

KENDO

The Way of the Sword - The Ancient Art of Japanese Fencing



Kendo means “the way of the sword.” It is the oldest, most respected Japanese martial art. Modern Kendo with its grace, manners and athleticism, is the sport that has evolved from this 2,000 year-old tradition of Japanese swordsmanship and Samurai culture.

Kendo provides a balanced exercise that coordinates foot, sword, body, breath, and voice. Regular practice will condition the body, and over time, one develops the mental control needed to master the seemingly simple techniques. And it is with this mental alertness that anyone can overcome any opponent.



The Cleveland Kendo Association was established in 1986 as a non-profit organization dedicated to the promotion of the art of Kendo. The club has maintained a philosophy of assisting students to obtain Kendo training with minimal financial impact .

This non-commercial and community service philosophy have been instrumental in reaching an array of students from diverse backgrounds to develop a samurai spirituality that can be a powerful source of strength and focus to manage their daily lives.

The Cleveland Kendo Association is a member of the All United States Kendo Federation (AUSKF), the Greater North Eastern United States Kendo Federation (GNEUSKF), and the International Kendo Federation (FIK).

The Cleveland Kendo Association is the only AUSKF affiliated dojo in Northern Ohio (including Akron, Canton, Youngstown, and Toledo).

To learn more about how Kendo can make a positive influence in your life, visit our website at:

<http://www.ClevelandKendo.com>

or e-mail us at: contact@clevelandkendo.com



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