

Clifton, NJ Family Church hosts a three-day Tong-Il Moo-Do Workshop

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At the Clifton Family Church in New Jersey, a three-day Tong-Il Moo-Do Workshop and Training was held from July 19 to 21. A total of 19 young trainees from ages 9 to 30 registered, coming from multiple communities throughout New Jersey and New York.

The first day began with orientation, dinner and an introductory video about the founder of the Tong-Il Moo-Do martial arts form and how its philosophy is derived from the teachings of Rev. Sun Myung and Dr. Hak Ja Han Moon.

The following day's schedule was packed with lectures and training. Participants reviewed and practiced different forms while others learned completely new forms. Sessions on proper dojo etiquette and the basic stances, kicks and punches were reviewed with the entire group.

Master Emiljun Rapada from Elizabeth, NJ came as a guest speaker to teach the history of martial arts and the purpose and philosophy behind it. He questioned students on the meaning of true love, what unconditional love looks like and how it can be practiced within their families. He also explained that showing respect for the master of the dojo must also be practiced at home in the form of showing love and respect for their parents.

The last day of training sessions and reviews culminated to the promotional test. Masters and trainers Che Llanguno Consoro, Werlo Partosa, Mel Collin Pacopia, Sungni Mukunda and the National Tong-Il Moo-

Do USA President, Vincente Belmonte, personally worked and trained with groups and individuals to prepare them for the test. The first section was a written test to see how much of the lecture content the participants remembered and if they understood the philosophy and internal purpose of the Tong-Il Moo-Do martial arts form.

For the second portion of the test, participants lined up by order of their belt colors and waited until the judges called their names. Upon having their name called, students bowed and shouted "Choong Hyo!" which means loyalty and filial piety. Presiding over the test were Master Belmonte, Master Nathaniel Nitro and Master Consoro. Participants presented their group routines and individual form routines based on their belt levels, and were also scored on their skills in one-step sparring and full sparring.

After everyone completed the test, participants waited for the final scores from the judges. Master Nitro and Master Belmonte gave words of congratulations and informed the young martial artists that each one of them had passed and would be promoted to their next belt level or stripe. Each participant received a certificate of completion and will receive their new belt or stripe within their local communities in a Belt Ceremony.

Martial arts is a great way to stay healthy, learn discipline and grow confidence for any age.

To learn more about Tong-Il Moo-Do, or to find an instructor near your local community, contact Master Vincente Belmonte at vicbelmonte@yahoo.com or Master Che Llanguno Consoro at rlaguno81@gmail.com.

