



# Martial Arts World News MAGAZINE

The #1 Business Resource for the Martial Arts Industry

# GRANDMASTER H.K. LEE

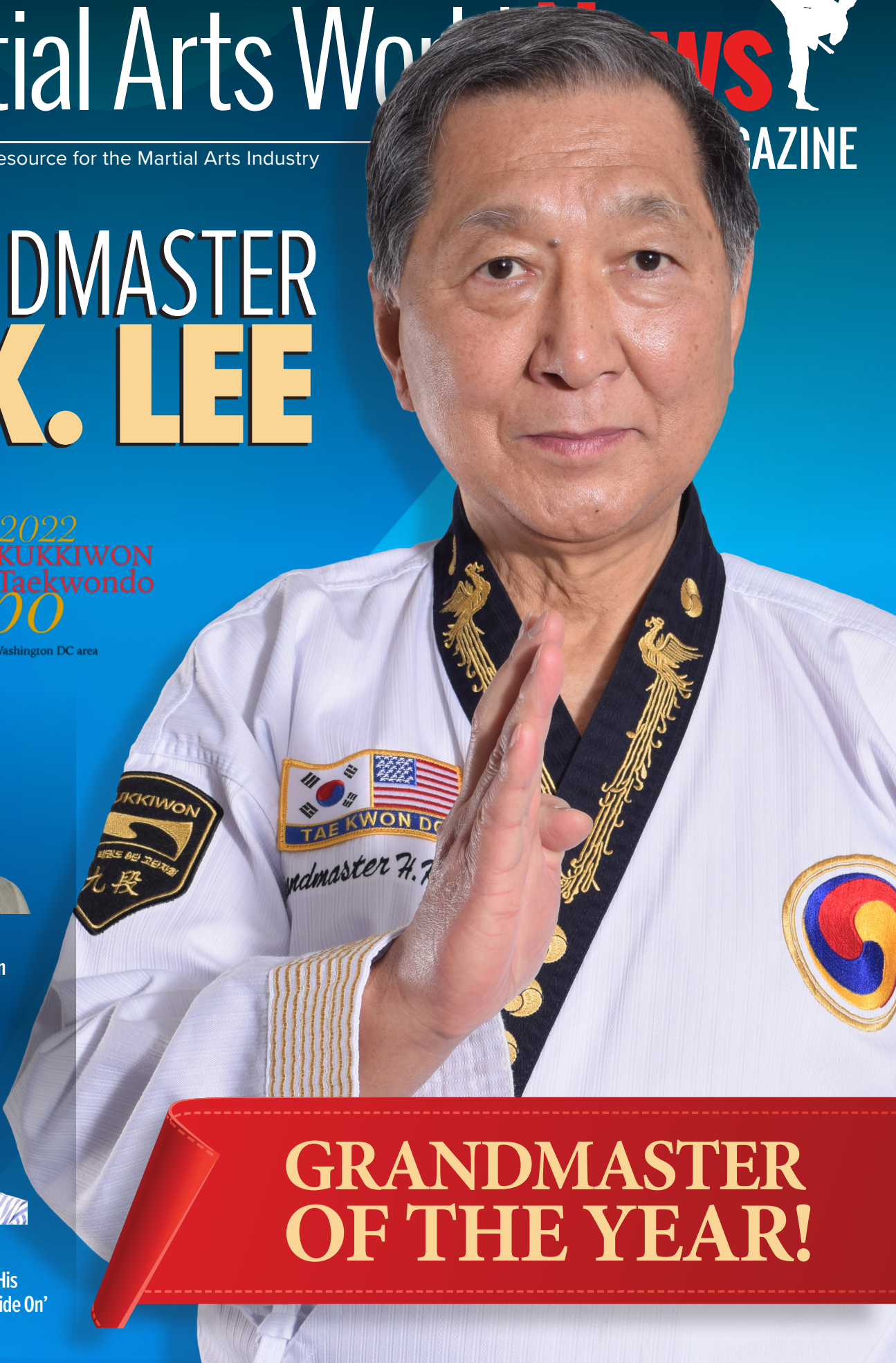
The First Ever **2022**  
**USA KUKKIWON**  
**expo Taekwondo**  
June 27-July 4 Washington DC area



Chuck Norris  
Presents UFAF Induction  
Ceremony & Awards



Jackie Chan  
Commences Shoot For His  
Martial-arts Comedy 'Ride On'

