

SENATE JOINT RESOLUTION

No. 124

STATE OF NEW JERSEY

221st LEGISLATURE

INTRODUCED JUNE 13, 2024

Sponsored by:

Senator DOUGLAS J. STEINHARDT

District 23 (Hunterdon, Somerset and Warren)

SYNOPSIS

Designates June 1 of each year as “Tae Kwon Do Day” in NJ.

CURRENT VERSION OF TEXT

As introduced.



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- 1 **A JOINT RESOLUTION** designating June 1 of each year as “Tae
2 Kwon Do Day” in New Jersey.
3
- 4 **WHEREAS**, Tae Kwon Do, also known as Taekwondo, is a traditional
5 Korean martial art that teaches self-defense strategies in unarmed
6 combat and emphasizes a mind-body connection; and
- 7 **WHEREAS**, Since its formal recognition as a Korean martial art in
8 1955, Tae Kwon Do has garnered increasing international
9 recognition; and
- 10 **WHEREAS**, In 2000, Tae Kwon Do became an official Olympic sport,
11 and is currently practiced in over 200 countries, making it one of
12 the world’s most practiced martial arts; and
- 13 **WHEREAS**, The growing popularity of Tae Kwon Do can also be seen
14 in New Jersey with the establishment of Tae Kwon Do training
15 centers across the State and the formation of the New Jersey State
16 Taekwondo Association, the official governing body of the sport of
17 Tae Kwon Do in New Jersey; and
- 18 **WHEREAS**, Tae Kwon Do is known for its emphasis on high, fast kicks
19 and dynamic movements, hand techniques such as punches, blocks,
20 and strikes, and improved flexibility, balance, and agility; and
- 21 **WHEREAS**, Tae Kwon Do also highlights the importance of mental
22 strength by instilling its five tenets: (1) courtesy; (2) integrity; (3)
23 perseverance; (4) self-control; and (5) indomitable spirit; and
- 24 **WHEREAS**, Research shows that Tae Kwon Do can improve
25 participants’ mental health by relieving stress and reducing anxiety,
26 enhancing self-confidence and self-esteem, and positively
27 impacting participants’ body image perceptions; and
- 28 **WHEREAS**, Group training sessions can foster social connection,
29 enable participants to develop a sense of community and
30 camaraderie, and improve participants’ sociability; and
- 31 **WHEREAS**, In addition to its physical, mental, and social benefits, Tae
32 Kwon Do promotes personal safety by helping individuals to
33 develop a heightened sense of situational awareness and to identify
34 potential dangers, which can reduce the likelihood of becoming a
35 victim of crime; and
- 36 **WHEREAS**, Tae Kwon Do encourages personal growth and awards
37 levels and belt colors in accordance with the trainee’s level of
38 mastery with a white belt representing a novice and a black belt
39 representing the highest level of mastery; and
- 40 **WHEREAS**, While the belt system is used to mark progress and skill
41 level, Tae Kwon Do is an inclusive practice characterized by
42 adaptable, tailored training methods to accommodate the goals and
43 abilities of each trainee and to enable trainees to participate and
44 progress at their own pace; and
- 45 **WHEREAS**, Research demonstrates that Tae Kwon Do can benefit
46 individuals of various ages and abilities, including children and
47 adolescents, individuals with intellectual, developmental, or
48 physical disabilities, older adults, and seniors; and

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1 **WHEREAS**, It is fitting to designate June 1 of each year as Tae Kwon
2 Do Day in New Jersey to recognize the positive impact of its
3 teachings on participants in New Jersey and to encourage increased
4 participation throughout the State; now, therefore,
5

6
7 **BE IT RESOLVED** *by the Senate and General Assembly of the*
8 *State of New Jersey:*
9

10 1. June 1 of each year is designated as “Tae Kwon Do Day” in
11 New Jersey.
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13 2. The Governor is requested to issue a proclamation annually to
14 recognize “Tae Kwon Do Day” and call upon relevant State
15 agencies, organizations, and citizens of the State to observe the day
16 with appropriate activities and programs.
17

18 3. This joint resolution shall take effect immediately.
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21 **STATEMENT**
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23 This joint resolution designates June 1 of each year as “Tae
24 Kwon Do Day” in New Jersey to recognize its positive impact on
25 participants and to encourage increased participation.

26 Tae Kwon Do is a traditional Korean martial art that emphasizes
27 fast, high kicks, hand techniques such as punches, blocks, and
28 strikes, and a mind-body connection. Tae Kwon Do is practiced in
29 over 200 countries, making it one of the most popular forms of
30 martial arts in the world. Tae Kwon Do is also popular in New
31 Jersey with training centers located across the State.

32 Tae Kwon Do is associated with a myriad of benefits. Tae Kwon
33 Do participants develop improved flexibility, balance, and agility as
34 well as self-discipline, respect, confidence, and enhanced mental
35 strength. Tae Kwon Do can positively impact participants’ mental
36 health, foster a sense of community and camaraderie through group
37 training, and promote personal safety by improving participants’
38 sense of situational awareness.

39 As Tae Kwon Do is practiced throughout the State and can
40 benefit New Jerseyans of all ages and abilities, it is fitting to
41 designate June 1 of each year as “Tae Kwon Do Day” in New
42 Jersey.