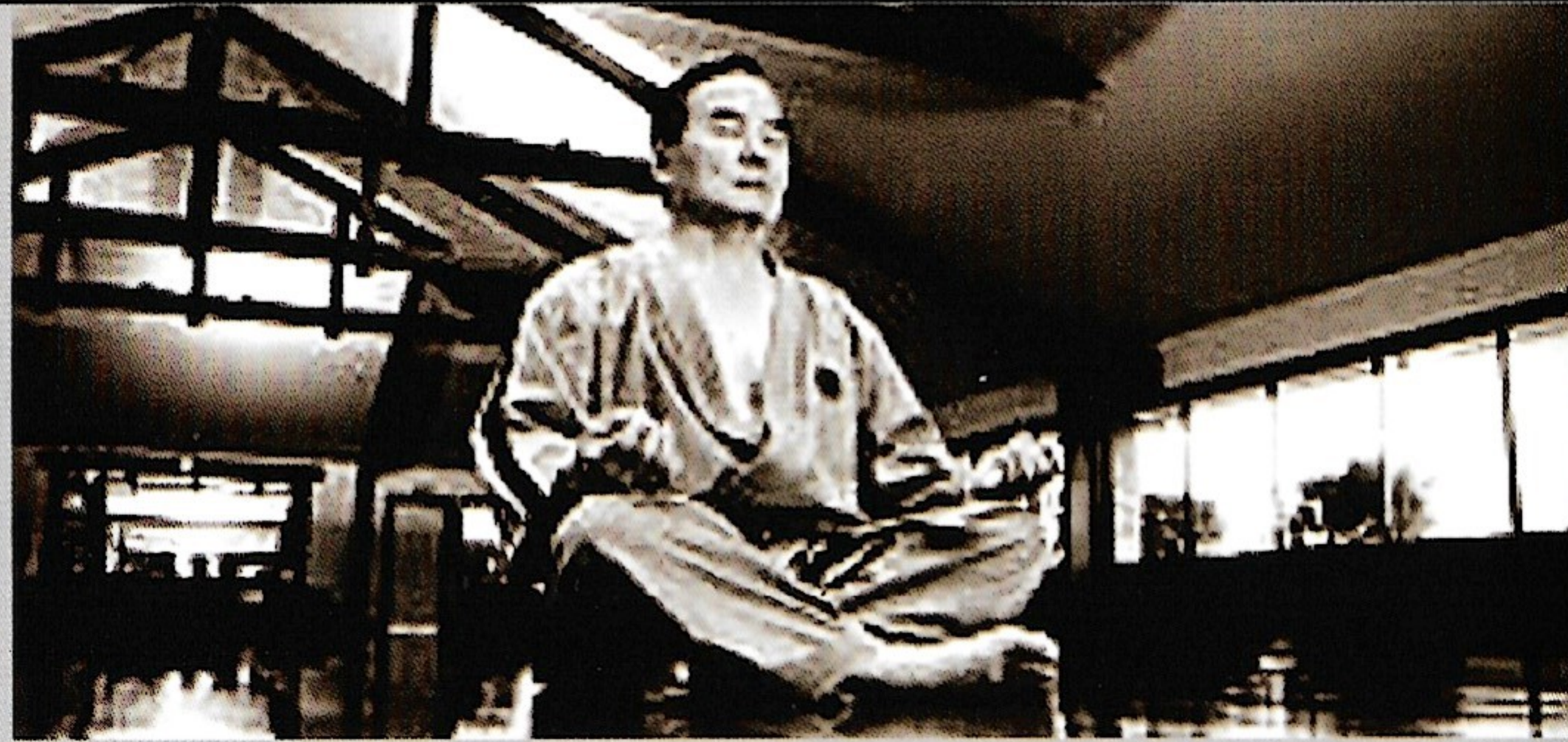




**YUN JUNG DO INTERNATIONAL**  
*The Human Art*



Yun Jung Do is an ideal way to gain benefits of regular exercise while learning effective self defence skills in a friendly, non contact, non-competitive and non -aggressive enviroment without the risk of being thrown, kicked or hurt. You'll feel comfortable as you learn and practice at your own pace.

