

**WHEREAS,** with roots tracing back to ancient Korea, Tae Kwon Do is a non-armed system of self-defense that has spread internationally to become one of the world's most successful and popular martial arts; and

**WHEREAS,** Tae Kwon Do training involves a variety of techniques using bare hands and feet that incorporate sharp, strong angular and free-flowing circular movements to create a balance of power and beauty; and

**WHEREAS,** most famous for its wide range of kicks, Tae Kwon Do also emphasizes discipline and self-knowledge in a program of total fitness that integrates mind, body, and spirit.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 26, 2009, as

## **TAE KWON DO DAY**

throughout the state and encourage all South Carolinians to learn more about the positive physical and mental benefits of participation in martial arts.