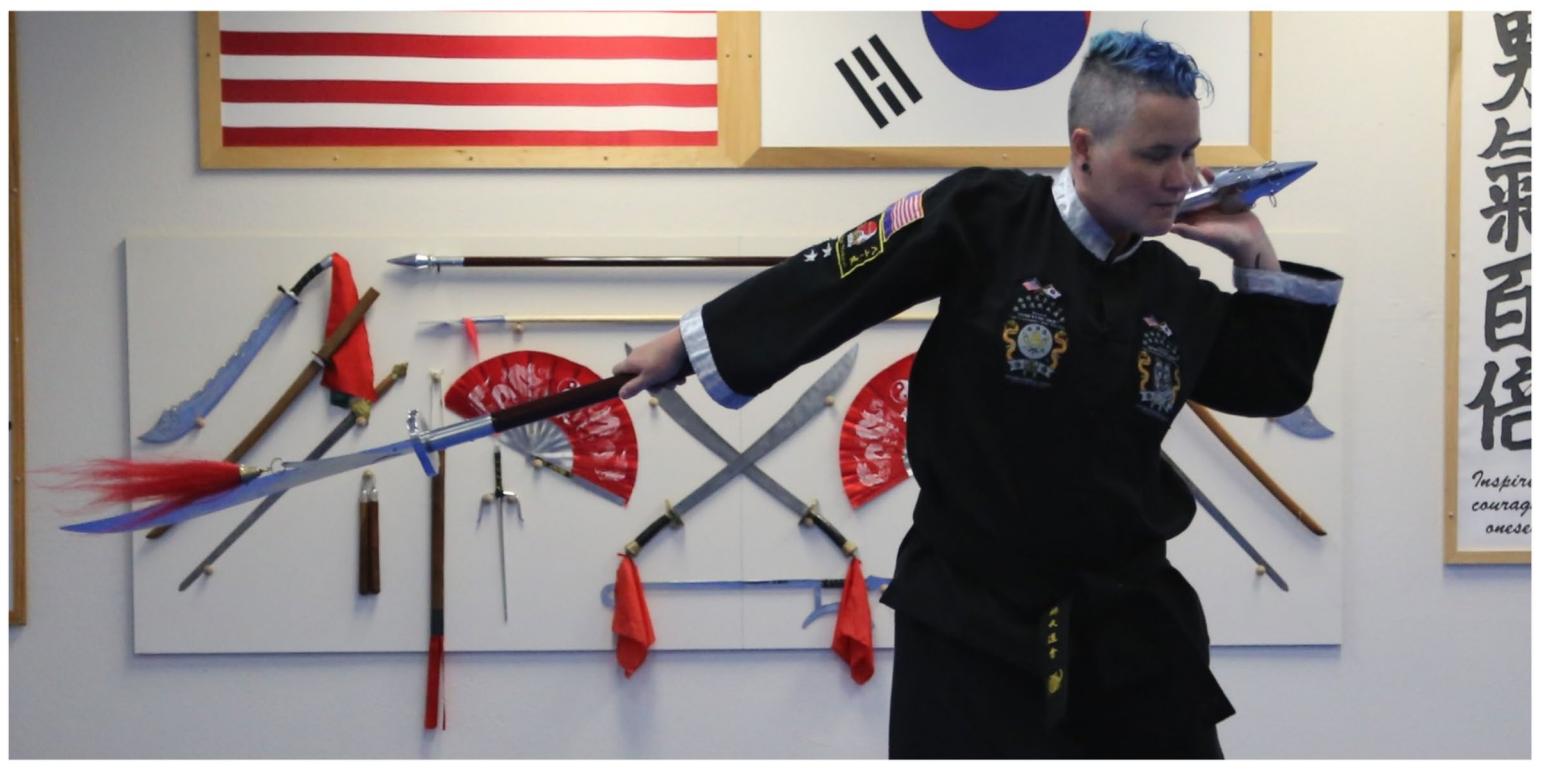
# *The School of Oom Yung Doe®*

## *The Grandmaster "Iron" Kim™ Style*



Grandmaster "Iron" Kim

*Grandmaster and Founder of Oom Yung  
martial arts in the United States*



# Oom Yung Doe Kirkland 2021 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.*

Throughout this past year, I have been reminded of the Japanese proverb, “Fall down seven times, stand up eight.” We as a community and an organization have been knocked around with the pandemic, constantly changing restrictions, and everything else that came with it. For us, this year has been one of continuing hard work to stand back up and laying the foundation for what we plan to accomplish in the years to come. I am so pleased to say that all our efforts are paying off.