**Yun Jung Do offers YOU 9 Big Benefits**

- 1.Help improve Fitness
- 2.Foster Loss of Weight and Body Fat
3. Decrease your chance of **HEART DISEASE**
- 4.Increase your **Muscle Mass & Increase Strength**
- 5.Increase your levels of **FLEXIBILITY , STAMINAR & REACTION SPEED**
- 6.Give you practical **SELF-DEFENCE** skills that are easy to develop.
- 7.**MOTIVATE** you to keep with it-maily because you will always be learning something new.
- 8.Be a means of **STRESS-MANAGEMENT !**
- 9.Give you greater **SELF-CONFIDENCE & SELF-ESTEEM!**

**YUN JUNG DO**

is not simply exercise or just a self-defence system it is a totally **INTEGRATED** system incorporating re-habilitation type stretching, Character development and focuses on the Mind, Body & Spirit of the individual.

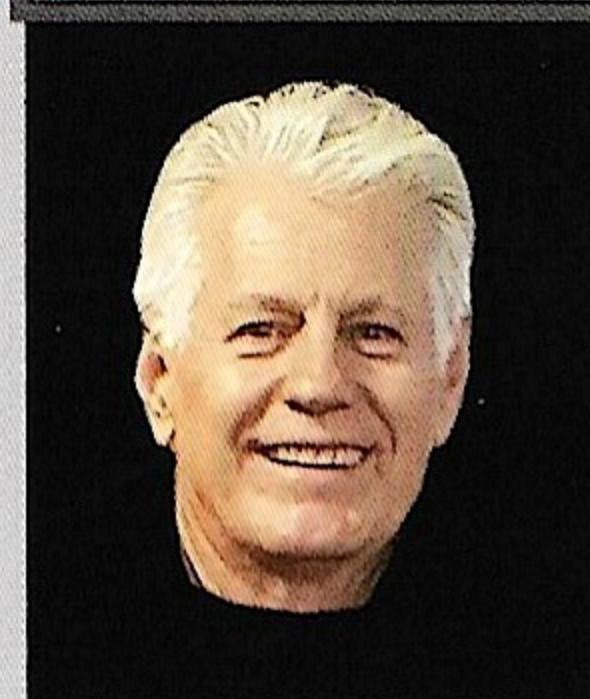
**In fact Yun Jung Do is a WAY OF LIFE.....**



**Yun Jung Do Kids inside**



**YUN JUNG DO INTERNATIONAL**  
*The Human Art*



Graham Healy  
Yun Jung Do Instructor  
TAFE teacher  
Master Personal Trainer  
Sports Coach  
Current studies  
Med-Science (Doctor of Chiropratic)

**Lower back care and improvement**

The Yun Jung Do Stretching System designed by Grandmaster Yun I have followed for over 30 years, currently I am studying med-science (Doctor of Chiropratic) and as one of the original pioneer instructors of Yun Jung Do I can testify that the YJD stretching system is a complete re-habilitation system within itself, improving the mobility of your lower back and joints (Hips,Shoulders,ankles,knees,neck and thoracics-upper back). **Tight hamstrings is a major contributor to lower back issues** and YJD stretches hamstrings especially also the piriformis muscles are key in Lower back care.The problem with most lower back re-habilitation is motivation. YJD gives you the reason to 'keep the rust out' as the GM says.

