

Date of Hearing: June 10, 2021

ASSEMBLY COMMITTEE ON RULES
Ken Cooley, Chair
ACR 1 (Quirk-Silva) – As Amended June 3, 2021

SUBJECT: Taekwondo Day.

SUMMARY: Designates September 4, 2021, and the same date each year thereafter, as Taekwondo Day in California. Specifically, **this resolution** makes the following legislative findings:

- 1) Taekwondo is a Korean traditional martial art that is highly popular worldwide, with more than 70,000,000 practitioners from more than 200 countries. 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.
- 2) 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.
- 3) 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 Olympics.
- 4) 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.
- 5) During the COVID-19 pandemic, social distancing and quarantines have had an impact on the mental health of children and adults. 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.
- 6) 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.

FISCAL EFFECT: None

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

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