嘉納治五郎師範遺訓

（柔道の本義と修行の目的）

柔道は心身の力を最も有効に使用する道である

その修行は攻撃防御の練習に由って身體精神を鍛錬修養し斯道の神髄を體得する事である

さうして是に由って己を完成し世を補益するが柔道修行の究竟の目的である

The teaching of Kano Jigoro Shihan

(The underlying principle and the ultimate purpose of the Kodokan Judo)

Judo is the way of using one's mental and physical strength in the most efficient manner.

Through training and practicing techniques for offence and defense, one disciplines and cultivates body and spirit, and thereby masters the essence of this way.

Thus, the ultimate goal of Judo is to strive for personal perfection by means of this and to benefit the world.