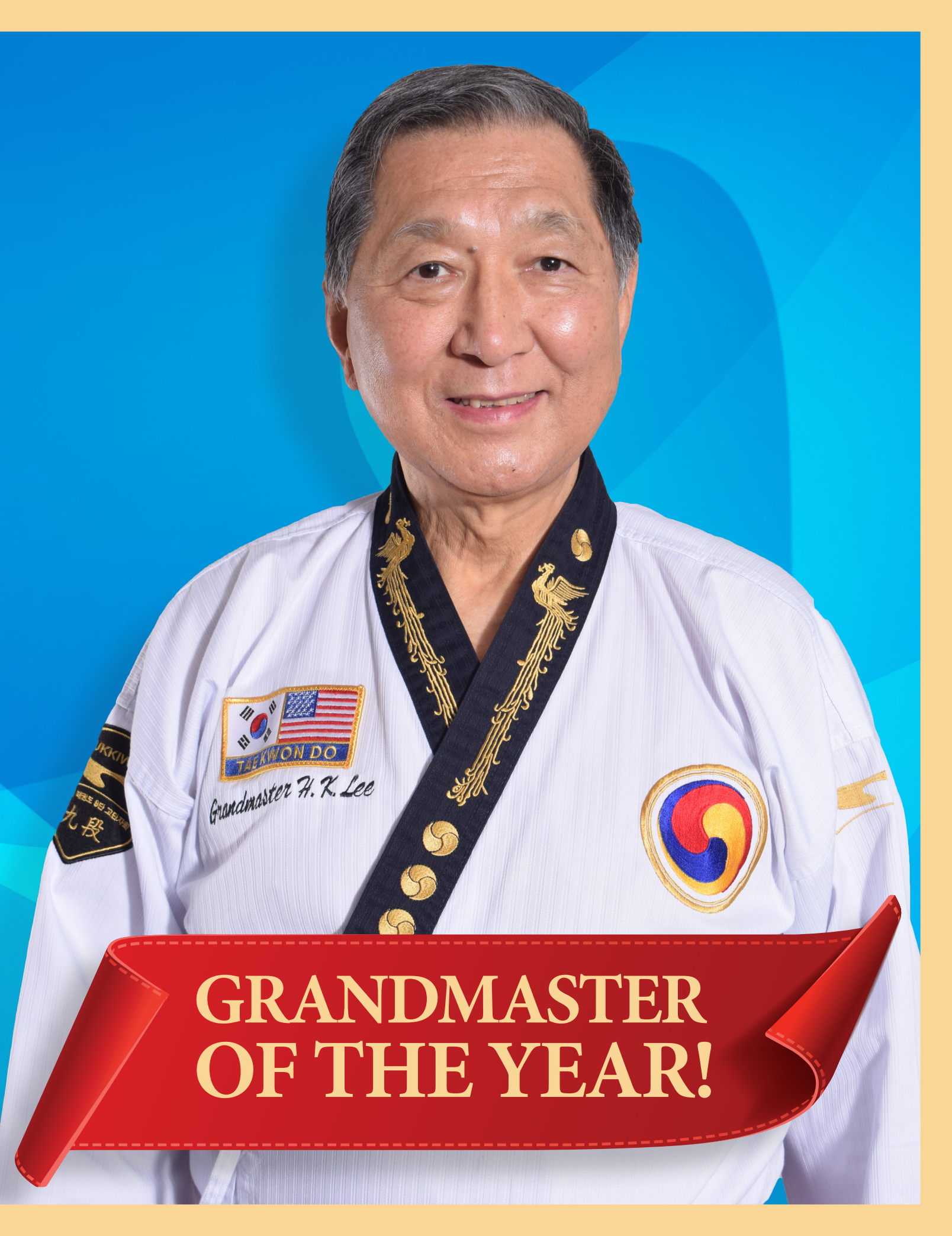


# GRANDMASTER OF THE YEAR!

# GRANDMASTER H.K. LEE

*Martial Arts World News Magazine* is proud to announce our 2022 Grandmaster of the Year is Grandmaster H.K. Lee.

You are worthy of this award due to more than 55 years of dedication to teaching excellence through the martial arts. You are internationally known and respected as an exceptional Taekwondo technician, competitor, teacher, philosopher, and promoter. You have been a great leader for our industry, for your students, and for your community. Thank you for your service to the industry and congratulations on being named the *Martial Arts World News Magazine* 2022 Grandmaster of the Year.



