



# **Judo for Peace**

**a program in**

**International Judo Federation**

**for peace, reconciliation and the creation of a just  
society**

**“Judo is not merely a martial art but rather the basic principle of human behavior,” Jigoro Kano the founder of judo**

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## Fundament

### A Vision

The IJF Judo for Peace Program is based on the philosophy of Judo in combination with the sports educating system to attain peace, reconciliation in conflict regions and development of just society. Judo shall in practical activities demonstrate that the value based fundament makes this sport to be the best tools for develop a better and more just world.

### B Philosophical background for IJF Judo for Peace program

The objectives for training stated by the founder of judo, Jigoro Kano, are:

1. Each individual should strengthen his/her body, develop intellect and morality, and cultivate attributes beneficial to society
2. Citizens should respect society and seek to assist in bolstering national prosperity
3. Individuals and organizations must make efforts to co-operate with each other and ensure that harmonious relations are maintained in society
4. With regards to international community, racial prejudices should be cast away an cultural advanced so that all people can live and prosper together

the philosophical and value based fundament of IJF Judo for Peace program.

The founder of judo further more stated the underlying principal for associations are as follows:

1. To encourage individuals to train their bodies to be strong and healthy, and to teach moral principles, thus

- encouraging trainees to be excellent contributors to society
2. People will be encouraged to respect fundamental character and history of the nation, and strive to make necessary improvements for the sake of its prosperity
3. For the benefit of society in general, people will assist and receive assistance from others to maintain a strong sense of social harmony
4. For the benefit of the whole world, racial discrimination must be purges and efforts will be made to progress culture, enabling people to live together peacefully in mutual prosperity

### B 1

#### *Human right, UN Millennium Development goals and the Judo for Peace prgogram.*

Jigoro Kano's statements underline the judo player's responsibility to support development of a just society. The interpretation of "harmonious relationships" in the modern language way of expression is defined by the Universal Human Rights. The four objectives for training and development of a Judoka's personality are directly linked to the Universal Human rights and our obligation to follow these rights. Furthermore is the program base on the UN Millennium Development goals. Depending on the actual situation, the different goal will have different impact on the projects.

The United Nations General Assembly proclaims the Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping the Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves

and among the peoples of territories under their jurisdiction.

The International Judo Federations feel great responsibility that the organization and all member federation and judo players follow up the objectives stated for training by Jigoro Kano. The Judo for Peace program where established to take care of IJFs responsibility to ensure that:

- efforts to co-operate with each other and ensure that harmonious relations are maintained in society
- racial prejudices should be cast away an cultural advanced so that all people can live and prosper together

B 2

### ***The Social dimension***

The four objectives illustrate also the social responsibility a person that practise judo must feel. By training judo and follow the statement done by Kano, both written and in lectures, a person will develop social skills that can be used to develop just society and help persons in need.

Jigoro Kano stated very often that a judoka's true value is determined by how much she or he can contribute to society during there's life. All this statement shows that the purpose of educate one self as a judo player is more than just perfect the technical and sports skill as an athlete but develop one self to be able to contribute to develop the society.

The philosophy of the Judo for Peace program is also a fundament the can be the frame work for social engaged persons to fulfil there wishes of take part in developing a just societies.

The social dimension of judo can be practise in the local society, in communities that need special support or in a foreign country that need support in building just society.

### **C Framework for JFP activities.**

Human rights are rights inherent to all human beings, whatever our nationality, place of residence, sex, national or ethnic

origin, colour, religion, language, or any other status. We are all equally entitled to our human rights without discrimination. These rights are all interrelated, interdependent and indivisible.

All human rights are indivisible, whether they are civil and political rights, such as the right to life, equality before the law and freedom of expression; economic, social and cultural rights, such as the rights to work, social security and education, or collective rights, such as the rights to development and self-determination, are indivisible, interrelated and interdependent. The improvement of one right facilitates advancement of the others. Likewise, the deprivation of one right adversely affects the others.

### **D Guiding principal for all Judo for Peace activities**

All program, events and activities shall be carried out based on the listed requirements:

- Equality for sex, race and social position
- All activities shall be carried out in accordance with local customs
- Conflict is solved by the principal of positive conflict resolution
- All involved parts in the conflict shall be part of a program and involved on equal fundament
- All involved parts must be positive to the reconciliation or social aims for a program
- Fundament for all activities shall be based on the philosophical fundament for the Judo for Peace program
- Cross-cultural understanding
- Non political
- Un religious

- Project aimed at social engagement must show respect for all kind of family, social, political, religion and educational background
- Programs and activities shall have a long term consideration in all aspects

## **E Fundamentals**

Judo is an educational system. For this reason all activities are based on education of instructors, coaches, federation executives that already have substantial experience as judo coaches.

