



JUDO FOR JUDO *Beyond acronyms*

Charter of Intents

1. This charter of intents expresses the guidelines to propagate a kind of judo based on the principles originally set out by its founder, Mr. Kano Jigoro. These principles can be summarized in three formulas:

rei-no-Kokoro “Spirit of respect”

jita kyoei “Mutual prosperity for self and others”

seiryoku zenyo “Good use of mind and body to maximise one’s energy”.

Rei-no-Kokoro: means self-respect, respect for others, and respect for the universe. It implies three levels of understanding that lead to the recognition of one’s physical, moral and spiritual identity.

Jita-kioei: means friendship and mutual prosperity, to realize oneself with the active participation of teachers, consistently with the ultimate goal of judo. This principle is not limited to the practice in the dojo, but should be practiced throughout one’s social activities.

Seiryoku Zenyo: means that the energy directed to pursue one’s goal is expressed through a proper education and pedagogy related to technical skills, to moral and cultural postulate, to study and research in all fields.

2. Anyone who acknowledges these principles may, without social prejudices of race, religion and gender, subscribe this charter of intents.

This charter of intent is intended for all judo teachers and individual practitioners who recognize the principles of judo regardless of organizations, federations and associations to which they may be member of, and who consistently support judo in the dojo as well as in all the activities that derives from it.

The objective is to enhance the experience of all practitioners and teachers who have been able to embrace the postulates of the founder thanks to a correct interpretation that rejects prejudices, to share the principles expressed in judo, embracing them as their own, and pursuing them consistently.

3. The proposal behind this document is the pursuit of a practice that focuses on the physical and the spiritual wellbeing of the practitioner, avoiding excesses deriving from competition or selfish behaviour that may harm the practitioner or his/her partners. The aim is therefore to restore a balance, now - more than ever - compromised by the vision of judo as a mere sport, and to propose anew the intentions of the founder, who emphasized judo as a method of education, a cultural and moral path. The sports competition should be understood as a verification of the understanding of technique, in harmony with the spirit of respect.

Jigoro Kano Judo, 1915-1916 stated: “[...] *No one argues that, in case of fighting, we should win instead of losing, but more important is the way we win or lose. Detachment from the ego, and a spiritual preparation are important elements in determining the success of the fight. [...] Knowing how to detach oneself from the ego means to dispel any fear of the opponent; it allows to fight serenely using the energy in the best way*”.

4. This initiative aims at:

- promoting a learning path that combines technical content and theoretical reflections on the fundamental principles of judo
- emphasizing the importance of socialization, of providing people with special needs with an environment nurturing solidarity and mutual respect, integrating them in the dojo and society
- creating a free network for the circulation of experiences in scientific researches, pedagogical and social studies
- promoting discussions and insights, contributions and researches on judo, aimed at building educational paths
- promoting every measure tending to restore the spirit of competition as specified in step 3, in contrast to the spectacular and exasperated competitive drifts.

