

# NRG Taekwondo Korea Packs a Punch in Hong Kong

Hong Kong's passion for sports has driven NRG Taekwondo Korea Limited's growth, enabling it to promote taekwondo's values and expand its reach in the city.



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**NO RAE**

Founder

NRG Taekwondo Korea Limited

Hong Kong's commitment to boosting its sports economy is evident through its investments in world-class facilities, international events and sports education. Inspired by this dynamic environment, Korean entrepreneur No Rae established NRG Taekwondo Korea Limited (NRG) in 2015. Capitalising on the city's growing demand for martial arts programmes, NRG has expanded steadily and just opened its sixth branch in August 2025.

## Growing Strong in Hong Kong

The black-belt master lived and worked in many cities worldwide before choosing Hong Kong to establish his own taekwondo centre. No said, “The city's dynamic economy and global connectivity draw major corporations to establish operations and invest significantly. This vibrant, multicultural and opportunity-rich environment is why I decided to open NRG in Hong Kong.”

The opening of the Kai Tak Sports Park in early 2025 and Hong Kong's co-hosting of the 15<sup>th</sup> National Games with Guangdong and Macao at the end of 2025 are set to drive interest in sports-related services. “Fuelled by the city's growing health consciousness and demand for structured sports education, we aim to expand to at least 12 centres across the city in the long term,” he added.

No also mentioned that he has benefited greatly from Hong Kong's business-friendly environment. “I particularly enjoyed the connections brought by InvestHK through various networking events, publicity support and referrals. Whenever I have any questions, InvestHK provides me with information and assistance promptly,” he stated.

## Nurturing Mind and Body

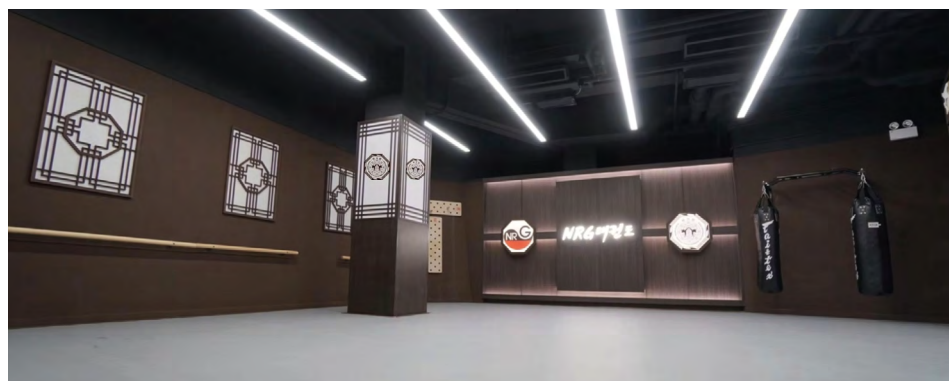
For No, a successful business goes

beyond financial profits. “Our company's mission is not just to do business, but to instil habits for a healthy body and mind in students,” he said.

No finds fulfilment in his work with NRG, especially when witnessing his students' achievements. This is particularly true for children with behavioural challenges. “Taekwondo is not just a sport; it's a martial art that fosters self-confidence, self-control, discipline, and mental resilience,” he explained. “I treasure my time teaching in Hong Kong and have come to cherish the city for its vibrant culture and supportive community.”



Watch the video:



## NRG Taekwondo Korea Limited

- It currently operates six branches in Hong Kong with classes catering for children and adults
- The company's founder, No Rae, is a 7<sup>th</sup> Dan black-belt taekwondo master

[nrg-tkd.com](http://nrg-tkd.com)