

# 剣道

Kendo is a physically and mentally challenging activity that combines strong martial arts values with sporting-like physical elements. Kendo embodies the essence of Japanese fighting arts. Around eight million people world-wide practice kendo with approximately seven million in Japan.

# KENDO

The British Kendo Association (BKA) was founded in 1964 as a non-profit making organisation to foster and develop the practise and spirit of Kendo, Iaido (sword drawing), and Jodo (staff) along traditional lines.

If you would like to find out more about Kendo in the UK, or locate a club, please see:

[www.kendo.org.uk](http://www.kendo.org.uk) National Phone line: 0149 458 1503



BRITISH KENDO  
ASSOCIATION