

## 剣道を学ぶ目的、理念、心構え、特性

### **The Purpose of Learning *Kendo*, Concept of *Kendo*, Mental Attitude, Characteristic**

全日本剣道連盟(全剣連=AJKF)は、剣道の理念を次のように規定している。

All Japan Kendo Federation (ZEN-KEN-REN= AJKF) provided that **The Concept of Kendo** is as follows:

剣道は剣の理法の修錬による、人間形成の道である。

**Kendo is a way to discipline the human character through the application of the principles of the Katana. (Katana=sword)**

又剣道修練の心構えとして次のように規定している。

And Zen-ken-ren also said an attitude for learning Kendo is as follows:

剣道を正しく真剣に学び、技術の向上を図り、心身を練磨して、旺盛なる気力を養い、剣道の特性を通じて礼節を尊び、信義を重んじ、誠を尽くして、常に自己の修養に努めて、以って、国家社会を愛して、広く人類の平和繁栄に寄与せんとするものである。

The Proper Attitude for Practicing Kendô: To study kendô properly and earnestly, To train and polish body and soul, To foster a vigorous spirit, To honor a spirit of decorum rooted in the nature of kendo, To emphasize faithfulness, To give full measure to a spirit of sincerity, To strive assiduously for self-cultivation at all times, And thus endeavor to love one's state and society while contributing to the peace and prosperity of all humankind.

剣道を習う目的には各自色々とあると思うが、学ぶことにより次のようなことが身に付くと思います。

I think there are many reasons to learn Kendo. Everybody has deferent goal/idea.

However if you keep learning Kendo, you will get many good results as follows:

1. 姿勢が良くなり、丈夫な体になる。You will become have a good posture and be in good health.
2. 集中力と判断力がつく。You will make a lot of progress in power of concentration and judgment.
3. 積極的になれる。You will do everything positively.
4. 礼儀を知ることが出来る。You will be able to know courtesy.
5. 責任感の強い人間になれる。You will become a person who has a strong sense of responsibility.
6. 世の中に役立つ人間になれる。You will become a useful person for the world.
7. 忍耐強い人になれる。You will become a persevering person .
8. 俊敏な動きが出来る。You will become a smart and quick person.
9. 動体視力が良くなる。You will have good /visual power eyesight.