

FFWPU Uruguay: Introductory Workshop of IL WON DO and Tong-Il Moo-Do

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An introductory Tong-Il Moo-Do and IL WON DO workshop was held at the FFWPU Uruguay Headquarters (National Garden) in Montevideo on May 23rd, 2026. The event brought together around 25 members and guests eager to explore a holistic approach to martial arts focused on individual development.

The primary purpose of the activity was to introduce IL WON DO and revitalize the growth of Tong-Il Moo-Do in Uruguay. The workshop provided participants with an educational experience centered on character development, the unity of mind and body, and the practice of values oriented toward peace, harmony, and personal growth.

Philosophy and Principles

The program began with a lecture by Dr. Gustavo Giuliano, who introduced this martial arts philosophy as a pathway to cultivate character, strengthen mind-body unity, and contribute to building a culture of peace. In his presentation, he explained the fundamental principles of Tong-Il Moo-Do and IL WON DO, highlighting the vital importance of moral values, family, and service to society.

Practical Application and Spiritual Reflection

Following the lecture, participants - many of whom had no prior martial arts experience - engaged in basic IL WON DO practices. Through breathing, concentration, and movement exercises, they

experienced a discipline focused on inner balance, body awareness, and personal growth.

Throughout the session, teachings were shared regarding the values of True Father and True Mother, the Four Position Foundation, and building a life centered on true love. The practical exercises were directly inspired by these principles, seamlessly connecting physical discipline with spiritual reflection.

Harmony in Nature

The workshop later moved outdoors to the National Garden grounds, where participants practiced forms of peace and unity in a serene, natural environment. It was a meaningful experience of learning, fraternity, and collective growth.

Looking Ahead: This successful activity established a strong foundation for the development of Tong-Il Moo-Do and IL WON DO in Uruguay, marking a valuable first step toward expanding this educational, character-building vision across the nation.

