

The Concept & Purpose of Kendō

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The Concept of Kendō

The concept of kendō is to discipline the human character through the application of the principles of the katana.

The Purpose of Kendō

The purpose of kendō is:
to mold the mind and body,
to cultivate a vigorous spirit,
and through correct and rigid training,
to strive for improvement in the art of kendō,
to hold in esteem human courtesy and honor,
to associate with others with sincerity,
and forever pursue the cultivation of oneself.

This will make one be able:
to love his/her country and society,
to contribute to the development of culture
and to promote peace and prosperity among all peoples.



*Figure 1: The kanji for dō, literally “the way”. The All Japan Kendō Federation’s *Concept and Purpose of Kendō*, as well as the *Mindset of Kendō Instruction*, embody the concept of dō.*

The Concept & Purpose of Kendō was established March 20, 1975, by the All Japan Kendō Federation.