

# State of South Carolina

## Governor's Proclamation

WHEREAS, with roots tracing back to ancient Korea, Tae Kwon Do is a systematic and scientific discipline that helps enhance one's spirit and life by training the body and mind; and

WHEREAS, as an effective means of unarmed self-defense, Tae Kwon Do utilizes blocking, dodging, foot sweeps, and joint locks, along with fast and powerful kicks and strikes; and

WHEREAS, in addition to its physical benefits, ranging from weight control to improved strength, flexibility, and coordination, Tae Kwon Do training emphasizes discipline and self-knowledge in a program of total fitness that integrates mind, body, and spirit.

NOW, THEREFORE, I, Nikki R. Haley, Governor of the great State of South Carolina, do hereby proclaim September 24, 2016, as

### TAE KWON DO DAY

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



A handwritten signature in black ink, reading "Nikki R. Haley".

NIKKI R. HALEY  
GOVERNOR  
STATE OF SOUTH CAROLINA