

TIMD Classes and Workshop in United Kingdom



Nov. 17~ Nov. 21, 2021

TIMD Classes in Greenwich University

Nov. 17~19

- TIMD classes were held in Greenwich University from Nov. 17 to 19, 2021 with total 15 participants and were taught by Grand Master Takamitsu Hoshiko and Master Brian Michihiro Nakajima. Some of them had previously the experiences of Karate and the Chinese Martial Arts. They showed the great interest in TIMD and learned not only the techniques of self defense, falling, circular motion, punching, blocking, striking and kicking, but also TIMD Philosophy and Il Won-Do exercise as well. And they enjoyed.
- The TIMD classes were realized this time with so much effort of Mrs. Mieko Davies who is trying to establish CARP in the University with the support of 2 students.

Greenwich University TIMD Class Day 1 Nov. 17, 2021



Day 2 Nov. 18, 2021



Day 3 Nov. 19. 2021



統一武道
(Tong-Il Moo-Do)



**THE UNIFIED
MARTIAL ARTS**

2-day workshop

Taught by Grand Master Takamitsu Hoshiko

Date: 20th-21st November

Place: Livingstone House, BR7 5DB

Fee: £50 special discount

Includes food and accomodation

Tong-Il Moo-Do is the way of unified martial arts which, centering upon the Unification Principle, harmonize and systematize the circular movement as the subject and linear movement as the object, and gives meaning and value on the movements and techniques.

**Registration open until:
14th November**

www.tongilmoodo.com

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TIMD Workshop in Livingstone House November 20~21

- From November 20th to 21st, TIMD Workshop was held in Livingstone House with 11 participants. There was one participant from Italy, 2 from Japan and 8 from England.
- There were 2 Japanese ladies who cooked the delicious meals. The couple who are managing Livingstone House helped us to use the facility comfortably.
- Prior to the workshop, GM Hoshiko gave to each participant TIMD text book in English and the booklet which includes the message of Mrs. Hak Ja Han Moon who spoke during the 40th Anniversary of Founding of TIMD.
- At the first day, we started the workshop by cleaning Do-jang, reading Dr. Moon's message followed by Il Won-Do exercise, breakfast, TIMD Philosophy lecture I, TIMD training I, lunch, service project, TIMD Philosophy lecture II, TIMD training II, dinner, celebration of Brian's Birthday and Brian's testimony.
- At the second day, we enjoyed IWD exercise outside in nice fresh air just after the sun rise. After breakfast, they wrote the reflection. The followings are some of the excerpt from their reflections:

- “That was my first proper martial arts training. So I was a bit nervous. But it turned out very fun. Especially the techniques of self defense are very interesting.”
- “I always like learning self defense as it is very important for girls.----I would like to learn more self defense and simple moves like kicking.”
- “One thing I learn about Tong-Il Moo-Do that stood out to me is that you need to have unity within you. You need to be confident and purposeful in your movement. This relates in any situation in life.---I think I get overwhelmed by life that I forget to work on my character. Discipline and resilience will lead to success(mind and body unity)”
- Throughout this workshop, I have learned many things that has helped me physically and spiritually. One of my favorite

lectures was “The family as the School of Love”. The lecture talks about how families can bridge different cultures.”

- “I think that Tong-Il Moo-Do is a very good way for practicing self control, live for the sake of other practitioners, respect each other, help each other. --- I will take responsibility for Italy”
- (about Brian’s testimony)”Wow! Such an interesting life!!! It’s a pleasure to hear his story and see for myself how Brian’s character was cultivated through the practice of Tong-Il Moo-Do. Also, some stories were quite referable. Maybe we can speak more some day! “The Zero to Hero Project” was really amazing to learn about and is inspiring. I wish we could do something like that here.”
- I found it very relaxing when we took time out of our day to focus on nature, and it was really fun to use the garden tools

To pull out the weeds and then scatter the cut leaves around the rose plant. It reminded me of the point that the Origin exists for you and me because everyone helped to clean the garden and we did it together.”

- “It felt really good to exercise outside- even though it’s cold, the sun rise this morning was beautiful. I also need to meditate more and deep breathing. It was refreshing to go back to the basics.”

Then we shared all our experiences during the workshop and had the question and answer session. During the closing ceremony, Mr. Clive Politte, the manager of Livingstone House gave the encouragement to the participants, saying through his own experience “All your experience of TIMD will definitely help your life.” Then the certificates of participation were given to all the participants and the certificates of appreciation to those who contributed to the success of the workshop.



Il Won-Do



Circular Motion

TIMD Philosophy Lecture



Kicking against mitt



Service Project



Closing Ceremony



Summary

- It was a quite challenge that we decided to hold TIMD classes in Greenwich University and TIMD workshop in Livingstone House without knowing how many participants really showed up. But somehow 15 university students and 11 people (Most of them were the second generation.) participated respectively. And they responded to TIMD techniques and Philosophy well. Their original mind were stimulated and refreshed.
- I would like to appreciate **Mrs. Keiko Shaw** who allowed me to speak twice on line under the topic of “TIMD and Youth Education” to 100 Japanese FFWPU members of “Seisei Kai” in Europe and Middle East. Since there were good responses to TIMD, Mrs. Keiko Shaw, **Mrs. Mieko Davies** and I decided to have TIMD activities in United Kingdom. These 2 Japanese ladies made the good foundation for TIMD activities to be held this time.

- I also appreciate for **Mrs. Masako Brown** for allowing Takamitsu Hoshiko and Brian Nakajima to stay in her house, **Mr. and Mrs. Chizuko Barrett** for their financial support, **Yasuhide and Keishin Hoshiko** for their whole hearted support especially during the workshop, **Mr. Clive and Maria Politt** for making us comfortable and helping us to proceed the workshop smoothly as the managers of the facility, **Mr. Farhad Nikayin** for supporting Mrs. Mieke Davies in Greenwich university and Livingstone House and **Brian Nakajima** for coming to help TIMD activities as the assistance of GM Hoshiko practicing living for the sake of others.
- I am also grateful for all the students and people who attended TIMD classes in Greenwich University and Livingstone House and for their parents allowing their children to participate.
- I especially thank to **Dr. Joon Ho Seuk** for encouraging us constantly to develop TIMD in whole Europe by giving the vision and inspiration.

- This is just beginning. We will follow up our activities this time and will have continuous TIMD workshops with more participants from all parts of Europe to revitalize the second generation and youth.