

Judo Code

Jigoro Kano, the founder of modern Judo, wrote a moral code that Judoka should follow both on and off the mat. Kano said Judo was a teaching for life itself, believing the ultimate objective is that the discipline of Judo is to be utilised as a means to self perfection, and henceforth to make a positive contribution to society. Based on the teachings of Bushido.

Courtesy

Be polite to others

Courage

Face difficulty without fear

Fair play

Be a good sport, play by the rules

Honour

Fairness in beliefs and actions

Modesty

Be without vanity or boastfulness

Respect

Regard for others

Self Respect

Control over yourself and your actions

Friendship

Be a good friend, be helpful and kind

Hygiene

Cleanliness on the mat

