

“7 DAY INTERNATIONAL TONG-IL MOO-DO WORKSHOP”

Report di Elena Chirulli & Megumi Tona



From 28 August to 4 September 2022 CARP ITALY organized in collaboration with the FFWPU and the WORLD TONG-IL MOO-DO FEDERATION the first international workshop in Europe of Tong-Il Moo-Do. Held in the green valleys of Berbenno (Bergamo), the intense one-week course welcomed participants from various parts of the world. Megumi Tona and Elena Chirulli of CARP Italy enthusiastically welcomed this occasion by planning the course. An intense preparation that saw beyond them the Carp Italy Staff and the FFWPU coordinating for this event on a European scale. A wonderful experience, with over thirty participants, happy to know and deepen the way of the unified martial arts. The lessons were led by Grand Master Hoshiko Takamitsu (Co-President, President of IHQ World Tong-II Moo-Do Federation, WTMF Europe and Japan) and Megumi Nabeshima (Black Belt



TIMD). We also had the pleasure of receiving inspiring contributions from Giuseppe Cali regional president FFWPU Southern Europe, to which the precious testimonies of the participants were also added. The course was held in English and was moderated by Elena Chirulli. The days of the workshop were alternated with moments of morning exercises, in-depth lessons dedicated to the history and philosophy of TIMD, explanations on defense techniques and martial arts exercises. Those present showed great interest in Tong-Il Moo-Do. In addition to the theoretical part, the practical exercises dealt with defense techniques, falling, circular movement, parries, strikes, kicks and more. A space was also dedicated to the testimonies of the Grand Master Hoshiko, Christine Chevè, Megumi Tona and family, Megumi Nabeshima, Giuseppe Cali and those of the participants. Daniela Andreozzi helped for the translation. There were games and activities together, aimed at deepening the knowledge among those present. We also had the opportunity to listen to the video messages of greeting and encouragement prepared for the occasion by Dr. Seuk and Pres. Balcomb. The program also saw the involvement of staff and participants in a service project, dedicated to cleaning the surrounding environment. A way to take care of nature and deepen the value of discipline. The lessons took place both in the training room and outdoors. The surrounding nature has allowed to savor the morning tranquility in the rising of the sun by dedicating yourself to meditation.

Combined with the practice was also the vision of the film Karate Kid, which explored some important values such as self-control and respect. On the last day, certificates of participation were delivered to all members and those who contributed to the success of the workshop. Special thanks to EUME Headquarters for the financial support for the realization of this project. Thanks also to the whole community of Bergamo and Padua for the organizational support, to all the CARP ITALY and FFWPU staff, to Ugo Fiori and to the kitchen staff for their commitment and delicious food.

