**What Is Containerd and runc?**

When Docker was monolithic, a single application translated our command, then pulled in the container image, started it, and made it accessible on port 80. Nowadays, that's not true anymore. In a very simplified form, this is what currently happens:

The **Docker CLI** utility accepts the command. Then it figures out what we want to do. After it understands our intention, it passes this intention to the **Docker Daemon**. This daemon is a separate program (from Docker CLI) that always runs in the background, waiting for instructions. After the Docker Daemon receives our desired action, it tells another app, called a **container runtime**, to pull in the container image. This container runtime is called **containerd**.

So we can now finally understand what contained is. In tech terms, it is a container runtime. This is a sort of container manager. It takes care of things such as:

* Downloading container images.
* Uploading container images.
* Setting up networking between these containers, so that they can communicate with each other, or the outside world.
* Managing data and files stored inside these containers.
* Starting, stopping, restarting containers.

containerd is called a high-level container runtime. For some actions, it makes use of yet another runtime, called a low-level container runtime. This low-level runtime is called **runc**. For example, when containerd needs to start a container, it tells runc to do that.