

## What is "Seiryoku-Zenyo"?

The principle of Seiryoku-Zenyo, is without doubt one of the most important principles of judo along with Jita-Kyoei.

Seiryoku-Zenyo is the Japanese term meaning the maximum efficient use of energy and it applies to all types of endeavors, not only judo. It is one of the ways that Kano managed for Judo to have upon the culture and life of judoka and have an idea that goes beyond the practice of the sport itself.

Seiryoku-Zenyo is the most effective use of the power of the mind and body. In the case of Judo, this is the principle upon which attack, and defense are based, and what guides the process of teaching as well. Simply, the most effective use of mind and body may be described as the maximum efficient utilization of energy.

Judo today is not simply the practice of fighting in a dojo, but rather it is appropriately recognized as a guiding principle in the many aspects of human society. The practice of Kata and Randori in the dojo, is no more than the application of Judo principles to combat and physical training.

This not only serves the aims of the individual, but by mastery of the fundamental wisdom of Judo, and in turn applying it to many pursuits in life, people will be able to live their lives in a judicious manner.