



The Judo Moral Code

The judo moral code is a set of ethics and values invented by Jigoro Kano. Bucks Judo's coaches and players must aim to follow the code. The code is made up of eight values:

Courage

To face difficulties with bravery

Respect

To appreciate others

Modesty

To be without ego in your actions and thoughts

Sincerity

To be sincere with your thoughts and actions

Friendship

To be a good companion and friend

Honour

To do what is right and stand by your principles

Politeness

To be polite to others

Self Control

To be in control of your emotions