**Principles of Judo (Jiguro Kano)**

**Most Efficient Use of Energy**

In practicing judo, the judoka strives for the most efficient use of physical and mental energy. This principle suggests the application of most appropriate solution to any challenge : act at the right moment, use the opponents strength and intentions against him. There is a constant and dynamic search for perfection.

This is a general principle to be applied to life.

**Mutual Support and Prosperity**

In judo, individual progress is achieved through the interaction of our own energy and of others. The partner and judo class are essential and beneficial to the progress of each individual.

This general principle is also to be applied to life in general.

**Reference : Kodokan Judo, Jigoro Kano, published by Kodansha International**