To be engaged in post conflict region IJF shall organise Judo for Peace seminars when necessary. This course shall covers issue as:

- Philosophical fundament of Judo
- Human rights
- Positive conflict handling and resolution
- Judo as a mental and physical tool in Peaceful conflict resolution
- Cross cultural understanding
- Social skills

Other actual issues are:

- Nutrition as a condition for developing just society
- Hygiene as a condition for developing just society
- Sport and environmental correlations

To take part in a program for developing just society based on social engagement, responsible persons and coaches must develop social skills as:

- Capability to building relationships based on trust
- Develop community based on mutual respect and productive interactions

- abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life

Daily life education, often under guidance of a mentor, can also qualify persons to take part in a Judo for Peace project.

## **F Strategy**

- Judo for peace shall launch well defined short, middle and long term project and programs on all continents.
- Local Federation and continental Unions shall be informed and encourage contributing.
- All activities shall be presented to local Governments and National Olympic Committees.
- Existing sports infrastructure shall be used and developed to secure sustainability.
- All sides in a conflict shall be treated equal.
- Social projects must be well adapted to the need of the actual community
- The project responsible shall evaluate if the United Nations Millennium and Universal Human Rights have been taken into consideration as the fundament of the project

**The value change of Judo for Peace:**

**Value** → **Attitude**  
→ **Behaviour**

## Commission

Creation of the IJF Judo for Peace Commission are based on IJF rules article 11.13 Commissions:

The EC may be assisted by Standing Commissions or Commissioners to work on the following topics, such as but not limited to among others:  
- "Judo for peace"

The IJF Judo for Peace program where established to take care of IJFs responsibility to ensure that:

- efforts to co-operate with each (national federation) other and ensure that harmonious relations are maintained in society
- racial prejudices should be cast away an cultural advanced so that all people can live and prosper together

The IJF Judo for Peace program is conducted by the Director Judo for Peace Commission. The IJF shall appoint one or several continental JFP Commissioners. When needed commissioner with special tasks can be appointed. Together these persons will form the IJF JFP Commission.

### A Duties

Head Director of Commission:

1. Conducting the Commission
2. Report status to the IJF president
3. The director may appoint special duties to a commissioner
4. Represent or appoint commission members to represent the Commission when required at events or by special arrangement

*Assistant Director  
Organization:*

1. Assist Head director in conducting the commission
2. Supervise and coordinate solidarity program where there are involved more than one giving country
3. Supervise multilateral projects
4. Support sponsor activities
5. Conduct special projects

*Assistant Director*

*Field operation:*

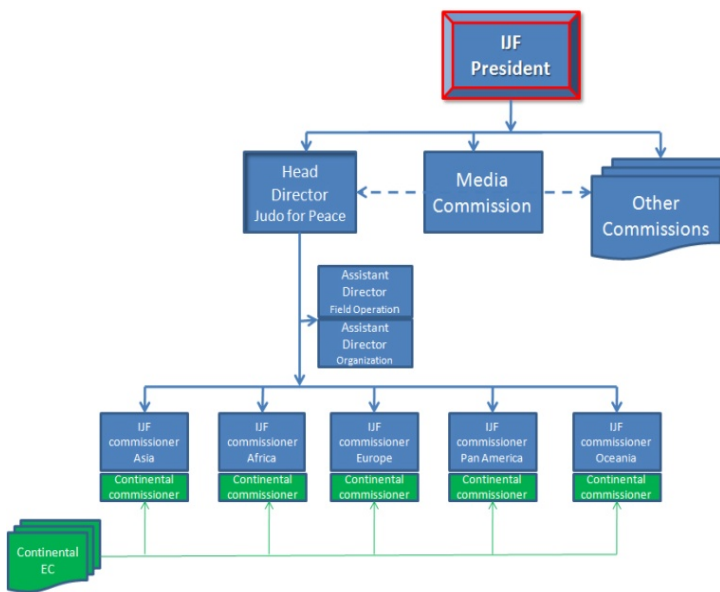
1. Guide and supervise field operations
2. Investigate proposed field operation and produce decision documents for establishing field program
3. Support sponsor activities

Commissioner

1. Analyse possibilities and needs for the JFP project in his continent
2. Analyse sports and support infrastructures in the actual countries or regions
3. Identify possibilities of obtaining political recognition from Governments and take necessary action to establish contact to obtain support
4. Select which events and program that shall be adopted as Judo for Peace activities in his continent.
5. Coordinate all JFP activities on the continent
6. Analyse the sponsorship possibilities on the continent
7. Inform the continental judo union about the JFP program on the continent
8. Support the media responsible in the commission and continental contact
9. Report progress and status to the director of the JFP Commission



## B Organization



### Composition

#### Head Director:

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## A JFP Competence Centre

To secure that all Judo for Peace (JFP) activities on a continent are properly carried out in accordance with the vision and value based fundament the IJF Judo for Peace Commission strategy is to establish competence centre on all continent.

