

The Concept and Purpose of Kendo

- The Concept of Kendo -

The concept of Kendo is to discipline the human character through the application of the principles of the Katana (sword).

- The Purpose of Practicing Kendo -

The purpose of practicing Kendo 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 Kendo,
To hold in esteem human courtesy and honour,
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.

The Concept and Purpose of Kendo was established by the All Japan Kendo Federation in 1975.