**GRANDMASTER  
OF THE YEAR!**



Grandmaster H.K. Lee's Accomplishments Have Been Featured in Virtually Every Martial Arts Publication of Note.

Grandmaster H.K. Lee was born in South Korea and later immigrated to the United States where he made Herndon, Virginia his second home. He received his U.S. citizenship in 1981. Since then, Grandmaster Lee has dedicated himself to being a strong community-minded citizen of his new country. He travels around the USA and many other countries in order to help those in need and promote the benefits of TaeKwonDo for everyone. He has helped many organizations raise hundreds of thousands of dollars for charity and his own TaeKwonDo Academy has raised tens of thousands of dollars for worthy charities.

Internationally known and respected as an exceptional TaeKwonDo technician, a top competitor, a caring, talented teacher and a deep philosopher, Grandmaster H.K. Lee is an incarnation of Martial Arts excellence. As stated in USA Today: "In the world of TaeKwonDo H.K. Lee is a super star." Here are some of his impressive credentials below:

- Korean National President's Award, received at the Grand Opening of TaeKwonDo Won (world hub of TaeKwonDo in Korea) Only eight grandmasters in the world have received this honor! 9/4/2014 #194901
- Outstanding Citizen Commendation by Virginia House of Delegates (2006 House Resolution #503)
- U.S. TaeKwonDo Grandmaster's Society Hall of Fame (Ambassador Category)
- International Martial Arts Hall of Fame for Education Leadership
- Former Chairman of Education for World TaeKwonDo Headquarters Kukkiwon 3/16/2010 #1010817

- Former Vice Chairman of Education for the World TaeKwonDo Federation 9/8/2005 #2005-403
- Former Chair of the USTU (now USAT) National Education/Certification Committee for ten years.
- 9th Degree Black Belt by the Korea Moo Duk Kwan Association
- 9th Degree Black Belt by the World TaeKwonDo Headquarters / Kukkiwon
- Certified 1st Class International Grandmaster by Kukkiwon
- Certified High Rank Examiner by Kukkiwon
- Author of "Tae Kwon Do Instructional Reference and Curriculum Book"
- Cover story of Black Belt Magazine (January 1996)
- Two times cover story of TaeKwonDo Times (1992 yearbook, April 1995)
- 1984 Hall of Fame in the World by Traditional TaeKwonDo magazine
- 1984 Master Instructor of the Year by the American TaeKwonDo Federation
- 1985 Man of the Year by American TaeKwonDo Federation
- 1986 Man of the Year by World TaeKwonDo magazine
- Former President of the first combined Virginia AAU (now USAT) TaeKwonDo Association
- First President of the Washington, DC, Area TaeKwonDo Masters Association

At this time, I would like to thank Grandmaster H.K. Lee, who, even with his very busy schedule, made time to interview with us

today! Also, I am very confident that what he is about to share with us can give so much benefit to many TaeKwonDo families!

**MAWN:** Grandmaster Lee, why did you choose to come to the USA and how long have you been in the USA?

**HKL:** As you know, the USA has the most opportunity and is the fairest country. Also, I really appreciate this country. I was born in April, 1947, two years after Korea's independence from Japanese occupation and three years before the Korean Civil War. Without the sacrifices of the United States and the World Freedom Fighters, I might not be here today and all of Korea would be ruled by communist dictators.

So for the last 46 years, while I am giving TaeKwonDo instruction, I have been promoting the true meaning of TaeKwonDo, and at the same time, even if it's a small thing, I believe I returned many favors to the USA!

**MAWN:** What do you mean by returning favors to the USA through TaeKwonDo instruction?

**HKL:** Because of what I taught to our community through TaeKwonDo instruction. First of all, I have mentored good character and citizenship, such as humility, respect, self-discipline, patience and care for others, to accomplish greater things in students' lives and make a difference in the world. I have also promoted healthy minds and bodies while teaching self-defense skills that build confidence and freedom from fears.

**MAWN:** Can you give me some specific examples of some ways you would teach these qualities through TaeKwonDo instruction?

**HKL:** 1st: practice attention stance to build active listening skills in everyday life.

2nd: train to be strong in mind and body, while at the same time practicing how to

be humble and gentle to become a respectable individual.

3rd: practice speed and proper timing for everyday life, when and how fast and the right time to take actions.

4th: practice cooperating while performing offense and defense with one's partner to help improve each other's self-defense. Expand this idea to become a great servant for others in our society.