The JFP Commission shall select one country on each continent based on following requirements:

- The IJF Judo for Peace program shall fully be political support from the actual National Judo Federation
- All activities related to the JFP competence centre shall follow the conditions for a JFP project stated in JFP steering document section 1. D
- The selected Judo federation shall receive recognition for the JFP program from the Government and National Olympic Committee
- The appointed federation must use the recognition to get financial support to the Competence centre
- Senior executives in the federation shall have experience from peace keeping, reconciliation or social projects
- At least 3 persons in the federation must have education in the JFP philosophy and strategy. Important topics are:
  - Judo for Peace philosophy and fundaments
  - Human rights
  - Positive conflict resolution
- The actual federation must have capacity to support JFP project in other federation within the actual continent
- The JFP Competence Centre shall contact actual United Nations agencies to sort out which support different continental activities can receive

## B Guidelines for National Judo for Peace Committee and bi/multi lateral activities

### 1. Preamble

The Guideline for National Judo for Peace Committee (GNJPC) in the International Judo Federation are developed to secure that all Judo for Peace (JFP) activities are in accordance with the IJF JFP steering document and to fulfil the Article 20 in IJF rules - Spirit of Judo.

The GNJPC shall serve as a fundament and guidelines for establishing national committees, at cooperation with continental union, and within bi- and multinational projects and activities.

### 2. Establishment of committee

All National Federation are entitled and encourage too establish committee to conduct national, bi- and multinational Judo for Peace activities. When a national committee have been established, the actual Continental Union shall be informed.

The committee shall support all activities and efforts done by the IJF JFP Commission and Continental Unions.

### 3. Requirement to all activities

All program, events and activities shall be carried out based on the listed requirements:

- Equality for sex, race and social position
- All activities shall be carried out in accordance with local customs
- Conflict is solved by discussion
- All involved parts in the conflict shall be part of a program
- All involved parts must be positive to the reconciliation work that is the fundamental base and goal for a program
- Cross-cultural understanding
- Non political
- Un religious



- Programs and activities shall have a long term consideration in all plans

#### **4. Bi and multilateral projects**

When programs and project that involved more than one country are established, all parts in conflict regions shall be contacted and informed of back grounds and plans for project or program. Before any activities are set up all involved part shall by written statement accept fundament and aim for the JFP project/program. The fundament for program/project shall include procedure for handling all kind of conflict.

All involved Continental Unions shall be informed when bi- and multinational program/projects are in an initial phase. The involved parts are responsible to evaluate how activities most efficient can be established and organized.

Actual National Olympic Committee shall be informed of all JFP activities and responsible national federation must sort out if there is possible to investigate all kind of support project can apply for. Government in “receiving” countries must also be informed. The goal is to receive political recognition to all JFP activities.

If a Continental JFP Commissioner experience difficulties or receive information of activities or actions that are not in accordance with the requirement in paragraph 4, the Commissioner are responsible to start investigation. The result of such investigation shall be the fundament for discussion to bring activities to correspond with the fundament of Judo for Peace activities stated in the IJF JFP steering document. If the involved parts did not accept proposal from the Continental Commissioner, the IJF JFP director shall be consulted to sort out if there is a fundament for further JFP activities in the actual region.

## Plan of action

Develop a solid and sustainable structure of the Commission to conduct and supervise program, projects and events. The structure consists of

### A Commission

The Commission shall have a solid structure with long term consideration in all aspect of it work. The Commission member shall be committed to the basic philosophy and act according to this philosophy and the ethic regulations. All continent shall be represented in the commission

### B Educational activities, JFP seminar

The JFP seminar shall prepare the persons to give positive contribution into JFP activities, to act according to the philosophical fundament and to handle all kind of situation that can occur. The JFP person shall behave in a manner that does not contribute to escalate the conflict level. The seminar shall give participants good understanding of the social dimension of the JFP program. Central issue in the seminar is

- Philosophical fundament for the JFP program
- human rights
- positive conflict resolution and
- cross cultural understanding.

The first JFP seminar held in Burundi in October 2009 is a pamphlet for the JFP seminar. Local demands and special goals for a project must be taken into consideration when seminar program is developed.

### C Political support

When JFP programs, projects or events shall be established there is of great importance to get national and local political support. Central and local authorities must be informed and asked for

recognition. Further more have experience shown that support from Notional Olympic Committees (NOC) is of vital interest. To gain necessary political and financial support:

- Use the executive from National Judo Federations to establish contact and arrange meetings with political leaders
- These meetings shall be used to inform about the Judo for peace project and obtain political and financial support

### D Funding

All programs must have funding before they start up. The continental commissioner in cooperation with actual national Judo federations to secure funding.

