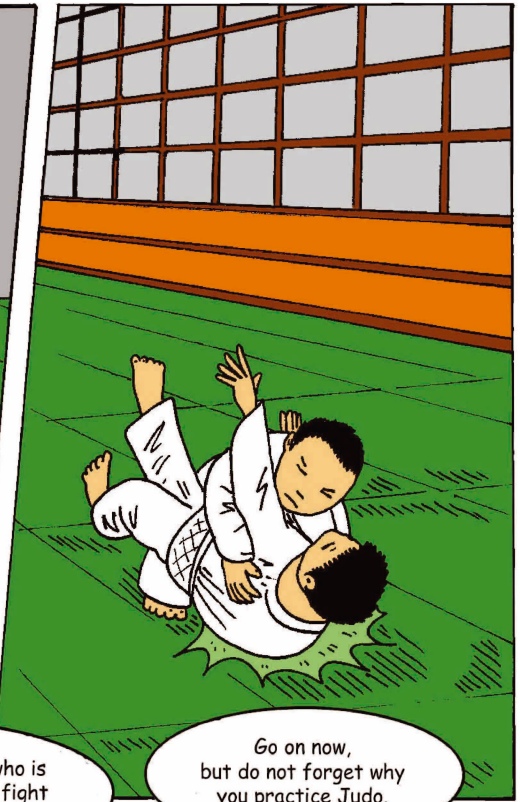




Mate!

You are not learning  
in the correct way.

You are seized  
by the wish to hit the one who is  
in front of you. You have to fight  
your own selves, not your  
opponent.



Go on now,  
but do not forget why  
you practice Judo.

