

## The Moral Code and the Bushido Code

The code of Bushido (BU: Martial. SHI: Warrior. DO: Way) was applied by the "Bushi" cast of warriors or samurai until the 19th century. Devoted towards their superior, they were not afraid of danger or death.

### 7 principles of Bushido:

1. **Gi** : right decision
2. **Yu** : courage
3. **Jin** : generosity
4. **Rei** : politeness
5. **Makoto** : sincerity
6. **Meiyo** : honour
7. **Chugi** : loyalty

The moral code of the French Judo Federation was inspired by the Bushido code. It was created in 1985. Since then, many federations took up this concept.

### The Judo Moral Code:

- Politeness
- Courage
- Friendship
- Self-control
- Sincerity
- Modesty
- Honour
- Respect

## The Two Principles of Judo:

### SEIRYOKU ZENYO

#### The best use of energy

This principle is the research of the best use of physical and mental energy. This suggests the application to any problem the most applicable solution: to do the right thing, at the right time, with a perfect control of used energy, to use strength and the partner's intentions against himself.

### JITA KYOEI

#### Mutual help and prosperity

The second principle is the harmony, the mutual prosperity by the union of our own strength and the strength of the other. Arising from the sincere practice of the first principle, it suggests that the partner's and the group's presence is necessary and beneficial to the progress of everyone. In judo, the individual progress passes through help and mutual concessions. Jita Kyohei is awareness.