

## Tongil Moo Do USA's Workshop at The Washington Times Capital Family Church

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The 2-day Tongil Moo Do workshop took place at The Washington Times, Capital Family Church for 11 practitioners in the DMV on July 29 and 30, 2023.

On the first day, the workshop started with Master Werlo's message about the purpose of this workshop. Afterward Master Nitro, President of Tongil Moo Do USA gave a message. He encouraged the practitioners to overcome their limitations through the workshop.

After the basic exercises and fun games, Master Werlo led the meditation: reading the founder's words about teamwork, "in order to become best friends you need to understand the heart and challenges of others." Finally, everyone recited tenets.

At the training session, Master Welro reviewed what the practitioners have previously learned as green belt holders. Then a few practitioners read the Tongil Moo Do Bon Philosophy about give and take action. Afterward, they had another training session with Master Werlo and President Nitro for the One-Step Sparring.

To close the first day, Master Werlo and Master Nitro shared a message, and everyone bowed to the founders.

On the second day, they started meditation and reading the founder's words. At the training sessions, Master Werlo reviewed the back and side fallings which are important training.

After that President Nitro gave a deep message about "relationships". "Everything is related to others. Even the planets relate to each other harmoniously by two forces without hitting one another. Human beings also relate to each other whether we like it or not, whether we unite with others or not, we are influenced by each other in a good way or bad way. Everyone has a mind and body which are related to each other always by 2 opposite forces." "Learning internal things are more important than learning techniques." It was great internal guidance to motivate the practitioners.

After President Nitro's message, Master Werlo asked practitioners to lead exercises one by one, so they

all took turns leading exercises. He also asked some big kids to hold the target like the masters during the training. Those actions cultivated their ownership and attendance, as well as unity in the team.



Next, they practiced for the demonstration that they would perform at the Sunday Service. It was part of the promotion test, as well. Before starting Sunday Service, Tongil Moo do team went to Cheon Shim Won to pray for a successful service. At Sunday Service, a practitioner, Hiroto Arakawa did a wonderful job as MC to lead the Tongil Moo Do service.

President Nitro gave an inspiring sermon "Significance of Tongil Moo Do". First, he shared True Mother's speech that was given for the 40th anniversary of the establishment of Tongil Moo Do. She said "It is tremendously difficult to bring unity in the family, nation, and world when the individual still struggles from body-mind disunity. The place where you reach absolute unity with True Parents is the place where your bodies and minds become one. I sincerely hope that through Tongil Moo Do, you can live not only for yourselves, but also for your neighbors, tribe, nation, and world." Her powerful and clear message touched all of our hearts.

After the inspiring sermon by President Nitro, Master Werlo shared his message. "Tongil Moo Do helped and guided me to meet Heavenly Parent, True Parents, and build my character and family" "Most practitioners were not church members, but we had the chance to introduce True Parents' teachings to them, and they were able to offer a full bow to True Parents through teaching Tongil Moo Do," says Master Werlo.

Two practitioners shared their testimonies afterward. "Even all the famous people that practiced these things weren't good at first, but that doesn't mean we should give up. We can always seek guidance from people who are very good at these things, and no matter what happens we should always have a determined mindset to overcome anything that might get in the way of us reaching our goal."

"What I gained from this Tongil Moo Do workshop is endurance, brotherhood/sisterhood, and confidence."

At last, practitioners offered a demonstration: Fundamental basics, Form of the Four Position Foundation (Sawi Gidae Eui Bon), Form of Harmonious Youth (Sunghwa Eui Bon), and kicking, closed by jumping punch and Tornado kick.

The audience was excited and clapped for the Tongil Moo Do Team. Through this Tongil Moo Do Service, the audience felt hope through the team and learned more about the importance and significance of Tongil Moo Do. That may have encouraged many to support and participate, too.

As the founder's message for this workshop was about "Teamwork" and the message from President Nitro was about "Relationships", it seemed that the Tongil Moo Do team experienced it in this 2-day workshop. There was more unity and bonding among the team if we compare it with previous workshops. Also, this workshop, especially the demonstration, made the parents proud of the practitioners, so it created a stronger relationship between parents and children as well.