



THE REALIZATION OF INNER & OUTER PEACE THROUGH THE MARTIAL ARTS



IN COMMEMORATION OF THE INTERNATIONAL YEAR OF SPORT & PHYSICAL EDUCATION (IYSPE 2005)

"Sport is a universal language that can bring people together, no matter what their origin, background, religious beliefs or economic status."

-- Kofi Annan
UN Secretary-General

SPORT AND PHYSICAL EDUCATION PLAY A VITAL ROLE AT ALL LEVELS OF SOCIETY. FOR THE INDIVIDUAL, SPORT ENHANCES ONE'S PERSONAL ABILITIES, GENERAL HEALTH AND SELF-KNOWLEDGE. ON THE NATIONAL LEVEL, SPORT AND PHYSICAL EDUCATION CONTRIBUTE TO ECONOMIC AND SOCIAL GROWTH, IMPROVE PUBLIC HEALTH, AND BRING DIFFERENT COMMUNITIES TOGETHER. ON THE GLOBAL LEVEL, IF USED CONSISTENTLY, SPORT AND PHYSICAL EDUCATION CAN HAVE A LONG-LASTING POSITIVE IMPACT ON DEVELOPMENT, PUBLIC HEALTH, PEACE AND THE ENVIRONMENT.

THE MARTIAL ARTS HAS MUCH TO TEACH US AS INDIVIDUALS AND AS A COLLECTIVE ABOUT PREVENTING VIOLENCE, EMBRACING TRANQUILITY, AND WAYS TO TRANSFORM VIOLENCE INTO A **CONTEXT FOR PEACE**.

THE POPULAR CONCEPTION OF THE MARTIAL ARTS AS MERELY A METHOD OF COMBAT OVERLOOKS ITS ROOTS OF **SPIRITUAL PRACTICE** AND CONTEMPLATION.

AIKIDO TEACHES ABOUT HOW TO "**BLEND**" INTO CONFLICT AND TRANSFORM AN ENEMY INTO AN ALLY. TAI CHI EDUCATES US ABOUT "**FLOW**" & "**BALANCE**". VARIOUS MARTIAL ARTS HAVE HIDDEN SEEDS OF TRANSFORMATION THAT CAN BLOSSOM INTO CREATIVE WAYS FOR BUILDING "**COMMON GROUND**"

**PRESENTERS: WILLIAM C.C. CHEN – TAI CHI CHUAN, INC.; MASTER TIFFANY CHEN;
SPECIAL PRESENTER: WENDY HURWITZ M.D. – TEACHER: MIND/BODY/ENERGY MEDICINE**

SPECIAL THANKS: IRFF-INT'L RELIEF FRIENDSHIP FOUNDATION; WORLD TONG IL MOO-DO FEDERATION

THURSDAY, NOVEMBER 3, 2005

1:15-2:30 PM

UNITED NATIONS HEADQUARTERS, NEW YORK

CONFERENCE ROOM A

NGOs & UN STAFF INVITED

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