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## "The Way of the White Tiger" - East West Kung Fu of Lafayette

By Sophie Braccini



Grandmaster Lee with Meghan Mannion-Gray, a first degree black belt (right), and Anna Winder, a second degree brown belt. Photo Sophie Braccini

school immediately found and he continued his search for perfection, embarking on a quest for knowledge that took him all over the world (visit his website, [www.bokfudo.com](http://www.bokfudo.com), to read about his journeys.)

It is hard to pinpoint the root of Lee's motivation and determination. "My motivation is to become the best martial arts teacher in the world," says Lee, "when my students participate in a World Tournament they know that they deserve to win, because they have been through such an incredible training program." His staff and students boast impressive records, including his general manager, Morgan Newman. "I have been World Champion three times in a row," says Newman, "These championships happen every three years in a different country. Each country sends its 17 best martial artists, who are selected during national championships."

The school is welcoming to people of all ages and aspirations. "Our students are adults and children alike," says John Buckley, a student of Lee for 25 years, now a Master himself and the trainer of the U.S. team, "It has something to offer to everybody in a friendly and congenial atmosphere. The vast majority of our adult students have families and careers, they look for a positive outlet and can come for as little as once a week to once every day; they study at their own pace and the teachers respect that." Buckley explains that the technique is not abrasive to the body, it promotes flexibility, strengthens muscles, takes the student on an incredible emotional journey and stimulates the brain. "You feel cleansed," says Buckley, "you are mentally and emotionally rewarded."

East West Kung Fu offers classes six days a week to children, adults and families. The first trial class is one on one and free, from there potential students decide what they want to pursue.

Richard Lee's East West Kung Fu

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

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