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

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

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

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.

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.

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

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

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

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.

The Judo Codex

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