*"I really appreciate this country..Without the sacrifices of the United States and the World Freedom Fighters, I might not be here today.."*

5th: teaching the use of precision techniques and proper use of timing for better self-defense. Build habits of taking the right actions, at the right time.

6th: teaching how to take proper actions from different directions for defense and offense to learn how and where to stand. Apply this to daily life to establish clear guidelines while performing different tasks.

Of course, there are many other ways where TaeKwonDo action philosophy can be applied to daily life. These are just a few examples.

**MAWN:** Someone said the United States America is very different from 50 years ago right before you came to the USA. What do you think about America today?

**HKL:** When I was in Korea I thought that Americans are the most polite, well dressed, and disciplined people in the world because I saw all of them showing lots of confidence through saying "Sir" or "Ma'am" to each others, shaking hands with warm smiles, as well as taking care of all the needy people, etc. But I think today our young people have become too casual with health, dress and language, and they are losing lots of self-discipline as well as confidence!

**MAWN:** How do you think we



Taekwondo is a Family Affair - Grandmaster Lee here with his youngest daughter Janelle Pham, Grandson Teddy, Granddaughter Sadie.



At the Taekwondo Won Training Facility in Korea - Left to Right - Dr. Ji bang Yang (President of Korea TKD Association), Dr. Jung won Choe( President of World TKD federation), Dr. Sang Wook Lee( President of TKD Won), Grandmaster H.K. Lee, Professor Kuk Hyun Jung (Secretary General for TKD Won)

can improve and reinforce positive traditional values?

**HKL:** Take TaeKwonDo classes! You will realize TaeKwonDo is an action philosophy as described above! TaeKwonDo practice will give you all of those answers!

**MAWN:** I can see why all around the world TaeKwonDo practitioners highly respect you! Would you mind giving some advice to all our TaeKwonDo practitioners around the world?

**HKL:** I am sharing what I practice daily and try to follow these famous wise remarks...with my humble advice:

“Always bear in mind that your own resolution to succeed is more important than any one thing.”

(Abraham Lincoln)

“Success is not final, failure is not fatal, it is the courage to continue that counts” (Winston Churchill)

“Success is simple, do what’s right, the right way, at the right time” (Arnold Glasgow)

“Superior technique is realized through a strong desire to

achieve your goals!” H.K. Lee (unknown original author)

“Dreams come not by thinking and wishing, but from hard work and earnest effort.” H.K. Lee (unknown original author!)

“Perfection is not attainable, but if we chase perfection we may catch excellence!” (Vince Lombardi)

*“leaders never wait for things to happen, but make things happen!”*

**MAWN:** Do you mind giving us some advice on how to follow these examples?

**HKL:** Of course, first, I would like to suggest to everyone, if you want to become experts at anything, you must practice repeatedly over and over again until that becomes your second nature! You can make your dream a reality!



Dr. Kyung Duk Kim (World Kukkiwon 9th Dan, Association President presenting Association's Vice President Certificate to Grandmaster H. K. Lee at the President's office)



World TKD Federation Headquarters with: Il Chool Kim (Director of Office), Young Won Jun (President of Global TaekwonDo Support Foundation for Peace,) Dr. Jung Won Choe (President of World TaekwonDo Federation), Grandmaster H. K. Lee



Taekwondo Plays a Significant Role in the Culture and Politics of Korea: Grandmaster Seong Wan Lee (Ji Do Kwan Supreme President), Grandmaster H.K. Lee, Ha Jin Song (Governor of Jeon Buk province Korea), Jung Soo Hwang( Mayer of Mu Ju County, Jeon Buk, Korea), Hyung Hwan You (President of Jeon Buk TKD Association), Dong young Jung (former Congressman and Korean Presidential Candidate)



**Grandmaster SaeHyuck Kim (World renown Korean Olympic and many times National Team Head Coach), Grandmaster H.K. Lee, Dr. Dong Sup Lee (president of Kukkiwon)**

Goethe said, “Whatever you can do or dream you can, begin it; boldness has genius, magic and power in it!”

**MAWN:** Lastly, I hear that you are organizing a 2022 USA Kukkiwon Expo in your area! Would you like to explain to us what that is about and why you decided to host this big event?

**HKL:** first, to promote the authentic martial art, Kukkiwon TaeKwonDo, through the Expo!

When Kukkiwon President Dongsup Lee stopped by my dojang for a short greeting visit, he shared with me about his trip to the USA, on his way home to Korea (after presenting an honorary black belt to Donald Trump, former president of the USA).

