
Welcome to the World of Kyudo

Kyudo, the Way of the Bow, is a fascinating martial art that has been practiced in Japan for centuries. It is much more than simply shooting an arrow at a target. Kyudo is a journey of self-discovery, a way of life that encourages practitioners to seek out the truth, beauty, and goodness in the world around them.

Kyudo and Your Well-Being

Kyudo is an excellent way to achieve physical, mental, and spiritual well-being. In addition to improving your mind-body coordination, posture, balance, and muscle tone, it can also help you develop mindfulness and a sense of joy. Kyudo is a non-competitive sport that focuses on mastering the technique and harnessing your mind, rather than competing against others. It's a great way to get in shape, clear your mind, and feel a sense of accomplishment.

The History and Spirit of Kyudo

Kyudo is an ancient martial art that focuses on archery. Unlike western archery, Kyudo is not a competitive sport against others but is a competition with one's inner self to harness the mind and master the technique.

To truly appreciate the beauty of Kyudo, it's essential to understand its rich history and spiritual significance. The International Kyudo Federation offers a great resource on the history of Kyudo, which dates back to ancient times in Japan. The Spirit of Kyudo is also an essential aspect of the practice, and this guide from the International Kyudo Federation explores the Zen principles that underpin Kyudo.

If you are interested in learning more about the history, spirit, and philosophy of Kyudo, you can refer to the following resources:

- [The History of Kyudo](#)
- [The Spirit of Kyudo](#)
- [One Shot. One Life. Kyudo Documentary](#)
- [Wikipedia](#)

The Auckland Kyudo Club

The Auckland Kyudo Club is a community of Kyudo enthusiasts who meet regularly at the YMCA Lagoon Stadium facility in Panmure to practice the art.

Prospective members must complete the beginner's course before they are allowed to join the club. If you are interested in learning more about the Auckland Kyudo Club or trying out Kyudo, please refer to the [website of the Auckland Kyudo Club](#) and the [Auckland Kyudo Club FAQ](#).

If you're curious about this martial art, you can sign up for a trial session followed by a six-week beginners' course. The club's website provides additional information about the beginners' course, including details about how to sign up and what to expect. You'll also find information about the club's membership fees, which help to cover the cost of equipment and facilities.

Because Kyudo is a weapons-based martial art, the club is unfortunately unable to accept prospective members under the age of 16. It is crucial that you read and understand [Auckland Kyudo Club Health and Safety Guidelines](#) before joining.

The New Zealand Kyudo Federation

The Auckland Kyudo Club is affiliated with the New Zealand Kyudo Federation, which is a member of the [International Kyudo Federation](#). The New Zealand Kyudo Federation is dedicated to promoting and preserving the art of Kyudo in New Zealand, and they offer a range of resources for practitioners, including information about competitions, seminars, and training opportunities. You can find out more about the [New Zealand Kyudo Federation on their website](#).