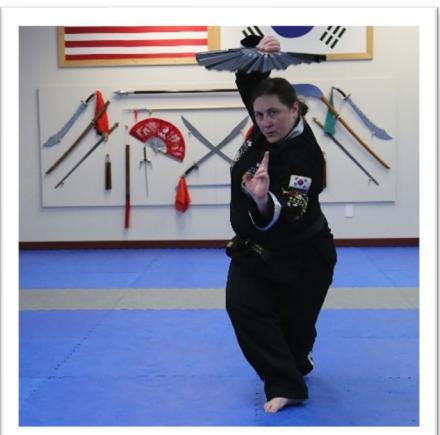
We reached a milestone of 100 active students at one location this year, even with all the pandemic limitations. In addition, we rebuilt three programs that had been dropped due to the pandemic restrictions, expanded two programs, and added two new programs for our community. This is a tremendous amount of growth in our programs over the past year and we couldn’t have done it without the passion, dedication, and perseverance of our students, our Instructional Team, and our community.

I am so grateful for the efforts of our team, the generosity of our donors, the passion of our students, and the enduring support from our community throughout the year. With so much positivity, we have continued to grow even during the continuing adversity we faced. I couldn’t be prouder to have the opportunity to both lead and be part of such a dedicated and passionate community.

We are looking forward to expanding our programs further in the coming year and sharing our mission to **Promote Health and Wellness in Our Community through Traditional Martial Arts** with even more of our community. I am deeply grateful for your generosity and support of our mission and looking forward to sharing our journey with you.

*Michelle Judy*

Michelle Judy  
President  
4<sup>th</sup> Degree Black Belt  
Assistant Regional Head Instructor



## Community Seminars

In Traditional Martial Arts, we often talk about “one match to light one thousand” where the principle is to be the one spark that inspires positive change that ripples out from us, to our families, and on to our community. By this principle, it only takes one small action to create an avalanche. Whether that’s sharing knowledge as an instructor or providing a space for our community to reduce stress so they can better support their friends or family. Building this one match to light one thousand, has been a strong theme for our community programs this year as we strive to be the positive change we want to bring to our community.



With the continuing uncertainty of the pandemic and trying to keep up with masking, social distancing, and how many students can be in the practice room at one time, this has been extra challenging for our Community Programs this year. The programs had to be constantly evolving and adapting, however, with all the challenges facing our local and global communities, we believe more than ever in being that one spark by sharing the benefits of Traditional Martial Arts with as many people as we can. Through the hard work of our instructors and the support of our student community, the spark of our community programs has grown stronger this year and we are excited to share it with as many people as possible in the coming year.



## Tai Chi and Stress Relief Seminars

This year, with its continuing uncertainty from the pandemic and the constantly changing landscape, has clearly demonstrated the need for Tai Chi and Stress Relief seminars. Our goal with our community programs is to both encourage people to take a little time out of their hectic schedules and simply breath and provide space and guidance to help them focus on finding their own inner peace. A peace that they can then carry to their families, friends, and coworkers.

We still have some more work to do on these programs in the coming year, but we are continuing to see growth with the program as we continue to improve our ability to reach more individuals. This year, we were able to maintain our weekly Tai Chi and Stress Relief lessons throughout the year. These lessons are now offered in both an in-person and fully

online format, with just over 120 community members attending, including some who have started attending the seminars regularly. While these numbers aren't quite as high as we'd hoped for the year, it's still just over double the number of community members we reached in the previous year. In the coming year, our goal is to continue expanding these programs and letting our community know about these events, including our new two-part physical and meditative stress relief seminar.

