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OOM YUNG DOE™

The GRANDMASTER "IRON" KIM Style



Acupressure Points to Help with Stress Relief

Oom Yung Doe provides one of the fastest ways to improve your mind and your body through traditional martial arts knowledge. Many people think of martial arts when they are looking to learn self-defense. At the same time, when people are looking to improve their health or lower their stress, they try an exercise regimen or join a gym. In many cases, these individuals find their success is limited. Oom Yung Doe offers a complete and balanced way to bring your mind and body into harmony. Improved health and decreased stress are just two of the benefits Oom Yung Doe students experience.

In the last two decades, people have become more aware of the long-term health risks of stress. Most people, however, find it impossible to entirely eliminate stress from their life. Fortunately, this is not necessary. You can avoid the negative effects of stress by finding a safe way to release it. Oom Yung Doe teaches many different ways to relieve stress. The following, which uses traditional Moo Doe pressure points, is just one of these methods.

By touching points in the face and the neck, you can relieve the accumulated effects of stress and tension in this area. The process takes no more than a couple of minutes and it is something that you can do during a break at the office or at home. For all of these techniques, applying the correct amount of pressure is important. It should be firm but gentle pressure. You should feel some release of tension after touching each point.

1. Before you start, clap your hands. This will draw blood to your hands. Do this about five times and, after the fifth clap, rub your hands vigorously for thirty seconds or long enough to produce heat. After this, place the palms of your hands over your eyes and take several deep breathes.
2. Now, take your thumb and forefinger and apply pressure above and below your eyebrow (*see photo*). Inhale deeply as you squeeze your fingers together and exhale as you release the pressure. Repeat this three times. On your final time, as you squeeze, draw your fingers in toward the center of your forehead before releasing.



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3. Place your pointer finger on the center of your forehead. Rub up and down quickly for a few seconds.
4. With your pointer and middle fingers, make a scissor shape. Place them on both sides of the face, positioned below the ears, your fingertips right about at the jaw line. Press your fingertips gently but firmly into the skin and push them up the side of your face until the pointer and middle finger of both hands surround your ears (*see photo*). Bring your fingers as close together as possible and then slowly pull them down, maintaining the same amount of pressure on your face.
5. For the next part of the sequence, to help visualize it, imagine yourself at a moment when you are significantly stressed out. As a way of coping, you might rub the back of your neck with your hand. Unconsciously, you are trying to loosen the muscles and increase the flow of blood to your brain. With this in mind, take your right hand and place it on the back of your neck. Use your hands like a vice to squeeze the muscles of your neck. When you do this, start with your head tilted forward, your chin to your chest. Inhale as you squeeze the muscles and, as you exhale, slowly tilt your head back until this forces you to naturally release your grip. Repeat three times.
6. Using the meaty edge of your hand (this is the part that extends from the wrist to the knuckle of your pinky finger) strike the muscles along the neck. Start on the side of the neck, striking up and down along this part like you were giving your neck muscles a massage, and then moving in toward the spine but stopping before you reach it. Repeat on the other side.



If you are doing the sequence correctly, you should feel a sensation like a rush of blood to the brain followed by a feeling of calm. We teach this sequence of pressure points at our stress relief seminars that are open to the public. These seminars show people that martial arts training can be used for more than just self-defense. Through proper, traditional martial arts training a person can enjoy good health and an extraordinary condition even into their 80's and beyond. We teach very effective self-defense at Oom Yung Doe but we also try to educate people about the life long benefits of developing a strong mind and body.

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