



# CREATE, UPLOAD & WIN GREAT PRIZES!

If you are U14 years old, this contest is for you! How will YOU show the meaning of the judo values?

Think about the judo values, **Courage, Respect, Modesty, Friendship, Honour, Sincerity, Self-control and Politeness!**

**Create illustration(s) of how you see the judo values.**

Talk about the values with friends, parents and teammates and send us your illustration to win fantastic prizes!

**How does it work?**

Please visit our website to see what are the rules of the contest are and how you can enter the contest: [8.ijf.org](http://8.ijf.org).

This is an adventure for your imagination and creativity. Apply the values of judo in a personal illustration and win fantastic prizes.

We wish you all the best of luck!

