

Dismas Agutu

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Dismas Agutu has accomplished alot in a sport few Kenyans even know exist; %Tong- Il- Moo- Do.+ He is a member of the Kenya Tong-il moo Do national team and also a member of staff at the College of Education and External Studies-(CEES).

Dismas recently represented the country in Seoul, South Korea in the recently held International Peace Cup Tournament where he won a gold medal.

We recently interviewed him to get an insight on his great accomplishments in the sport. This is what he had to say...

Please tell us about yourself?

I am Dismas Agutu Akangø, I am 31 years old, For the last 6 years, I have been working as a support Staff (clerk) in the Department of Educational Studies and in my spare time i represent the country in Tong-IL- Moo-Do tournaments.

I have a 2nd degree black belt in Tong- Il- Moo- Do. I have successsfully gone through all the grading and certification in %Tong- IL- Moo- Do+

What motivated you to play this sport?

I have been practising Tong-IL- Moo- Do for the last 12 years. I grew up in a rough neighbourhood in Nairobi where violent attacks were an every day occurence. I mainly enrolled in the classes to learn self defense but later i developed a deep passion for the sport. I started training at Best Kickers Martial arts, Kasarani.

Tell us about tournaments that you have participated in?

it to the Kenya Tong-IL- Moo- Do National team. I am one of the national tournaments.

I was selected to join the National team in 2015 after successfully meeting all the requirements. I have participated in very many local and international tournaments over the years.

This year I had the privilege of representing Kenya in the international Peace Cup tournaments in Seoul, South Korea this past February, 2016. I won a gold medal in the individual sparring category. Various countries participated in the Peace Cup tournaments like Brazil, USA, Nepal, Thailand, Korea, Kenya and Ethiopia. During that tournament, Kenya won 8 gold medals.

In 2014, I participated in a tournament in Thailand and won 2 Silver medals and in 2015, I won a bronze medal in the Mombasa open international tournament.

In addition to playing the sport, I served as an official in the Mombasa International open tournament in 2014.

How are you able to balance work and sports?

This requires a lot of discipline and proper planning on my part. I am a full-time employee, I work from 8am-5pm. I make time to train at least 4 days a week at my local fitness club. I train from 7pm-9pm on Monday, Wednesday and Friday; then on Saturdays, I train from 7am-9am. The sport calls for dedication and regular exercise.

What are some of your future plans?

I am passionate about teaching people the techniques of this great sport and also about general fitness. Last year I started training a group of people (both staff and students) at the College, but due to other commitments I was not able to continue training the group. I am planning to resume the training sessions mid this month (March 2016).

My dream is to start a Tong-IL- Moo- Do club at Kikuyu Campus that will target both staff and students. I would mainly train them on self defense and general fitness.

What is your message to the students and staff at the college?

I encourage them to pick up the sport not only as a hobby but also as a way to learn self defence techniques. The techniques are necessary because we live in an increasingly violent society. I will -in due course- communicate when the classes will start, I hope many will sign up for the class.

Quick facts about Tong-IL- Moo- Do:



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Martial arts. It has many components like Tae Kwo ndo, karate and

The sport is unique in that it is a unified martial arts, people who have mastered the sport learn different fighting techniques.

The sport has several gradings. These are the levels that a player has to train in to become a master.

- *Beginner- White Belt (takes 3 month of training)*
- *Yellow Belt (takes 3 month of training)*
- *Green Belt (takes 3 month of training)*
- *Blue Belt*
- *Brown Belt*
- *Black Belt*

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