At that time he thoughtfully expressed how he wanted to have some of the biggest Kukkiwon events at the hub and world capital - Washington, DC. He asked me to thoroughly research the possibilities. Then,

Also I would like to see all of the TaeKwonDo family members practice to eventually become confident and great leaders rather than followers! Remember leaders never wait for things to happen but make things happen! Also Leaders are never afraid to make mistakes!

if possible, he said he would like to humbly request that I would consider organizing the Kukkiwon Presidents Cup TaeKwonDo Championship in Washington, DC!

At first I was very hesitant because the preparation time was too short, as well as I considered that I may be too old to be con-



**Grandmaster Lee and His Students Take a Trip to the Korean Presidential Palace (The Blue House)**





**Mi Ae Choo (Former Korea's Attorney General, Majority Leader Congresswoman Visits Students at Grandmaster Lee's Dojang!)**



**Grandmaster Lee and His Oldest Daughter April Myung-Hee Lee**

ducting these types of big events!

However, after thinking it over seriously, we realized that however small our contribution might be, the timing and magnitude of this event could contribute much to the globalization of TaeKwonDo, and give very important guidance and encouragement to many of our TaeKwonDo families after suffering from the Covid-19 Pandemic.

So after much consideration of how we may have to sacrifice a lot of time and money, we decided to rent a 1st class arena for future reference, social standing and the reputation of Kukkiwon as well as the globalization of Kukkiwon TaeKwonDo!

All TaeKwonDo families please come and join us to witness this first of its kind event in person! I believe you will be proud to be



**The Lee Brothers have Forged a World Class Organization of Taekwondo Schools - Left to Right: Jung Ho, Sang Ho, Byung Seok, Jun. K.S., H.K**

with us at the event site!

We are confident that through this event we can stimulate globalization of Kukkiwon TaeKwonDo because the diplomats from most countries in the world are residing in the Washington, DC area. It is so easy to invite them to attend this event as well as build high interest in each country's media groups!

Before we conclude this interview I would like to express my deepest appreciation to my family and students because without them I am never able to be who I am today!

My wife Gail chose a very difficult daily life because she married a first generation immigrant husband obsessed with making a difference in the world through TaeKwonDo. She supported me by helping to promote and manage the dojang, starting the area's



The Lee Family Celebrates the 2022 New Year wife Gail, and with my mother, our youngest daughter Janelle's family son-in-law Jason, and Grandchildren Sadie and Teddy



Grandmaster Dai Won Moon (Founder of Mexico MooDuk Kwan, and father of Mexico TKD), Grandmaster Jhoon Rhee (Founder of American TKD), Grandmaster H. K. Lee

first After School Martial Arts Program in 1999, and then opening a very successful Music and Arts school in the same building to offer more after-school opportunities to our students. I am very thankful to her that, in addition to all this, she raised our three beautiful children with very little help.

1st child April: she majored in environmental science at Wheaton College and is currently managing her mother's Music Spectrum School for the Arts.

2nd child Nathaniel: he is a respectable Doctor of Theology from Baylor University and Episcopal Priest at both the Church of the Incarnation and St. Mark's in the Bowery in Manhattan New York, plus the father of two preschoolers, our handsome grandsons Ezekiel and Malachi,

3rd child Janelle: she works in corporate finance and accounting and assists me as a TaeKwonDo Master and DoJang Business Manager! She is married to Jason Pham and is raising two lovely and accomplished children Sadie (7th Gup H.Yellow Belt in TaeKwonDo and competes in horseback riding) and Theodore (Deputy Black Belt in TaeKwonDo and plays Ice Hockey)

A million thanks to my dear wife Gail Sue and I am so sorry that I was not the best husband I could be! Also all of my dear children and grandchildren: thank you for growing up healthy and becoming what you want to be!

Keep up the great work! I am so proud of and love you all!



Grandmaster Lee and wife Gail celebrating our son, Priest Nathaniel Jung-Chul's Doctorate ceremony with our grandson's Ezekiel Sang-Hoon and Malachi Sang Wu

To my students:

Master Darryl Smith was my first student in the USA and we had very a close relationship until he passed away. He was only three years younger than me but he introduced me to others as his second father! He was a 5th degree Black Belt and was Gold Medalist in the Law Enforcement International Olympics Martial Arts Championship in Sydney, Australia, Vice Mayor of the Town of Herndon, and Chief of Police for Purcellville, Virginia.