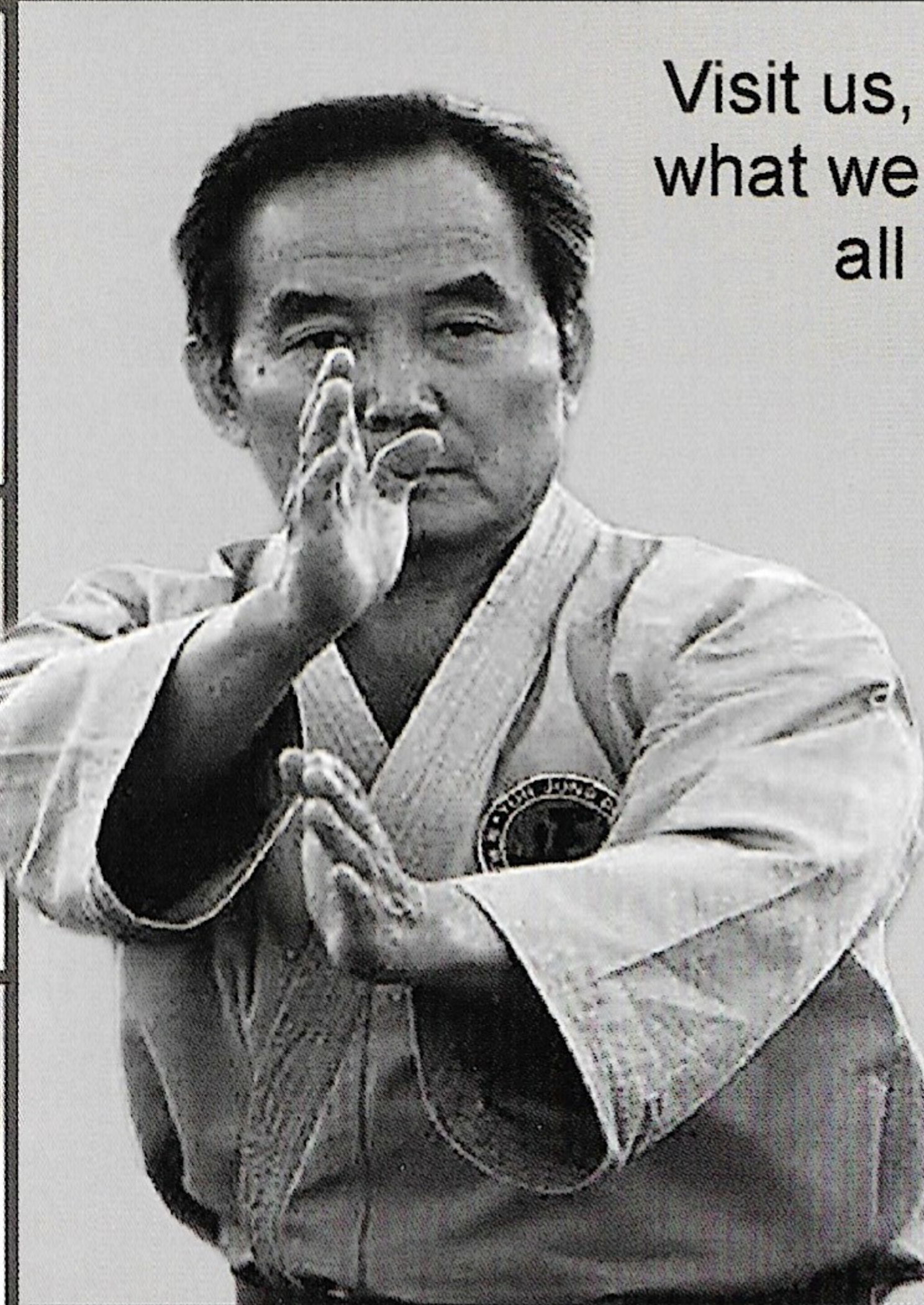
**A BONUS benefit of the YJD system.**

(80% of the population has lower back pain)

[www.healyslowerbackpain.com](http://www.healyslowerbackpain.com)



**YUN JUNG DO INTERNATIONAL**  
*The Human Art*



Visit us, **FREE!** See what we do, what its all about.

*The Greatest Rival you will ever meet is Yourself*



**YUN JUNG DO INTERNATIONAL**  
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**Grandmaster Yun J.P. (9th dan Black Belt)**

Grandmaster Young Ku Yun is a name synonymous with dedication , determination and success. His reputation for excellence has been painstakingly built over a lifetime of extraordinary effort. GM Yun began Tae Kwon Do teaching in 1953 while in the Koreon Army. GM Yun was one of the original masters under General Choi (founder of TKD) during GM Yun's service in ITF (International Taekwon Do Federation) he traveled the world for over 20 years as a global representative of ITF in the roles of:

- Chairman of Techniques Committees
- Chairman of Merging Committee
- Chairman of the Expansion committee and
- Executive Member of the Board of Directors of ITF

1987 GM Yun resigned from ITF and shortly after created **Yun Jung Do** a style that was 'free of politics' and re-enstated the **original philosophy** of true martial arts based on personal development, Integrity of character & developing Mind, Body & Sipirit.