### E New project and activities

If the IJF JFP program received proposals from regions where the situation in the domain meets the criteria for a Judo for Peace Program or project to be started, the actual continental commissioner shall take care of the proposal. Each continental commissioner shall investigate incoming proposals and send a report with recommendation to the Commission director. In this investigation the commissioner shall use the adopted procedure and form.

## The procedure to select a JFP project

IJF is very concerned and is aware of the importance of having a proper and qualitative investigation and evaluation process before a project is started under the JFP program. The process of selecting a project to be part of the JFP program consists of the following five elements:

1. Identifying a region where political and infrastructural conditions and understanding are suitable for a JFP program
2. Identifying need in country, region or local community and goals for the project
3. Identify possible partners
4. Carry out a pilot study
5. Sign a partnership agreement or get promise of support from actual partners
6. Run a Judo for Peace seminar adapted to the special needs for the actual project

### A Identifying regions

Before initiation of any activity the appropriate continental commissioner shall carry out a thorough investigation of the situation in the region or country. The investigation shall form the basis for a Regional/National Report document that describes all six elements stated earlier. The continental commissioner shall send the documents to the director of JFP commission.

#### Political situation

The report shall describe in detail the political situation in the region or country. The IJF shall not begin a project under the JFP program before the political situation is in favour of reconciliation activities.

#### Sports infrastructure

The report shall also provide detailed information on the infrastructure for sports activities. Has there been, or is there, a

judo organization present? Has there been, or is there, any other combat sports tradition in the region or country.

### B Identifying partners

A JFP project consists of three partners:

1. JFP - The principal political and administrative partner representing the IJF JFP Program
2. The primary partner - The partner(s) in a project responsible for planning, execution and economical dispositions. One or several national federation can be responsible for a project. In the event that several national federation participate, one federation shall be appointed to be the main responsible primary part
3. The secondary partner - The host partner in a project where reconciliation and other developing activities take place

JFP provides information and marketing of JFP, but the initiative to start a project has to come from the primary or secondary partner.

### C The Pilot study

The purpose of the pilot study is to determine whether there is any basis for a Judo for Peace (JFP) project, and to promote the development and execution of a sound partnership agreement.

Potential partners apply to the JFP Commission or the continental commissioner for funding the pilot study. The application consists of a plan and a budget.

The results of the pilot study will be used in assessment of an application for a partnership agreement. The allocation of funds for a pilot study does not imply that a partnership agreement is guaranteed. All applications for partnership agreements will be considered on their individual merits.

Once the pilot study has been completed, the partnership will need to have produced a brief report with a statement of accounts to show how the allocation has been spent, signed by the general manager. JFP must also be presented with a report in instances where the pilot study does not lead to a partnership and partnership agreement.

#### **D The partnership agreement**

The partnership agreement is a signed agreement between IJF JFP commission, primary partner and secondary partner. The partnership agreement describes the three parties division of responsibilities and obligations under the IJF JFP project.

The primary partner's plan for the content of the project is the application for the partnership agreement. Included in this application are the annexes listed below. The agreement also specifies the criteria under which an agreement may be terminated/renewed. If JFP approve the application, the partnership agreement will be signed by JFP, primary and secondary partner(s).

The annexes to the partnership agreement are:

- Annex 1. Plan
- Annex 2. Budget
- Annex 3. Contact information
- Annex 4. Report from pilot study
- Annex 5. Emergency plan

Contents of the emergency plan:

The primary partner has the responsibility for the participants. Accordingly, an emergency plan must be prepared, which deals with the various situations that might arise and how they should be dealt with. The plan must specify who, in an emergency, is responsible for what, and the partnership must designate a crisis management officer and a press officer. JFP expects the partners to be able to deal with emergencies themselves, but will provide assistance when circumstances warrant it.

JFP considers applications on a continuous basis. Applicants will be advised as to whether their application for a partnership agreement with JFP has been successful or has been rejected.

