

# 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 honor,

To associate with others with sincerity,

And to 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 of Kendo  
was established by All Japan Kendo Federation in 1975.)