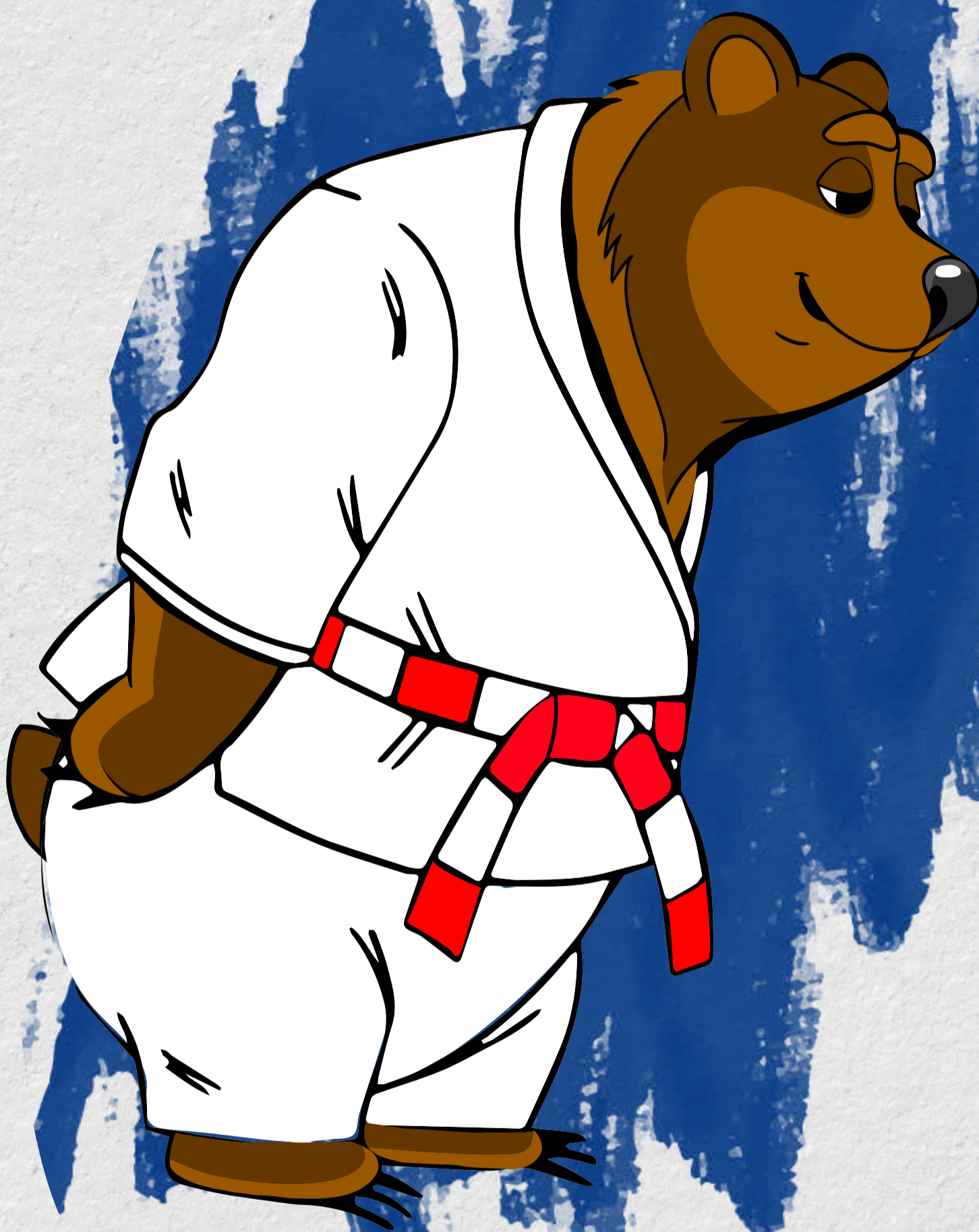


SEPTEMBER RESPECT



WHY?

Respect is a value of the Judo Moral Code of IJF and an Olympic value. Without Respect it is not possible to practice Judo or any other sport. Humanity lives in community and Respect is what bond us together.

HOW TO APPLY IT?

Every action we take should be base in Respect, and that is the only way to take advantage of the benefits of Judo.

The Judo Bow is the traditional, and symbolic, ritual that embodies this commitment.

Let's practice it, in and out of the tatami.

BEST PRACTICES:

- 1** The Judo Bow should start towards the environment. Bow to the tatami and make sure it's clean and safe.
- 2** In Judo, and in life, the elder people responsible to help developing us, deserve all our Respect. Always Bow your Sensei.
- 3** You cannot do anything without the help of others, always Bow your partner with Respect. What you give is what you receive.