

The Philosophy of Budō

Budō, the martial ways of Japan, have their origins in the traditions of *bushidō*—the way of the warrior. *Budō* is a time-honoured form of physical culture comprising of *jūdō*, *kendō*, *kyūdō*, *sumō*, *karatedō*, *aikidō*, *shōrinji kempō*, *naginata* and *jūkendō*. Practitioners study the skills while striving to unify mind, technique and body; develop his or her character; enhance their sense of morality; and to cultivate a respectful and courteous demeanour. Practised steadfastly, these admirable traits become intrinsic to the character of the practitioner. The *Budō* arts serve as a path to self-perfection. This elevation of the human spirit will contribute to social prosperity and harmony, and ultimately, benefit the people of the world.

Member Organisations of the Japanese Budō Association

Zen Nihon Jūdō Renmei
(All Japan Judo Federation)

Zen Nippon Kendō Renmei
(All Japan Kendo Federation)

Zen Nihon Kyūdō Renmei
(All Nippon Kyudo Federation)

Nihon Sumō Renmei
(Japan Sumo Federation)

Zen Nihon Karatedō Renmei
(Japan Karatedo Federation)

Aikikai
(Aikikai Foundation)

Shōrinji Kempō Renmei
(Shorinji Kempo Federation)

Zen Nihon Naginata Renmei
(All Japan Naginata Federation)

Zen Nihon Jūkendō Renmei
(All Japan Jukendo Federation)

Nippon Budōkan
(Nippon Budokan Foundation)

Established on 10 October, 2008 by the Japanese Budō Association
(Nippon Budō Kyōgikai)

English translation approved on 1 May, 2009

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