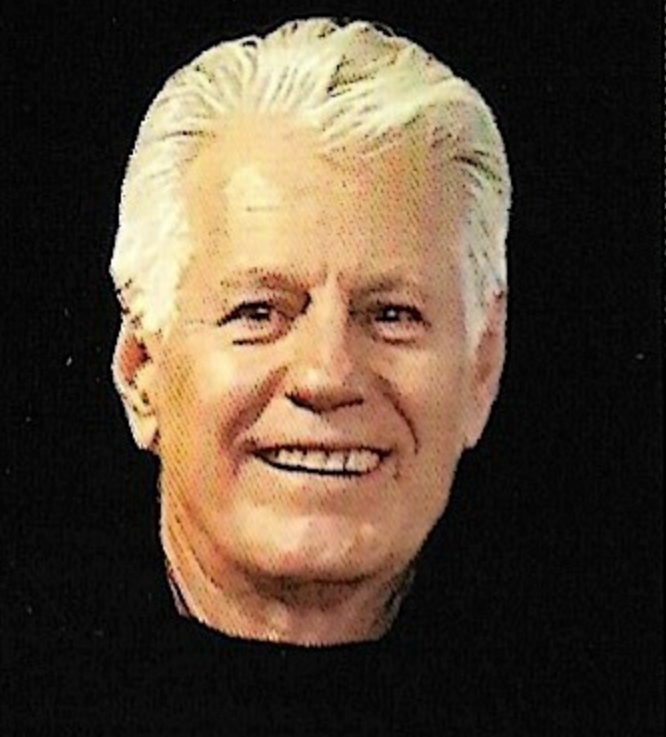
**Out of this Yun Jung Do was forged.**

**The Yun Jung Do Journey STARTS HERE....**



# YUN JUNG DO INTERNATIONAL

*The Human Art*



## ADULT PROGRAM FOR MALES & FEMALES

New way to get fit, feel confident and stay motivated without getting hurt... unlike most programs today. Enrol in our classes and you **WON'T** be hit, thrown kicked or hurt, with our unique **NON-CONTACT** and **NON COMPETITIVE** approach.

You'll learn useful, practical self-defence skills by competing against yourself!



Grandmaster Yun conducting class at World Headquarters

### Why is Yun Jung Do called the Human Art and not Martial Art?

Grandmaster Yun believes in the **total development of the student Mind, Body & Spirit** and is here to restore the true philosophical beliefs of true martial arts with focus on self-improvement rather than the sports orientation martial arts of today. The **non-contact and non-competitive YJD system** enables all ages to participate without fear of getting hurt. (a very small percentage of the population is attracted to the fighting-sporting side of martial arts).

### Why is Yun Jung Do the Human Art?

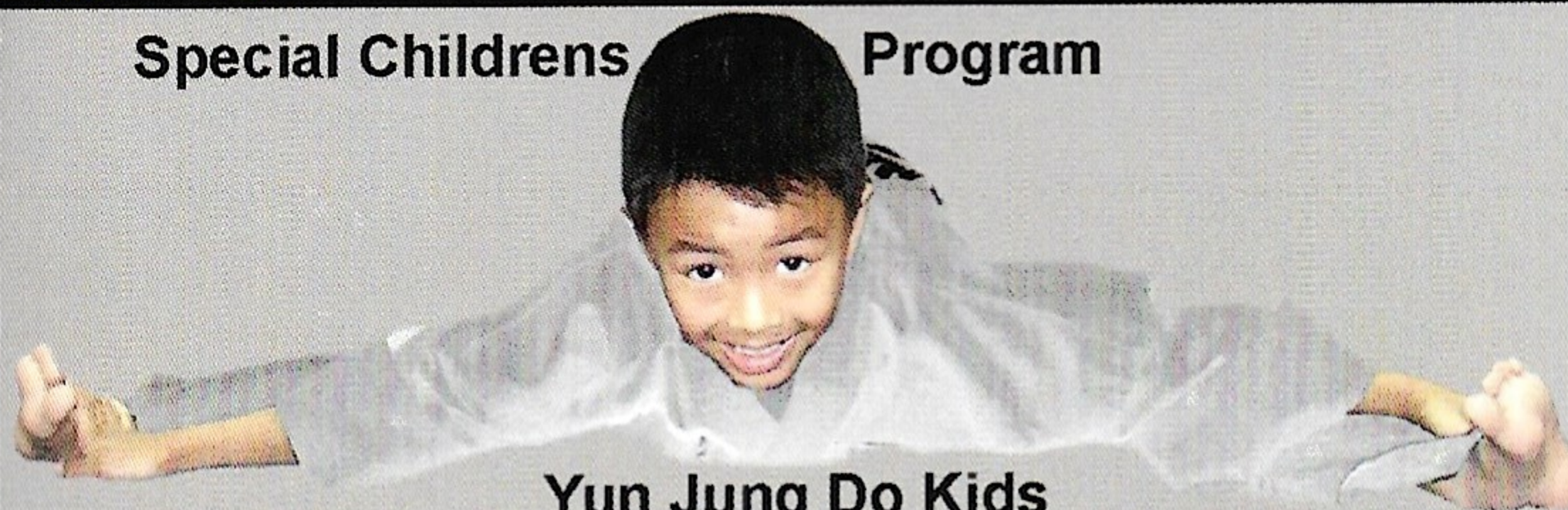
because YJD is focused on the Development of the Human being in a positive way not a negative-competitive way. The Spirit of Love, Care and Protection is central to the Art of Yun Jung Do. (advocating violence in any form is never the answer). Grandmaster Yun developed YJD to cater for 99% of the population to enjoy the physical, mental and spiritual benefits of YJD while building Character and positive relationships with all those we come into contact with, however if you have to protect yourself or loved ones you will be well equipped with YJD. **Yun Jung Do is a truly POSITIVE EXPERIENCE.**



