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

A functor R: D → C (the right adjoint);
A natural isomorphism τ: Hom_D (L−; −) ⇒ Hom_C (−; R)

1. A functor $L: \mathbb{C} \to \mathbb{D}$ (the *left adjoint*);

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.