

Judo:



Kano said:

“The purpose of judo is to perfect yourself so that you can contribute to society”

“Through the diligent practice of judo a judoka will improve mentally, physically and morally. The judoka will become both able and motivated to contribute to their community. Communities make up society and a better society will improve humanity.”

“Judo is the way by which one can make the best use of one’s mental and physical energy, and put that into to use for the good of society.”

The core values of Judo:

- Mutual prosperity for self and others
- Maximum efficient use of one’s energy

