Definition (Adjunction, Version 1). Let **C** and **D** be categories. An *adjunction* from **C** to **D** is given by the following data:

- 1. A functor $L: \mathbb{C} \to \mathbb{D}$ (the *left adjoint*);
- 2. A functor $R: \mathbf{D} \to \mathbf{C}$ (the right adjoint);
- 3. A natural isomorphism $\tau : \operatorname{Hom}_{\mathbf{D}}(L-;-) \Rightarrow \operatorname{Hom}_{\mathbf{C}}(-;R)$

We use the notation $L \dashv R$ to indicate that L and R form an adjunction, with L the left adjoint and R the right adjoint.