The participant agreement is a signed agreement between the primary partner(s) and the participants. The agreement sets out the mutual duties and obligations of the parties to the agreement. The template for the participant agreement is annexed to the partnership agreement. The template for the participant agreement is drawn up by each individual partner. The agreement also specifies the criteria under which an agreement may be terminated or renegotiated

Content of the participant agreement:

- Contact information
- Tasks and responsibilities of both parties

#### **E The Judo for Peace seminar**

When ever necessary IJF JFP commission will organise a JFP seminar. Normally the target group are:

Federation's executives as

- Presidents and board members, secretary general
- Head coaches and senior coaches
- Educational responsible in federations

Course topics generally are:

- The philosophy and value based fundament of judo
  - Connection to Human Rights
- Introduction speech: Why a course in peaceful conflict resolution and human rights for judo instructors? (Inspiring lecture about the importance of "building bridges, not walls", internationally, nationally and locally)
- Conflicts: only negative aspects?
- What is transitional justice?
- What is conflict resolution? Conflict and conflict resolution on different

levels (international, national, individual)

- “The new planet”: Introduction to human rights
  - Group work with presentations in plenary
  - Lecture: The history of human rights; the Universal Declaration of Human Rights: human dignity, equality and the non-discrimination principle. Rights for individuals - responsibilities for the states.
  - Group work: Continuation of the exercise
- The international human rights system. Positive results, challenges and dilemmas
- Human rights dilemmas. Dialogue is the best way to solve conflicts!
- Minorities at risk? The relationship between the majority and the minorities.
- Roads to peace
- What has human rights to do with me? What can *we* do in our work as judo instructors and citizens? The individual responsibility
- Making figures. We all influence each other!
- Judo as a mental and physical tool in Peaceful conflict resolution
  - Judo value and personal development of persons as conflict solvers.
  - How to combine mental and physical skills to reduce conflict level
    - Evaluation of situation
    - Decision making
    - How to communicate
    - Use of physical support

**For special situations and project the list of issues can be changed to fit the actual situation.**

Example of such program is:

Anti or None Violence project where the main topics can be positive conflict resolutions. And content can be:

1. Solve a difficult situation by mental force that means by using physiological methods. This is the positive conflict resolution part of the Burundi seminar.
2. Next step if step 1 fails is to transform the situation in a way that is possible to solve without using force.
  1. Step one and two is covered by bulled point two
3. Using judo as a tool to get control over the situation. When the police men have good judo competence, they will more often look for peaceful solution and the limit for using armed support will be reduced.

## Activities

### A JFP Program

A program must consist of several activities and have a long term consideration in all aspects. The activities can be:

- Educate program for society building activities
- Establish and organizing clubs
- Educate trainers, leaders, referees and other support personal
- Establish fundamental educational activities
- Establish social programs
- Food and health programs
- Educate participants to us Judo as a tool in reconciliation or social activities

External trainers, that have join the JFP seminar, and other support personal groups will be essential to develop a JFP program.

A program must cover all or at least two of the involved grouping in the conflict or a social program.

All sides in the conflict or a community where social programs will be launched must be positive to the fundament and goals for the program.

### B Solidarity program

To promote a positive development of a federation or clubs in a region where conflicts have been brought to an end and reconciliation processes has started up, Solidarity program can be established. A solidarity program is when federations, clubs/ regional organizations in a donator country collect equipment and/or money to support reconciliation activities in a receiving country. Coaches and leaders can also take part in an exchange program to support in developing of a project. The local recipient federations or other sports or aid organisations must be in

charge for the distribution of aid and support material. A solidarity program can not be started before there are legal bodies both in the donating and receiving countries.

A program can cover a lot of activities in addition to the sport activities such as:

- Education
- Health care
- Nutrition
- Equality of gender
- Activities for disable, both mental and physical

All this aspect address opportunity for people with a social consciousness to fulfill there's engagement within the frame of judo.

### C Special project

When political situation occurs, where the Judo for Peace philosophy is one of the outmost best tools to avoid escalating of the situation, reduce tension or support reconciliation activities, special JFP project can be established.

#### C 1 Social project

The philosophical fundament of judo is very much focused on the social engagement a judoka must develop. Du to this fact the social dimension of the JFP program is of outmost importance. A social project will most likely be launched in a local community with good cooperation with appropriate authorities. If the situation in a country is in such a condition that the social challenge is the most important issue to be solved to develop a just society a national social JFP project can be established.

Task in a social project can be:

- Education in general
- Health care
- Nutrition knowledge
- Support to groups with special needs



- Develop understanding for the needs to establish just society

## **C 2 Anti (None) Violence Prevention (AVP) program**

Goal:

A JFP Anti Violence Program shall by means of well educated trainers with a high personal standard and based on the philosophy of Judo develop an understanding of and respect for each individual's right to have their own opinion. All participants shall get the attitude that conflicts and disagreements are solved by argumentation and discussion and not by means of violence behaviour.

An AVP program consists of following elements:

1. Establish contact with local federation and authorities
2. Funding of program
3. Select instructors/coaches with good personal integrity
4. Education of instructors/coaches
5. If necessary develop training facilities
6. Run program
7. Evaluate progress

### **1 Contact with local federation, authorities and actual groupings**

To secure a successful program it is vital to have a good sustainable infrastructure for the program. If the local national Judo Federation is part of the program, they can deliver the necessary support to get a solid fundament for the program. If the local Judo Federation is not capable to give the demanded support, other sports or aids organisation can be a cooperation partner.

