

FFWPU International: Albania's Seven-Day Tong-il Moo-do Workshop

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The FFWPU Albania Tong-il Moo-do workshop

Achieving a Higher Level of Accomplishment through Self-Discipline From August 17 to 24, FFWPU Albania hosted a Tong-il Moo-do workshop at the Albanian Training Center under the theme "The Way of Loyalty and Filial Piety is the Foundation to Win Over Everything."

This seven-day program was designed to help youth cultivate both physical discipline and inner character.

Through training in Tong-il Moo-do principles, forms, and self-reflection, participants were guided to experience and practice the values of unity, respect, perseverance, and harmony.

Participants of all skill levels, from beginner to advanced, had the chance to challenge promotion tests, gaining a deeper sense of accomplishment.

The workshop strengthened their commitment to personal growth and inspired in them a heartfelt desire to contribute to their communities, society, and nation.