

弓道

KYŪDŌ



ABOUT KYŪDŌ

Kyudo is the Japanese martial art of archery in which practitioners shoot at a small, stationary target. The origins of the bow and arrow can be traced back to primitive times when man hunted animals for survival, but the Japanese bow's universally unique shape is partly aesthetic-based.

The ultimate goal of kyudo is to subdue one's own ego. Archers give themselves completely to each shot, but readily accept strikes and misses as one in the same. Each shot is a barometer for the level of physical and mental integration of the self. There are many requirements for shooting correctly in kyudo. One must maintain a straight posture, spread the arms equally, open the chest broadly, and channel one's energy into the lower abdomen to unify one's self with the bow and the target. At full-draw, the archer must momentarily pause to heighten the level of spiritual concentration before calmly and decisively releasing

the bow string. If all of these conditions are met, there is no reason why the arrow should not find its mark.

Even if the archer gives their all, but misses the target, the introspection and evaluation of their performance forms an important part of their mental training. Due to the recent overseas popularity of kyudo, the International Kyudo Federation was established in May 2006.

