Grand Master Lewis started his training in 1968, and became a Black Belt in 1977 while stationed at Fort Bragg, N.C. In 1978 Gr. Master Lewis and his family moved to Scappoose and started Lewis TaeKwonDo.

He was one of the first instructors in the U.S. to present the criteria for a TaeKwonDo Varsity Letter program at the local school board meeting and have it accepted. He has now been running the Varsity Letter program at the Scappoose High School for over 10 years.

In 1992, Lewis TaeKwonDo was certified through the USAT (club member #1284). In 1999, Grand Master Lewis received his A-1 Certification (#99-OR-0814-060). In 2002, he was certified as a Senior Master Instructor (#USA2002-006-002). Also in 2002, he was certified as a Level 2 Coach (#00-CONS-0511-091), and in 2006 he was certified as a Level 1 Coach at the Nationals in Atlanta Georgia. Grand Master Lewis was awarded the Male Coach for the Jr. Olympics in San Jose, CA in 2007. In 2008, Grand Master Lewis competed at the USAT US Open in New Orleans, LA. He won gold medals in both his sparring and poomsae divisions. He also tested before the Korean board of Grand Masters in New Orleans and was awarded his 7th Degree Black Belt. He was the first person to test for a USAT Black Belt Certificate. At the Jr. Olympics in Detroit, Michigan he was inducted into the USA TaeKwonDo Martial Arts Advisory Council (MAC).