Local authorities must be involved in the program to secure necessary political support and understanding.

There will be of great advantage to start a process actual groups or gangs before a program is started up. During such contacts understanding and commitment may be established. If that is not the case, one of the initial goals must be to get commitments from groups and inhabitants in the actual domain.

### **2 Funding**

Before a program is started the funding must be settled. The national Judo Federation can be a funding partner or support in the fund raising activities. Local and national authorities and private companies can also be financial partners.

When a program is funding it must be taken into consideration that an Anti Violence Prevention program must have a long term consideration.

### **3 Select instructors/coaches**

The instructors and coaches is the most important element in an Anti Violence Prevention program. Their attitude on and outside the tatami and sports hall from the instructors is essential for the understanding from the participants of the program of the importance for an anti violence behaviour in difficult situation.

It is an advantage that the instructors and coaches are from the local community. In some situations where there is an underlying conflict that is the origin of the violent situation, there must be considered to have instructors from abroad or other regions.

### **4 Education**

All instructors must participate in a course that covers following items:

1. Judo and Judo for Peace philosophy
2. Conflict handling
3. Judo as a mental and physical tool in Peaceful conflict resolution
  - Judo value and personal development of persons as conflict solvers.

- How to combine mental and physical skills to reduce conflict level
- 4. Cross cultural understanding
- 5. Practical exercise

### 5 **Training facilities**

There must be available training facilities so both physical (judo activities) and educational activities can be carried out in a proper way. The goal for all activities is to have a calm and confidential atmosphere. All elements in an AVP program must be aimed against the overall goal to prevent violence and situation that in a later phase ransom behaviour.

### 6 **Running the program**

In an initial stage there shall be developed a plan that encompasses:

- Responsible persons and clarifying of each persons responsibility
- Plan for all activities
- Schedule
- List of all equipment that is needed to run the program
- Overview of agreements that must be made

### *Educational issues*

#### **1 Judo for Peace philosophy**

- Go through examine and discuss the book “Mind over Muscle”

#### **2 Conflict handling and dialogue**

- Handling difficult and stressed situation
- Bounding conflict situations
- How to handle conflict situation
- Avoid conflict situation based on dialogue and value based behaviour

#### **3 Cross-cultural communication**

- The awareness of the concept of culture; culture as a static

system or culture as relational, and the individual approach.

- How to handle situations that disagree with your own values.
- To be stereotyped and to stereotype.
- Roles and identity; A social being in a changed context.
- Communication strategies; modes of action and communication that may enhance cooperation

### **C 3 Refuge Camp projects**

#### **Judo for Peace program in UN refugee camps**

All activities and project must be in accordance with the signed document “Memorandum of Understanding between United Nation High Commissioner for Refugees and the International Judo Federation”.

The International Judo Federation is responsible for educate, select and make available coaches for judo activities in UN refugee camps. Furthermore IJF are also responsible for make necessary equipment as judo mats and gi (uniforms) available.

IJF shall develop plans for all judo activities in the different camps. The plans shall be developed in cooperation with UN responsible persons for each actual camp where programs are launched. The plans must fit the general situation and activities in the camp. There is most convenient to have indoors activities, but not necessary.

Before activities are set up a plan that covers all items in the present list shall be prepared and agree upon:

- Appointment of head coach - IJF
- Develop schedule for daily/weekly activities with duration of each training session, number of participants at each session – IJF
- Activity plan for three month training activities shall be settled before each period and presented for the local UN management. This plans will be based on common system for educational grading system – IJF
- Settle all arrangement related to accommodation of coaches - UN
- Settle place available for training and storage of equipment in the refuge camp – UN
- Settle procedure and schedule for washing judo uniforms - UN
- Develop schedule of responsible coach for each training session - IJF
- Appoint responsible UN person, or lodger of camp, for handling and storage of equipment between training sessions – UN

- Date for delivering of equipment shall be settled. Responsible UN person shall confirm that equipment will be handled when it arrive at the refugee camp – IJF and UN
- Date for arrival of coaches shall be settled – IJF and UN

#### **D International/Continental JFP events.**

In each continent can there be arranged one judo for peace event every year. The event shall be in cooperation between IJF continental commissioner and the continental union ore a country that the union has appointed to be responsible. The event shall not be a tournament on very high competition level. Main focus shall be the value of judo and peace and reconciliation activities.

Events can be a combination of seminar, train camps, family camps, social activities and tournament.

All Judo for Peace events shall be displayed on the IJF calendar and publish as early as possible.

The Commission Head Director can appoint one or more events to be international.

## Activities that are ongoing or under preparation and evaluation

Below is listed up the different activities the Judo for Peace commission will focus on in the upcoming year. Education activities, field projects and consolidating the structure for long term activities are the major activities now.

