

What is Jita-Kyoei?

Jita-Kyoei [じたきよえい: gee-ta kyoh-eh] is the idea that if everyone cooperates with each other, then each person's work will benefit not only themselves, but everyone else. Jita-Kyoei is, to summarize, the concept of mutual benefit. While judo may be a competition sport, it is nonetheless an activity that cannot be practiced alone.

On the mat, applying this Jita-Kyoei principle involves the judoka helping their training partners. Share ideas and remarks, speak with tact, and encourage often. Be a good partner to them, and they will be a good partner to you. A judoka who refuses to help others will often find themselves without a practice partner.

A judoka who thinks only of themselves will practice without thinking about their partner's experience level and confidence. A tori (attacker) may only pay attention to their own technique, and consequently the uke (defender) may fall and hurt themselves. The tori will be left with a bad reputation, and may find it difficult to practice with others. The uke, as well, will be left with a bad experience, and may find it just as difficult to regain their confidence. To understand the idea of Jita-Kyoei, you must first understand what it is to be a good judo player.