

**FRIENDSHIP**  
FREUNDSCHAFT



Respect all these values and all people and you will find friends not only at judo.

**HONESTY**  
EHRlichkeit



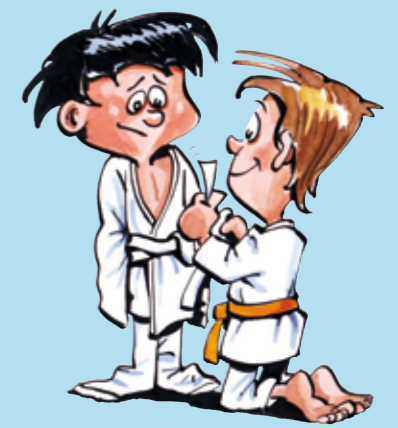
Always be honest and fight fairly, without unfair actions and ulterior motives.

**ESTEEM**  
WERTSCHÄTZUNG



Recognize an athlete's performance if he tries hard within his abilities.

**HELPLESSNESS**  
HILFSBEREITSCHAFT



Always be helpful towards others: support younger athletes. Help your partner to learn new techniques correctly and help newcomers to find their way into the group.

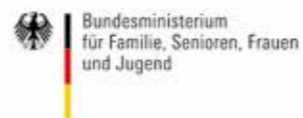
**SELF-CONTROL**  
SELBSTBEHERRSCHUNG



Always be punctual and exercise discipline - in training, competition and in life. Never lose self-control on the mat, not even in situations that you feel are unfair.

# The Judo Codex

Gefördert vom:



**MODESTY**  
BESCHEIDENHEIT



Don't put yourself in the centre. Talk about your success without exaggeration. Look to those better than you, not to those whose level of performance you have already achieved.

**SERIOUSNESS**  
ERNSTHAFTIGKEIT



Always be focused on the task. Develop a positive attitude to practice and practise diligently.

**POLITENESS**  
HÖFLICHKEIT



Treat your training partners, competition opponents and neighbours as friends. Show your regard for each judoka by bowing respectfully.

**RESPECT**  
RESPEKT



Meet people with respect. Always treat your teachers and judo friends courteously and acknowledge the performance of the others.

**COURAGE**  
MUT



Be courageous - in Randori, in competition and in life in general. Never surrender, not even when it seems that you will lose or when facing a powerful opponent.