- **JFP Competence centre**
  - Africa; Burundi. Have been established in connection with erecting of a training and education centre in Bujumbura
  - Asia; have received top political support and recognition from senior Governmental member – can probably be realized before end of this year
  - Europe; federations is under consideration. France and Norway are candidates. Must use second half of 2010 and may be first half of 2011 to select country and establish centre
  - Pan America; possible candidate are Haiti. This country need some more time, but establish JFP competence centre in close relationship with the training centre can give great synergy effects.
  - Oceania; need more information to evaluate where to establish centre
- **Solidarity program**
  - Europe
    - France (Alsace) – Burundi and may be France –Haiti can be considered
    - Norway – Afghanistan
    - German; Peter Frese will evaluate the possibility to set up programs
  - Asia
    - Japan will be contacted by Dr. B. Pagva
  - Pan America
    - First contact will be taken to Brazil later this year

- **Events**
  - Asia
    - **South Asia Summit** is planned to be held in October/November in Nepal. Participating countries: Afghanistan, India, Pakistan, Nepal and Sri Lanka and may be Bangladesh
  - Africa
    - **Great Lake Region Summit** is planned to be held this autumn in Kenya. Participating countries: Burundi, Rwanda, Dem. Rep. of Congo, Uganda, Kenya, Tanzania
- **Programs/projects**
  - Afghanistan
  - Burundi
  - Ivory Coast
  - Partly Haiti, must be seen in connection with IJF supported program and French support
  - Gaza/Israel/West Bank, under preparation in cooperation with UN Office on Sport
  - Refugee camps:
    - Projects is under evaluation/planning/preparation in Burundi and Chad
  - Anti Violence program has been prepared in South Africa. Must wait until the national federation is prepared to conduct the project
- **Field activities**
  - The Assistant director – field responsible have this year visited Chad, Burundi and Rwanda. Reports will be produced. The plan is that he also shall visit Haiti before end of this year
- **Other**
  - Following up different UN agencies as; Office on Sport, High Commissioner for Refugees, WHO, High Commissioner for Human Rights and UNESCO

**Commissioner report forms**

Continent:

Commissioner:

Period:

| Project | Action within period | Status/deviation | Plan for close the deviation | Comments |
|---------|----------------------|------------------|------------------------------|----------|
|         |                      |                  |                              |          |
|         |                      |                  |                              |          |
|         |                      |                  |                              |          |

**Judo for Peace project identification form.**

This form shall be filled in and sent to the director of Judo for Peace Commission and Commissioner for evaluation and approval.

**Application for:**

- Program
- Event
- Solidarity program
- Social program as health, education, society building/development
- Special project

Continent: \_\_\_\_\_

Commissioner: \_\_\_\_\_

Country or region of interest: \_\_\_\_\_

Responsible body and person for the project: \_\_\_\_\_

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Political situation in the country or region:

**Back ground for propose the project:**

Aims:

**Time schedule:**

Pilot study:

Main project:

Evaluation of minimum duration:



**Main question to be considered if it is a reconciliation or peace project, is all parts in the conflict prepared to step into reconciliation:**

Yes:

No:

Comments:

**Existing sports infrastructure:**

Judo:

Other combat sports:

Other sports federation or organisations:

Existing educational system

Existing social system:

Valuation of actual primary cooperation partners:

**Equipment needed to start up activities**

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**Wanted competence support in:**

Management

Coaching

Education

Human rights/conflict solution

Health care

**Possible funding:**

Central authorities:

Local authorities:

National Olympic Committee:

External sponsors:

Others:

## Ethic guidelines for the JFP Commissioner

All member of the IJF Judo for Peace Commission shall act according to the moral and ethics idea of judo and Jigoro Kanos basics rules for judo and IJF ethic guidelines

The commissioner shall respect all persons involved in a program, project or event

### Ethical Checklist

Cities-based consultants, Doug Wallace and Jon Pikel, suggest the following ethical checklist to address ethical dilemmas. If a JFP commissioner fill that he is in an ethical dilemma this check lsi shall be used

