

Cecilia Lee: Tec student and athlete seeking to excel in taekwondo



The two-time world champion and Borregos Monterrey member wants to leave a social legacy, using sport as a means to support children's holistic development

10/07/2024

MARLENE GONZÁLEZ

When her father, **a former South Korean national taekwondo champion**, led her to believe as a child that the sport was actually ballet, Mexican **Seo Hyun Cecilia Lee Kim** did not know that it would lead to her finding her true passion.

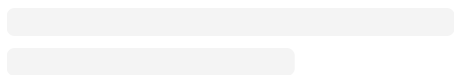
*"I wanted to do what my friends did in preschool: **ballet**. My dad bought me the whole set. He made me **do taekwondo** to music. At a talent show, I finally realized because they were dancing, and I screamed. How embarrassing! **That's when I discovered that I liked the sport**," she said.*

More than 15 years after this event, the daughter of Korean parents has forged a career marked by becoming a **two-time world taekwondo champion** and by being a **national and international** multi-medalist.

In addition to continuing to achieve her goals, the [Clinical and Health Psychology](#) student at the Tec Monterrey campus also wants to leave a **social legacy**, using sport as a means to support children's holistic development.



[View this post on Instagram](#)



*During the pandemic, I realized the importance of **mental health**. I'm a coach for **14 children** and it is very nice because you learn a lot. I really enjoy teaching."*

*"I chose this degree because later I want to do a **master's degree in children's sports**, and I want to combine it with taekwondo. I feel that I will be able to help a lot of people," said the athlete from **Borregos Monterrey**.*

Thus far in 2024, the 3rd semester student has won a **gold medal** at the **National University Games** and **2 bronze medals** at the **2024 World University Festival in South Korea**.

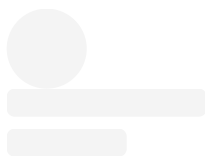
"The Tec supports athletes a lot."

Taekwondo as tradition and heritage

Throughout her sporting career, Cecilia Lee has received training from her father **Kang Young Lee**. She said that, as a child, **it was not easy** for her at first.

*"It's difficult for a girl to explain that **at home he's your father** and outside he's your coach. Many people think it's like 'she wins because she's his daughter,' but I have to **meet all the requirements**," she said.*

Over the years, Kang Young Lee's father/coach duality developed **discipline and commitment** to taekwondo in his daughter.



[View this post on Instagram](#)

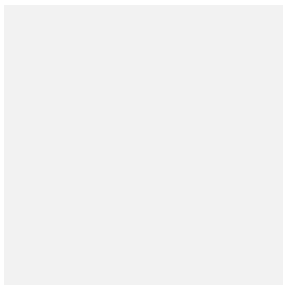


The Monterrey native has shared various achievements with him, including the world championships in **Taipei** in 2018 and in **Goyang, Korea**, in 2022.

Along with her father, Cecilia also enjoys **participating in taekwondo** with her mother and her two sisters Sofia and Yenni Lee.

*“In Korea, where my parents are from, men do taekwondo because having a black belt is a requirement for **military service**. My mom also has a **black belt**, but that was a middle school requirement.*

*“My dad always wanted to instill **Korean culture** in us. “My sisters and I have healthy competitions to motivate ourselves,” she said.*



Finding a balance between studies and sport

Since she began her studies at **PrepaTec Valle Alto**, Seo Hyun Cecilia Lee Kim has been an **athlete and student** at Tecnológico de Monterrey.

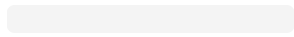
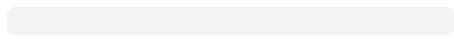
Cecilia shared that, as part of her **daily routine**, she attends classes in the morning, teaches taekwondo to children in the afternoon, trains at night, and does homework after midnight.

*"I have always told my students that the **Tec supports athletes a lot** because it allows you to lead a balanced life and means that you don't put any part of you aside.*

*"Tec has allowed me to **fulfill** both roles. When I go to a competition, I take a break from school and when I come back, I go back to studying," she shared.*



[View this post on Instagram](#)



The Monterrey native and Monterrey Campus student has a sports scholarship from **Borregos Monterrey**.

Seo Hyun Cecilia Lee Kim is training to participate in the 2028 Olympic Games, which will be held in Los Angeles, USA.

ALSO READ:

