

First education and training seminar for Tong-il Moo Do in Fiji

Santosh Neupane
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FFWPU Fiji : The 1st education and training seminar for Tong-il Moo Do in Fiji was held on April 2, 2016 at Tilak High school Lautoka. It was attended by the whole martial arts club of the campus including the martial arts advisers. All together we had 39 participants (37 students and 2 advisers).

Mr. Santosh Neupane the chairman of Family Federation for World Peace and Unification Fiji gave an introductory remarks about World Tong-il Moo Do Federation. Then Mr. Sahbunim Geovane Gella, a instructor from Tong-il Moo Do Philippines guided the rest of the program.

Mr. Sahbunim Geovane Ge spoke about the history of Tong-il Moo Do, its philosophy, its basic points, importance and history of martial arts. In a sense the education materials in this seminar indeed put a importance to the spiritual discipline and development of the practitioners that inspire the principal and advisers of the martial arts club.

The second phase of the workshop was the technical aspects of Tong- il Moo Do. Mr. Sahbunim Geovane demonstrated the meditation process, warm up framework and basic techniques of Tong-il Moo Do.

