

## The Second European Tong-Il Moo-Do (TIMD) workshops were held in Albania

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June 25, 2023



These workshops aimed to connect the younger generation with True Mother through TIMD and establish a robust TIMD foundation across Europe.

Under the banner, "March Forward Bravely with Discipline," and subtitled, "The Way of Loyalty and Filial Piety is the Foundation for All Victory," the workshops took participants through a series of engaging activities.



The first TIMD workshop, from June 16-22, offered training on TIMD Circular motion and TIMD Linear motion. This training was conducted by Grand Master Takamitsu Hoshiko, the Co-President of the World Tong-Il Moo-Do Federation, and Master Andrius Jurkunas, the President of TIMD Eastern Europe. In addition, the workshop featured lectures on TIMD philosophy, an encouraging message from Rev. Manjola Vasmatics, the National Leader of FFWPU Albania, a written test of TIMD Philosophy, a promotion test, morning exercises, demonstrations, and entertainment. All participants successfully passed the promotion test and received a yellow belt.



The second workshop, from June 23-25, followed a similar agenda, but due to its shorter duration, it excluded the written test and promotion test. This workshop was attended by participants of all ages, from 3 to 84, including three generations of one family.

In both workshops, the participants received video messages from Dr. Joon Ho Seuk, the Founder of TIMD, and Dr. Michael Balcomb, the Regional President of Europe and Middle East FFWPU, providing encouragement and vision.

The first workshop saw 37 participants, while the second welcomed 47. The location, nestled among beautiful mountains, provided a serene atmosphere for participants to deepen their connection with the Heavenly Parent and True Parents and to foster horizontal relationships with each other as a family, particularly through TIMD training and philosophy lectures.