

# Zinab “Zee” Kitonyi Bio



Zee began training Taekwondo in 1988 under the instruction of Grandmaster Friello at Hudson Valley Taekwondo. He also trained with Master Hasan at Hudson Valley Taekwondo from 1988 -1995. Zee earned his 1st Poom/Dan during that time.

In 2001, Zee joined the United States Army Reserve and has held several supervisory roles in both combat and non-combat related environments while holding the rank of Staff Sergeant. He previously served as Platoon Sergeant with the 962nd Ordnance Company during a mission in Misau, Germany (2010 – 2011) and served as the Force Protection / Anti-terrorism, Non-Commissioned Officer In Charge for the Largest Post in Iraq: Logistical Support Area Anaconda, Balad, Iraq (2004 – 2005). He was awarded the Army Meritorious Service Medal and Combat Action Badge for his 2004 deployment and was Honorably Discharged in 2014.

Zee joined the Albany Police Department in 2004. He is currently a full time Instructor in the Training, Policy, and Strategic Planning Unit. Zee holds multiple instructor certifications including certification as a Human Behavior During High Stress Events Analyst from the Force Science Institute. He currently instructs several LE topics at the Zone 5 Regional Law Enforcement Academy, including holding the position of Lead Drill Instructor for the Academy.

Zee's qualifications also include being a FBI certified hostage negotiator, as well as a NYS DCJS certified SWAT Operator.

Zee is the Assistant Team Leader for the Albany Police Department's Counterterrorism Unit (CAAT). With over 13 years of operational, logistical, and training experience in anti/counterterrorism, specializing in active shooter response planning, physical security planning and management, he has been called on to assist in the security planning process for the City of Albany's Special Events and Critical Infrastructure. In the last 9 years, he has worked with hospitals, water treatment facilities, and school districts in the region, recently training over 1,000 Law Enforcement Officers and EMS personnel in active shooter response. In 2016, Zee was named Albany Police Department Officer of the Year.

In February of 2016, Zee joined Pil Sung Taekwondo to continue training under Master Hasan with his 2 daughters Maddy and Emma. After joining Zee has volunteered to share his knowledge and experience of counterterrorism, first aid, and other important self defense/self safety areas with the Pil Sung Taekwondo students and parents.