



## Colin Wee

### Author Biography

Colin Wee is a highly respected martial artist, author, and instructor with a deep passion for the martial arts. Born and raised in Singapore, Colin began his martial arts journey at a young age, showing a natural talent and dedication to his training. He is widely recognized for his expertise in Taekwondo applications and Karate bunkai, combining the principles and techniques from both hard and soft style disciplines to create a unique and effective approach to martial arts.

With over 40 years of experience, Colin is ranked as a 7th dan in Traditional Taekwondo, holds the Instructor of the Year Award 2016 from American Karate and Taekwondo Organization, and was inducted into the Australasian Martial Arts Hall of Fame in 2020. In a previous life, Colin was a National Representative and Assistant National Coach under the Archery Association of Singapore.



Colin believes in the transformative power of martial arts as a holistic practice that extends beyond physical development. Through his mentorship using the Tenets of Taekwondo - courtesy, integrity, perseverance, self-control, and indomitable spirit - he instills valuable life lessons and principles in both martial art students and young executives. His expertise in sports coaching allows him to tailor training methods to individual needs, fostering personal growth, discipline, and self-confidence in each practitioner.

His educational background features a BBA with Honors from Southern Methodist University, and an MBT from University New South Wales.

Colin Wee's unwavering dedication to martial arts, his extensive network amongst high-level practitioners, and his commitment to sharing his expertise make him a respected figure in the martial arts community. Whether through his teaching, writing, or personal practice, Colin continues to inspire and empower martial artists around the world.

More at <https://breakingthrough.world>