Master JC Thomas grew up at our TaeKwonDo Academy since he was six years old and now he's a 40 year old professional classroom teacher in Fairfax County Public Schools and still makes time to come into the dojang to help me teach students! He was a Virginia State Champion many times and is a 6th degree Black belt.

Master Krishna Balal is a 7th degree Black Belt, former President of Nepal ITF, and currently Head Instructor and Senior Master at H.K. Lee Academy of TaeKwonDo!

Master Melvin Morte is a 6th degree Black Belt, International Referee for Sparring and Forms and former Director and Chairman of a regional Philippine TaeKwonDo Association.

Master Nick Phanethong is a 6th degree black belt who works as professional engineer but after work he comes in most days to help me teach classes.

Masters John and Junko Starks are 5th degree black belts. They are in their 70's but still come in and teach classes at least 2-3 times a week. Master Junko is from Japan. So many Korean and Japanese hate each other because for over 30 years Korea was occupied by Japan, but TaeKwonDo made us become peaceful like siblings. Now we truly love and respect each other!

Master Chris Hunt is a 4th degree black belt, US Army reservist and professional construction engineer. He helps with classes and also has helped us improve our dojang building in many ways!

Other loyal masters and instructors: (Apologies, please understand I am able to list only your names because of limited space!) Masters John Fitzgerald, Johan Frenlin, Marianne Lewis, John Dudzinsky, Dr. Mark Renne, Venci Atanasov, Alex Atanasov, Julie Uno, and Polly Goldman; Master Trainees Brandon Iida, Eddie Kim, Tony DelMar, Dr. Richard Stevens, Kristin Robbins; Leadership Trainees Evan Meade, Warren Noyes, Crystal Uehara, and Vafa Marankhah; Office Program Director Mr. Dale Cobb, Office Assistant Manager Mrs. Lorin Boyd and, all past and present students, staff and families! Without your support, we may not be here today as a most respectable Grandmaster and successful TaeKwonDo Academy! Thank you again and we love you all dearly!

Lastly I am strongly suggesting to everyone to please read loudly and repeat at least once a day as a daily affirmation to build your confidence with peace and happiness:

I can! I will! Maximize my potential! Three times consider! Three times patience! Three times forgiving! Before taking any actions!

Thank you and I will see you all at the Kukkiwon Expo or TaeKwonDo classes!

Sincerely from

Grandmaster Hyeon Kon Lee,  
Kukkiwon 9th Dan, 1st Class international Grandmaster  
Former representative for USA and chairman of Kukkiwon education committee.  
Former Vice Chairman of WT Education Committee  
Former Chairman of USAT Education committee  
Former Chairman of US Grandmasters Society.

# Reflections of Grandmaster H.K. Lee's



# 60 Plus Year Career in the Martial Arts





# USA <sup>2022</sup> KUKKIWON Taekwondo *expo*

June 27-July 4 Washington DC area

## CERTIFICATION SEMINARS

Hyatt Regency | 2300 Dulles Corner Blvd | Herndon, VA 20171

**June 27 – July 4**

## OPEN FORUM/BANQUET

Hyatt Regency | 2300 Dulles Corner Blvd | Herndon, VA 20171

**July 1**



[www.kukkiwonexpo.com](http://www.kukkiwonexpo.com)

# PRESIDENTS CUP

Eagle Bank Arena | 4500 Patriot Circle | Fairfax, VA 22030

July 1 & 2

# KUKKIWON DEMO TEAM

Eagle Bank Arena | 4500 Patriot Circle | Fairfax, VA 22030

July 2

# DOJANG MANAGEMENT SEMINAR

Hyatt Regency | 2300 Dulles Corner Blvd | Herndon, VA 20171

July 3 & 4

“I look forward to meeting all Taekwondo families  
at the 2022 USA Kukkiwon Taekwondo Expo”

*President of Kukkiwon, Grandmaster Dr. Lee Dong Sup*



- **HONORARY CHAIRMAN** Gregory Murphy - US Congressman
- **KUKKIWON PRESIDENT** Grandmaster Dr. Lee Dong Sup
- **CHAIRMAN OF THE ORGANIZING COMMITTEE:** Grandmaster H. K. Lee
- **CONTACT** Grandmaster Jun Lee, Kukkiwon Spokesperson for International Affairs  
[info@kukkiwonexpo.com](mailto:info@kukkiwonexpo.com)