

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.