

Assembly Concurrent Resolution No. 1

RESOLUTION CHAPTER 92

Assembly Concurrent Resolution No. 1—Relative to Taekwondo Day.

[Filed with Secretary of State July 20, 2021.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 1, Quirk-Silva. Taekwondo Day.

This measure would designate September 4, 2021, and the same date each year thereafter, as Taekwondo Day in California.

WHEREAS, Taekwondo is a Korean traditional martial art that is highly popular worldwide, with more than 70,000,000 practitioners from more than 200 countries; and

WHEREAS, Officially developed as a unified style of martial arts in the 1950s, the roots of Taekwondo stretch back nearly 5,000 years, incorporating elements of many traditional Korean martial arts; and

WHEREAS, Taekwondo began as a defense martial art called “Subak” or “Taekkyon,” and developed as a way of training body and mind in the ancient kingdom of Koguryo, under the name of “Sunbae.” In the Silla period, it became the backbone of Hwa Rang Do that aimed at producing leaders of the country; and

WHEREAS, Taekwondo is one of the most systematic and scientific Korean traditional martial arts that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing one’s spirit and life through training the body and mind; and

WHEREAS, Taekwondo cultivates mental strength as well as physical fitness and teaches students to use knowledge and internal power and to follow the Taekwondo tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit; and

WHEREAS, Taekwondo has become a global sport that has gained an international reputation and stands among the official games in the Olympics. Debuting at the 2000 Olympic Games in Sydney, Australia, it is one of only two Asian martial arts included as a medal event in the Olympic Games; and

WHEREAS, In addition to the sporting and self-defense aspects of Taekwondo, there is also an exercise element that provides health improvements, including balance, flexibility, stamina, strength, and posture; and

WHEREAS, As well as the physical health improvements, Taekwondo is also known to benefit mental health through increased confidence and improved self-esteem, focus, concentration levels, self-discipline, agility, and reflexes; and

WHEREAS, During the COVID-19 pandemic, social distancing and quarantines have had an impact on the mental health of children and adults; and

WHEREAS, Exercise, including Taekwondo, combats mental health issues by boosting endorphin levels and reducing stress, and it has been shown that endorphin-rich movement improves mental focus and cognitive skills; and

WHEREAS, Men, women, and children of all ages, races, and creeds throughout California build strong character, pursue self-fulfillment through good discipline, and improve physical as well as mental health by practicing Taekwondo; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature hereby designates September 4, 2021, and the same date each year thereafter, as Taekwondo Day in California; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.