

About the Exhibition

"The Spirit of Budō: The History of Japan's Martial Arts" presents an evolution over more than one thousand years of Japanese martial arts from battlefield combat techniques called "Bujutsu" to popular sports or physical exercise to train the body and cultivate the spirit, which is called "Budo".



Throughout the exhibition, visitors will explore the deeper significance of the various Japanese martial arts as a philosophy and art form, rather than as just a form of combat or sporting activity. The visitor will not only learn about the history of martial arts in Japan, but also about the aesthetic awareness, creativity, social history and ways of thinking of the Japanese people.