### World Tai Chi and Quigong Day

After missing out last year due to the pandemic, we were excited to host a Tai Chi seminar as part of World Tai Chi and Quigong Day again this year. The positive energy that comes from participating in a day of peace that spans hundreds of countries and thousands of cities around the globe is always a great feeling. The event itself got rained out, making attendance lighter than we'd hoped this year, but we've made strong connections with Lake Washington Institute of Technology. Next year we are looking forward to being able to include the faculty, staff, and students from the college in the event by co-hosting our event on campus in addition to our usual in-school event.

### *Women's Self Defense*

After having to wait out most of the year, we are so excited to be able to bring back one of our most popular Community Programs, our Women's Self Defense courses. In September, the pandemic restrictions finally eased enough for us to open our practice rooms to the ladies in our community for limited attendance lessons. While we were not able to run these lessons at our pre-pandemic capacity yet, we know these programs are so valuable to empowering women and helping them discover the tools to protect themselves. It's clear our community thought so as well. The four free seminars we offered toward the end of the year filled up at least 2 weeks before the event, including the extra session we added in December to accommodate the demand.

In addition to our one-day Women's Self Defense Seminars, we were also able to offer three sessions of our 6 Week Beginning Women's Self Defense Course. Between both programs, we were able to reach 75 women in our community. Restrictions and all, this is nearly double the impact we had for a similar period pre-pandemic. We also added one new intern training to teach these lessons this year. With a new instructor ready to go and the pandemic restrictions continuing to ease, we are looking forward to growing these programs even further in the coming year and taking them out of the school with the help of community partners.





## ***Children's Community Programs***

One area we have been planning to expand is our children's programs once we had instructors prepared to lead the new programs. This year we were able to put those plans into action. In addition to our traditional Halloween Safety Seminar we added a Summer Camp in August and ran 3 sessions of a new Children's Safety Course for children ages 4 to 8. We had such a positive experience with the Summer Camp, both for the children and their parents, that we had plans to add a Holiday Break Camp and a Youth Leadership Camp in December. Unfortunately, we got snowed out for the December camps this year.

But we're excited to be expanding our Youth Camp programs for 2022. Right now, these events remain small, reaching 20 children in our community this year with another 9 who got snowed out, but we are looking forward to getting these on a regular schedule for the coming year.

## ***Health and Fitness Seminars***

Due to limitations on Instructors available and certified to teach our specialized Health and Fitness Community Programs, these programs remain small with limited seminars available in the year. We are continuing to work on developing the lesson plans for these programs and train instructors to teach them. This year we were able to offer three Samurai Sword for Mental Focus seminars, which reached 21 Community members.

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

After delays and rescheduling due to pandemic restrictions, Emerald City Comic Convention (ECCC) made it back to the Seattle area this year and so did we. Instructors and students love coming out to this event and sharing our Samurai Sword sparring lessons. These lessons are always a huge hit among the thousands of people who attend the event, and this year was no different. Even with being invited



to run double the number of lessons we had offered in previous years, we were at capacity for participation for every lesson, even on the traditionally light attendance days for the convention. We had 316 community members watching or participating this year and would have shared with more, but we could not fit them in the lesson room safely. In addition to our Samurai Sword Sparring Lesson we were also invited to add a Kung Fu for Kids lesson. We are looking forward to seeing how much we can grow these Kung Fu for Kids lessons beyond the 31 kids and family members we taught this year. Come check us out at the 2022 ECCC in August!

## Scholarships

Thanks to the generosity of our donors and our fundraising programs, we were able to maintain most of our Scholarship programs this year and even increased the support we were able to offer to our students in some areas. We are excited to continue building in this area over the next few years. As instructors we see so many students improve their lives through training, and we are dedicated to making all levels accessible to as many people as possible.