# YUN JUNG DO INTERNATIONAL

*The Human Art*

## Special Childrens Program



### Yun Jung Do Kids

Yun Jung Do Childrens Class is about **developing the Character of your child while teaching them discipline and respect**. This is a benefit to student studies and it helps keep young minds focused.

All that 'pent up energy' can be expressed positively and give mum & dad a break as well as you watching them develop with Yun Jung Do.

### The Yung Jung Do Childrens Membership Oath

1. To always listen to and respect my elders
2. To always treat others with kindness and courtesy
3. to always control my temper and behave myself.
4. To always be truthful and fair to others
5. To always love my family and my friends



Grandmaster Yun conducting Childrens class

### Instructor Graham Healy Class times:

Childrens Classes Wed 4.30pm to 5.30pm

Adult Classes Wed 7.30pm to 9pm

Childrens Classes Sat 2 pm to 3 pm

Adult classes Wed (7-9pm) Sat (3-5pm)

**Mobile 0411-393-503**

[www.yunjungdo-healy.com](http://www.yunjungdo-healy.com)

1 Thallon Street Sherwood Qld 4075



# YUN JUNG DO INTERNATIONAL

*The Human Art*

## FOR MEN & WOMEN OVER 50



Yun Jung Do over 50's class

Your Instructor Graham Healy is over 65 and will encourage the over 50's members by personal example. As the Grandmaster says inactivity leads to 'rust' in the body and as we get older activity is most important for mental and physical health.

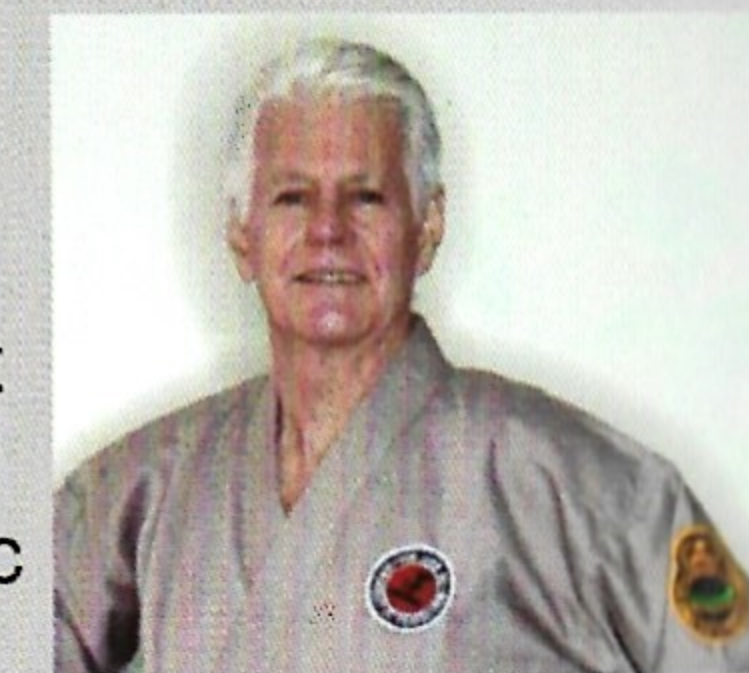
remember "your health is your greatest asset".

### I'm over 50 am I too old for this ?

With YJD you train at your own pace basic movement is the key for everybody over 50 along with a good diet and positive health habits with our support, Yun Jung Do can help you achieve these Goals very effectively.



About Your Instructor  
Graham Healy  
One of the unique Yun Jung Do's characteristics is that it is under the direct guidance of an authentic Grandmaster.



As a student of Yun Jung Do, you can be guaranteed that your instructor is one of the highest standards and qualifications.

Grandmaster Yun J.P. (9th Dan black belt)



[www.yuunjungdo.com](http://www.yuunjungdo.com)