



## **Judo Moral Code**

The judo moral code is a set of ethics that judoka should live by on and off the mat.

There are eight values that make up the code outlined by judo's founder Jigoro Kano.

### **Courtesy**

To be polite to others

### **Courage**

To face difficulties with bravery

### **Honesty**

To be sincere with your thoughts and actions

### **Honour**

To do what is right and stand by your principles

### **Modesty**

To be without ego in your actions and thoughts

### **Respect**

To appreciate others

### **Self Control**

To be in control of your emotions

### **Friendship**

To be a good companion and friend

### **Dojo Etiquette**

Arrive on time and prepared to train.

Judogi must be clean with no tears.

Hands and feet must be clean with nails cut short.

No jewellery or make-up.

Cuts and grazes must be covered.

No footwear on the mat.

Shoes must be worn off the mat.

Parents must not matside coach their children.

Talking to be kept at a minimum, phones on silent.

Water bottles must be kept in the designated area only

Dojo must be kept clean and free of litter.