

Uruguay's Ilwon-Do and Tong-Il Moo-Do Introductory Workshop

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Participants training their minds and bodies with Ilwon-do

A Practical Experience in Learning the Values of Peace

An introductory workshop on Ilwon-Do and Tong-Il Moo-Do was held at Montevideo National Garden in Uruguay on HC 4.7 (23 May).

At this first workshop of its kind in Uruguay, Dr. Gustavo Giuliano emphasized cultivating character and putting peace into practice through Tong-Il Moo-Do and Ilwon-Do.

Participants learned basic breathing techniques and movements while experiencing the values of true love and peace centered on the True Parents' words.