

Martial Arts and the Battle Against Addiction

Gustavo Giuliano
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Martial arts practitioners from the Hisao Lee School in Panama, which brought the most competitors to the Asian Peace Cup tournament

On November 29, we held a symposium under the motto, "Martial Arts as a Tool for Addictions Prevention," during a Pan-American Tongil Moo Do Tournament in Paraguay.

The main purpose of organizing this Pan-American tournament was to aim for integration of martial art styles practiced internationally. The secondary purpose was to address the drug addiction problem. Through martial arts and education, we aim to lower the rates of violence driven by drug addiction. The tournament left us with an encouraging picture for the future of teaching Tongil Moo Do in Paraguay, in Latin America and in the Caribbean region.

An interviewer with the central news program, Noticias Paraguay [Paraguayan News], broadcast over the station, Paraguay TV, interviewed Maestro Gustavo Giuliano after the event. Maestro Giuliano said, "If we divide into percentages what comprises self-defense teachings, 95 percent teaches core values. Only 5 percent teaches fighting techniques. Because of this aspect, martial arts helps to bring down violence and aggression rates."



The organizers held a symposium during the tournament.

He later spoke about the "do" in some martial arts styles such as Tongil Moo Do and Tae Kwon Do. Martial arts is a "path," or a "do" that must be considered in two ways: The internal "do" and the external "do." The internal path is to learn and apply the values of respect, perseverance and emotional self-control, for the better performance of our lives, either inside or outside the place of practice (the dojang). The external "do" is the training that disciplines us to be physically able to resolve life-or-death situations, or to defend the weakest people. This leads you

to be self-disciplined in all the areas of life."

Maestro Giuliano continued, "When a snake injects poison into a victim's body it may cause death. However, the same poison can be extracted from the snake and used as an antidote to save lives. The same is true with martial arts. You have watched bad people in movies using martial arts to commit crimes; they employ violence that can even cause death.

Yet, in the same martial arts, we find the antidote. If we look at the true teaching of martial arts like Tongil Moo Do, since they are based on ethical, moral and spiritual principles, they are actually helping young people in every way."

Mr. Facundo Villagra, president of the Association for Research and Prevention of Addiction, told the competitors at the symposium, "We must not focus now on what substances, when ingested, deteriorate

the life of the human being. On the contrary, we must emphasize prevention and that task starts at home; we must teach the importance of parents being involved in their children's lives -- to know where their children frequently go and with whom their child frequently relate. Above all the other responsibilities that parents have, when parents are at home, they need to listen to their children. That is vital in lowering rates of addiction.

Mr. Bruno Zanotti, director of Institutional Relations under the Ministry of Sports, conveyed greetings from the Minister of Sports Mr. Victor Pecci. Mr. Zanotti added, "The minister's role is to support all sporting endeavors.

In such an international context, with the attendance of competitors from several countries, the minister expected them to seek unity and harmony above all, for the sake of a meaningful tournament."

The director of the Sports School under the National Sports Secretariat, Mrs. Marta Dominguez added, "The Tongil Moo Do Association is working closely with the Ministry of Sports in the social field. They are teaching children and teenagers from low-income homes. That's noteworthy." Professor Viviana Moreyra, a second dan martial arts practitioner, said that Tong il Moo do has been developing this program for over a year with her son Carlos Nuñez Jr. who is a first dan in that style, under Maestro Gustavo Giuliano's supervision. She also said, "We are working hard to train children from low-income homes; Maestro Giuliano is conducting the same service activity in the Alto Paraguay area, where he teaches members of native Indian communities."



Competitors engaged in a free-form match

Maestro Eduardo Watts, representing a delegation from Panama, said, "Our school, Hisao Lee, has worked and continues working to rescue young people involved in social vice, such as crime, drugs, family abandonment, etc. in order to reintegrate them into society, where they can become excellent citizens, leaders and parents. This great work is still led by Grand Maestro Fabio Perez."

The representative of one of the delegations from Brazil, a Karate Maestro, Wallison Delano, said, "We are giving

talks in schools using systematic material to shape young people's character and to encourage them to practice martial arts."

Maestra Diosdada Ladica do Santos, president of the Tong-il Moo-do Amapa Association and director throughout Brazil in this style, said, "We are all responsible for lowering rates of addiction. I have nine children and wish the best for all children; the same feeling is shared by any woman with whom I come into contact."

What the opinions had in common was recognition of values as the connecting element for all the work in the field of martial arts.

Delegations from Panamá (Maestro Fabio Perez's Hisao Lee School), Brazil (the Semi-Contact Karate School of Maestro Wallison Delano from Goiás State and the Asociación Amapaense de Tongil Moo Do School of Maestra Diosdada dos Santos from Amapa), Argentina and Paraguay participated. The president of ASIPA (Association for Research and Prevention of Addictions, an addiction prevention NGO) gave an animated speech, drawing in the audience members to participate, about the theme, addictions and sports.

Authorities of the national Sports Secretary, FFWPU president Aristides Rondán and vice-president of the Leda Project and important martial arts masters and professors participated.

The Pan-American Tournament competition attracted a hundred and fifty competitors. The competition went smoothly, without accidents or injuries. Brazil won the most trophies and awards, including the most important trophies for the team fight championship and Tongil Moo Do style and forms.

Second place went to Paraguay and third to Panamá, Maestro Fabio Perez's Hisao Lee School.

We awarded prizes to the best male and best female athletes, and gave certificates with pictures of True Parents and Grandmaster Dr. Seuk to those masters and authorities that had most supported the organization of the tournament.

Compared to the South American tournament in 2013, this tournament had many more martial arts

schools participating.

Representative of the Minister of Sports, Mrs. Sara Dominguez, and Director of the Sport School of the Ministry participated in the tournament.

We are supporting social programs of the Sports Ministry; therefore, Tongil Moo Do works closely with the Paraguayan government's Sports Ministry. The results of the competition were as follows:

Grand team fight:

Gold Medal: Brazil
Silver Medal: Paraguay

Fighting Open Style:

Gold Medal: Brazil
Silver Medal: Paraguay
Bronze Medal: Panamá

Team Forms:

Gold Medal: Brazil
Silver Medal: Panama
Bronze Medal: Panama

The delegation of Panama, who were all from Maestro Fabio Perez's Hisao Lee School, received a trophy for the significant contribution of bringing the most delegations from foreign countries. Maestro Arcadio Aranda's Hapkido School received the same trophy for bringing the most participants from Paraguay.

In addition, competitors that had won the most medals received trophies. From the female competitors, Ms. Lúzmariela Fretes Paredes from the Tongil Moo Do School in Itacurubí de la Cordillera under Maestro Omar Medina won the most medals. From the masculine competitors Mr. Wallison Delano from Brazil won the most medals.

President Giuliano led the organizational staff of the tournament and he feels all those involved did a wonderful job. Ms. Viviana Moreyra was the secretary-general. Mr. Carlos Nuñez was in charge of general affairs. Ms. Rosi Dueck de Giuliano handled all financial matters.