This year 9 students received scholarships for Master Level Training, the highest level of training we offer. Through this level of training students see the most benefit in the shortest period of time. Several of the students who received scholarships at this level are already showing just how much they have gained, having built the confidence to participate in their first tournament or achieving a new personal best.

In addition to the students who benefited from the Master Level Training scholarships, 6 students received support to get into Regional Level Training and an additional 6 students received support for Local Level tuition assistance or testing fees. These numbers may be small right now, but we are improving our application process for the coming year to make the programs more accessible and increase the number of individuals who are able to benefit from Traditional Martial Arts.



*Inspire the  
courage of  
oneself.*



## Student Success

Each practitioner of Traditional Martial Arts seeks to improve their own condition on the journey toward their own best self. Like any journey, this can be a lifetime or only a few steps. No matter how small the step, there are many milestones along this journey and as instructors, we are honored to be part of guiding students through this journey. Here are a few of the milestones students have achieved this year.



### Tournaments

Our tournaments remained virtual this year, but that didn't stop students and instructors from taking on the challenge of improving themselves. This year, we added some new aspects to the virtual tournaments. In the spring the tournament was Nationwide with participation from our sister schools in Boston, Pittsburgh, San Diego, and Orlando. Over the summer, teams of instructors and students competed together as part of a Team Tournament between different parts of the country, where the Washington State All Black Belt Team took 2<sup>nd</sup> Place overall. We wrapped up the year with a local Seattle Area virtual tournament.

Across all three tournaments, 45 students from Seattle Area schools took on the challenge, 16 of whom were participating for

the very first time or challenging themselves to compete at a higher tournament level. Along with the 19 students and instructors who earned their first medal of any kind or a new personal best, there were a few notable firsts this year. At the State Tournament level, where participants must demonstrate medal standards across two Dan Hyungs (beginning length, Master Level form), three individuals achieved Gold Medal standards for the first time. Congratulations to Assistant Head Instructor Geoff, Instructor Scott, and Jimmy T.

As students and instructors progress to higher levels of tournaments, a higher demonstration of skill and ability across an increasing number of forms is required to get a medal. This means that at the Regional Level, individuals must demonstrate a higher level of skill and ability across three Jhoon Hyungs (intermediate length, Master Level form). Assistant Instructor Benjamin became the first youth student to ever reach the Silver Medal standard at the Regional level this year. These are huge achievements and personal bests. We are looking forward to seeing how these individuals continue to challenge themselves in the coming year.

## **Testing**

The journey of the Traditional Martial Arts practitioner can take many forms, the most recognizable achievement is reaching 1<sup>st</sup> Degree Black Belt, a journey that typically takes between two and five years to complete. This year, as part of our new 6 Week White Belt Course, 24 adult students took their first steps on toward developing the balance, coordination, flexibility, mental focus, discipline, and other mental aspects that characterize a 1<sup>st</sup> Degree Black Belt. In addition, 45 children took their first steps, reaching their first rank test, just over double the number from the previous year.

Continuing to train through all the challenges of the pandemic and keep progressing forward requires a significant amount of determination and dedication. This year, 9 students demonstrated their commitment to improving themselves and reached 4<sup>th</sup> section, halfway to 1<sup>st</sup> Degree Black Belt while 2 students completed their journey to 1<sup>st</sup> Degree Black Belt. In addition, one student dedicated himself to training beyond 1<sup>st</sup> Degree Belt, completing a further two years of practice by reaching 2<sup>nd</sup> Degree Black Belt.

## **Promotions**

Like achieving 1<sup>st</sup> Degree Black Belt, dedicating time and energy to become an instructor is a journey of years. Our programs would not be possible without this level of dedication, care and compassion as students prepare to pass on the knowledge they have gained to the students who begin after them. This year, one student dedicated himself to the Instructor Path and achieved a position of Assistant Instructor.



