

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.

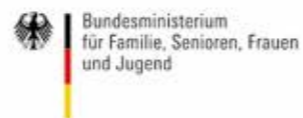
SELF-CONTROL
SELBSTBEHERRSCHUNG



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.