

# Spirituality in Martial Arts

## An experiential workshop

Peter Thibado is a 7th Degree Black Belt, A Master Instructor of the Art of Tae Kwon Do. Teaching and training in the Art for over 30 years. Serves on the International TaeKwon-Do Federation Moral and Ethics committee teaching the philosophy and Moral structure of the Art world wide.

First Hour will be lecture and discussion defining martial arts and TaeKwon-Do as it relates to spirituality. Bringing the practice to the path of engaging in one's own enlightenment.

The second hour will include movement. stances for grounding, a four direction pattern as metaphor in motion. Symbols and shapes of movement bring the action principle to life.

The third hour is about relationship, Student/instructor, to the group, to each other, with the Self! The Sparring aspect of TKD

Tae kwon Do Tenets are Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

The student oath is

- I shall observe the tenets of TKD
- I shall respect the seniors and instructors
- I shall never misuse TKD
- I shall be a champion of freedom and justice
- I shall build a more peaceful world