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### ***Traditional Martial Arts Principle***

*No matter who you are, you must take care of yourself. For the pain and all the effects of neglected mind or body recognizes no amount of wealth, position, or age. You have to earn for yourself your mental and physical health.*

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## Fundraising and Grants

As dedicated Traditional Martial Arts Instructors, we are privileged to see how deeply the practices and programs we offer can impact the lives the individuals in our community. Whether they join us for a single lesson or dedicate years to developing themselves, the variety of benefits that are possible are almost beyond count. These programs and our impact wouldn't be possible without the support of our donors and funding from our community.

This year our donors gave just over \$32,000 in direct donations and corporate matching gifts, an increase of 14% from last year. We are so grateful for the positive support and generosity from our community which is such a critical part of our program growth over this past year. In addition to the increase in donations this year we also increased the grants for the school by nearly 78% over last year, up to just over \$20,000 for the year.

### ***Kick-a-thon***

This year marked our third annual Kick-a-thon Fundraiser. The focus this year was on raising funds for our youth scholarship programs in memory of former student Oliver Reese, who passed away earlier in the year. During his time training with us, Oliver was a pioneer for many of the youth programs that we offer today. We plan to continue his legacy of building youth leadership programs, including the Youth Leadership Camps we have planned for 2022. Our community stepped up to the challenge this year with 34 registered kickers, almost triple the participants from previous years. These kickers had 60 pledged sponsors supporting them and together raised just over \$8000 in donations for youth scholarship programs, making this year's Kick-a-thon our most successful yet.

Not only did our kickers and sponsors help make the fundraiser successful, the kickers smashed through personal challenges and set new personal bests. We had three community kickers who'd never trained before pledge 300 kicks each. They made it to 500 or more kicks. Three of our youngest students (under 8 years old) pledged to do 300 kicks and made it into the 1000 Kick Club. Our 2020 Kick Queen Delaney came back to defend her title as well and the competition was fierce this year. After two and a half hours of kicking and 5300 kicks each, we crowned four Kick Queens this year. In addition, we named two Knights of Kick who knocked out a whopping 5000 kicks each.



Kick Queen: Delaney



Kick Queen: Kesha



Kick Queen: Kalah



Kick Queen: Ahana

# How You Can Support Our Continuing Mission

Pandemic and all, we are growing and making a bigger impact in our community each year. We are 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. But, we can't make this journey alone. Many of our programs are funded through the generosity of our donors. This coming year is going to be a big one for us as we progress from a micro non-profit with under \$500,000 in funding per year, toward being a true small non-profit. You can help us get there 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.

## 2021 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 everyone who donated this year and a special thank you to our 2021 Donor Honor Roll members.

### Corporate Donors

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

### Gold Donors (\$1000+)

- Tom Grate
- Jon Criddle
- Kimberly Tibbert
- Mike & Julie Guertin
- Anonymous

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

- Chris Ballard
- Desirae Ballard

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

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| <ul style="list-style-type: none"><li>• Anne Kornmann</li><li>• Anonymous</li><li>• Arthur So</li><li>• Becca Adams</li><li>• Ben Oxwell</li><li>• Claudia Adams</li><li>• Ed Mangahas</li><li>• Elizabeth Reese</li><li>• Eric Andruscavage</li><li>• Esther Hui</li><li>• Esther Roberts</li><li>• Fred and Jackie Moore</li></ul> | <ul style="list-style-type: none"><li>• Gaurav</li><li>• Parikh</li><li>• Heather Vree</li><li>• Helen Hui</li><li>• Helga Ding</li><li>• Jelena Marshak</li><li>• Jennifer Coughlan</li><li>• John Condon</li><li>• John Fieser</li><li>• John Hanna</li><li>• John Niblock</li><li>• Justin Martin</li><li>• Kelsie Greear</li></ul> | <ul style="list-style-type: none"><li>• Michelle Judy</li><li>• Patricio Weesit</li><li>• Paul Aune</li><li>• R Scott Foster</li><li>• Robert Hoppins</li><li>• Sharayu Ketkar</li><li>• Sherry Picatti</li><li>• Shirley Chen</li><li>• Sofia Marshak</li><li>• Surya Pathak</li></ul> |
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