

JUDO CODE

JIGORO KANO INVENTED THIS MORAL CODE FOR JUDOKA TO FOLLOW

COURTESY

Be polite to other people

COURAGE

Face difficulty without fear

FAIRPLAY

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-CONTROL

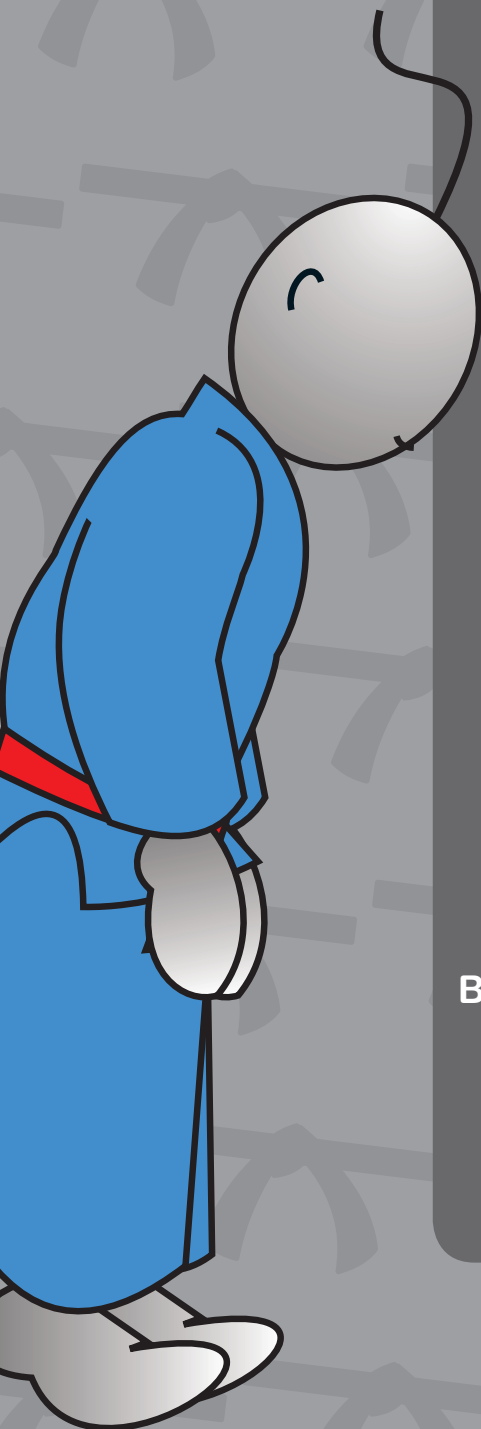
Control over yourself and actions

FRIENDSHIP

Be a good friend, be helpful and kind

HYGIENE

Wear a clean judogi. No shoes on the mat. Zoris worn off the mat.



**SPORT
ENGLAND**

