Zambia Tong-Il Moo-Do Federation's 21-Day TIMD Workshop in Zambia

David Isaac Phiri
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On October 31, 2026, the Barlastone Training Center in Lusaka, Zambia, came alive with energy, discipline, and shared faith as 21 young participants completed their 21-Day Special Tong-Il Moo-Do Training Workshop.

Held as a central pillar of the 3-Month Life of Faith Regional Training Program, the workshop culminated in an inspiring 4-hour Grading Ceremony where trainees demonstrated both physical mastery and spiritual growth.

Bridging Faith and Action

> The core theme of the workshop was clear: putting faith into practice. Through the physical discipline of Tong-Il Moo-Do, participants were guided to cultivate unity of mind and body, self-discipline, peaceful relationships, and a spirit of service.
>
> "Dear participants, fellow leaders, instructors, and guests, good afternoon. We are pleased to gather today to mark the completion of this 21-day Tong-Il Moo-Do workshop.
>
> To our young people: you have devoted time and effort to learning something new. Some lessons will have come easily; others will take more practice. Keep going, and welcome the guidance of your instructors.
>
> Our hope is that what you learn here will stay with you in daily life. The patience needed to repeat a form can help you face a difficult task. The care you show a training partner should also shape the way you treat your family and neighbours. This is how our faith becomes visible in our actions.
>
> I congratulate all 21 participants and thank Master Kouame, the Federation, and our staff for supporting this training. Approach today's examination with confidence and humility. Continue learning, serve your communities well, and use your abilities to bring peace. May God bless you all.
>
> - Rev. Mica Amalaman, Regional Director, Region South

The 21-Day Journey: From White to Green Belt

Over three intensive weeks, trainees worked through a structured curriculum that challenged them physically and mentally:

Week 1 (Foundations): Focused on martial arts etiquette, foundational stances, basic blocks, safe falls, and mastering Pyung Hwa Eui Bon (Form of Peace).

Week 2 (Technique and Application): Trainees progressed to strikes, kicks, Sawi Gidae Eui Bon I and II, and controlled partner drills.

Week 3 (Integration and Mastery): Introduced Sawi Gidae Eui Bon III, comprehensive technical corrections, and preparation for the belt promotion examination.

Alongside daily martial arts practice, trainees participated in morning devotions, character education lectures, and community service - putting the principle of "living for others" into immediate action.



Grading Day Highlights

The graduation ceremony was attended by 27 participants and staff, alongside distinguished leaders including Rev. Mica Amalaman (Regional Director), Rev. Camara (Former CEW Africa), Rev. Mpho (National Leader, Lesotho), and Master Kouame (Chairman, Zambia Tong-Il Moo-Do Federation).

The examination evaluated both mind and body across a rigorous afternoon schedule:

> **Philosophy Assessment:** Demonstrating intellectual and spiritual understanding of martial principles.
>
> **Technical and Practical Evaluation:** Demonstrating basic stances, safe falling, Bon (forms), and controlled sparring.
>
> **Recognition and Awards:** Trainees were awarded their new ranks, marking significant personal progress from white toward yellow and green belts.

Looking Ahead

Behind every strike and form was a lesson in self-control, respect, and community leadership. For these 21 young leaders, the grading ceremony was not just the end of a workshop - it was the beginning of a lifelong journey of applying faith to daily life.

As they return to their home communities, these youth carry with them the physical discipline, spiritual clarity, and peaceful mindset needed to make a lasting positive impact.

Congratulations to all participants, instructors, and organizers who made this workshop a resounding success!