

# 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.



BRITISH  
JUDO

SPORT  
ENGLAND