

## The Definition of Budō

*Budō* is a form of Japanese physical culture that has its origins in the ancient tradition of *bushidō* – literally, “the way of the warrior.” Practitioners of *budō* develop technical martial skills while striving to unify of mind, technique and body; to develop their character; to enhance their sense of morality; and to cultivate a respectful and courteous demeanour. Thus, *budō* serves as a path to self-perfection. *Budō* as a general term refers to the modern Japanese martial arts disciplines comprised of *jūdō*, *kendō*, *kyūdo*, *sumō*, *karatedō*, *aikidō*, *shōrinji kempō*, *naginata*, and *jūkendō*.

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