

# USA Judo's "Judo in Schools" Program

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Where Olympic and Paralympic  
Journeys Begin





**DARTANYON CROCKETT**

Two-Time Paralympic Bronze Medalist

## The Judo Moral Code

Courtesy  
Courage  
Friendship  
Honesty  
Honour  
Modesty  
Respect  
Self-Control

# THE SPORT OF JUDO

Judo is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. The word judo consists of two Japanese characters, ju, which means "gentle", and do, which means "the way". Judo, therefore, literally means the way of gentleness.

Judo is a martial art that does not include striking (punching/kicking). More than a sport, judo is a culture based on a moral code. The Judo Moral Code is a set of ethics made up of eight parts created by the sport's founder Jigoro Kano. He believed they were vital in the development of judo players and individuals both on and off the mat.

Beyond the development of physical prowess and athletic ability, judo students learn much more. They learn how to control their feelings, emotions, and impulses. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society.





**KAYLA HARRISON**

Two-Time Olympic Gold Medalist

# ABOUT USA JUDO

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USA Judo, a 501-c-3 non-profit organization, is the National Governing Body (NGB) for the sport of Judo in the United States.

Established in 1980, USA Judo is a member of the United States Olympic Committee and the International Judo Federation, and one of the few NGB's that serve both Olympic and Paralympic (visually impaired) disciplines under one roof.

USA Judo enables all United States athletes to achieve sustained competitive excellence in domestic and international judo competitions, and provides maximum opportunities to all its members with programs from core development to Olympic and Paralympic gold.



# WHY AMERICAN SCHOOLS NEED JUDO

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## Youth Challenges in Schools

- Lack of respect between peers and authority
- Childhood obesity and related chronic health issues due to lack of exercise and physical fitness
- Lack of self-confidence and increasing rate of teen suicide
- Bullying, harassment and abuse
- Lack of cultural sensitivity



## Judo Solutions in Schools

- Judo teaches respect as part of its moral code taken from the Samurai
- Judo was created by a physical educator and it's said to be one of the most complete physical fitness activities one can do
- Judo teaches self-confidence along with humility and a strong peer network – it is one of the few sports that you need another person to practice and improve
- Self-awareness, self-defense and strong peer group based on respect & friendship help mitigate this
- Judo itself is a culture with core values and beliefs founded in Japan and is the second most practiced sport in the world.



# WHY JUDO IS GOOD FOR CHILDREN

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- **Judo is the safest contact sport for children under 13 years of age.**  
(Source: American College of Sports Medicine).
- **Judo is the best training sport for children from 5 to 12 years of age.**  
(Source: World Health Organization).
- **Judo is the second most complete sport that exists.**  
(Source: International Olympic Committee, 2000).
- **Judo is the best initial sport to train children and young people from 4 to 21 years of age.**  
(Source: UNESCO 2017).
- **Judo is, after rowing, a physical exercise with the highest calorie consumption: 363 calories for 30 minutes.**  
(Source: World Health Organization).