| Ethical Checklist   | Circle the appropriate answer on the scale; "1" = not at all; "5" = totally yes   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1.  | <b>Relevant Information Test.</b> Have I/we obtained as much information as possible to make an informed decision and action plan for this situation?   | 1 | 2 | 3 | 4 | 5 |
| 2.  | <b>Involvement Test.</b> Have I/we involved all who have a right to have input and/or to be involved in making this decision and action plan?   | 1 | 2 | 3 | 4 | 5 |
| 3.  | <b>Consequential Test.</b> Have I/we anticipated and attempted to accommodate for the consequences of this decision and action plan on any who are significantly effected by it?  | 1 | 2 | 3 | 4 | 5 |
| 4.  | <b>Fairness Test.</b> If I/we were assigned to take the place of any one of the stakeholders in this situation, would I/we perceive this decision and action plan to be essentially fair, given all of the circumstances? | 1 | 2 | 3 | 4 | 5 |
| 5.  | <b>Enduring Values Test.</b> Do this decision and action plan uphold my/our priority enduring values that are relevant to this situation?   | 1 | 2 | 3 | 4 | 5 |
| 6.  | <b>Universality Test.</b> Would I/we want this decision and action plan to become a universal law applicable to all similar situation, even to myself/ourselves?  | 1 | 2 | 3 | 4 | 5 |
| 7.  | <b>Light-of-Day Test.</b> How would I/we feel and be regarded by others (working associates, family, etc.) if the details of this decision and action plan were disclosed for all to know?                                | 1 | 2 | 3 | 4 | 5 |
| 8.  | <b>Total Ethical Analysis Confidence Score</b> . Place the total of all circled numbers here.   |   |   |   |   |   |
| How confident can you be that you have done a good job of ethical analysis? |   |   |   |   |   |   |
| 7-14  | Not very confident  |   |   |   |   |   |
| 15-21   | Somewhat confident  |   |   |   |   |   |
| 22-28   | Quite confident   |   |   |   |   |   |
| 29-35   | Very confident  |   |   |   |   |   |

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equal and with the same respect as they expect to be treated themselves.

The commissioners shall have no political or financial interest in the commission work and activities.

When there is a possibility for personal conflict of interest when the duty as commissioner is carried out, the commissioner shall inform the director of the commission of the present situation.

## Media activities

To support the development of the Commissions goal and activities, political foundation and IJFs position, shall there be produced media information to all Judo for Peace activities.

The responsible for producing such material is the Continental Commissioner where the event takes place, in co-operation with the Commissioner with special task for media.

### Event information

Before every event there shall be produced a press release which describe the event. The press release shall be available one month before the event and contain:

- What kind of event;
  - Fully program
  - Tournament
  - Festival

- Solidarity program
- Responsible federation and member of IJF Judo for Peace Commission
- Goal or mission of the event
- Participation countries
- When and where take the event place
- Responsible media contact, both organizer and in the IJF JFP Commission

After the event shall the media responsible make a press release with information about:

- Which activities does take place during the event
- Participation country and special invited guests
- Experience and what was the main achievement of the event.

Responsible person to produce the press release is the continental IJF JFP commission member in co-operation with the media responsible in the Commission.

## About the International Judo Federation

The International Judo Federation, hereinafter referred to as the "IJF", is a company limited by guarantee and incorporated in Ireland is composed of National Judo Federations acting as members, officially affiliated through one of the five Continental Judo Unions of Africa, Asia, Europe, Oceania, and Pan America.

The liability of the National Judo Federations as members is limited. Every National Judo Federation of the company undertakes to contribute to the assets of the company, in the event of the company being wound up while it is a member or within one year afterwards, for payment of the debts and liabilities of the company contracted before it ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required not exceeding ten pounds (Irish).

The IJF is a non-political and a non-profit organization. It shall not discriminate on the grounds of race, religion, gender or politics. In the IJF Statutes, Bye-Laws, Rules and Regulations, the masculine gender used in relation to any physical person shall, unless there is a specific provision to the contrary, be understood as including the feminine gender.

The IJF recognizes Judo, as a system of physical and mental education created by Jigoro Kano, which also exists as an

Olympic sport.

All provisions of the IJF Statutes, Bye-Laws, Rules and other Regulations must be in conformity with the Olympic Charter.

### Aims

Among others, the IJF has the following aims:

- a. To promote cordial and friendly relations between its members and to supervise judo activity throughout the world.
- b. To protect the interest of judo throughout the world.
- c. To organize, in collaboration with the five Continental Unions, the IJF Events (at regular intervals) as well as the judo competitions for the Olympic Games. The right to organize the World Championships and international events will only be given to countries that are able to guarantee entry into their territory of all participants of Members Federations wishing to participate.
- d. To organize judo throughout the world and to develop and spread the practice of judo particularly amongst the youth.
- e. To establish the international regulations of judo.
- f. To support and maintain the ideals and objectives of the Olympic Movement

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## Appendix 1

### What is Judo?

#### History and back ground

Judo is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponents onto their backs. On the ground, it includes techniques that allow you to pin your opponents down to the ground, control them, and apply various chokeholds or joint locks until submission.

#### Historical back ground

Judo originated in Japan as a derivative of the various martial arts developed and used by the samurai and feudal warrior class over hundreds of years. Although many of the techniques of judo originated from arts that were designed to hurt, maim, or kill opponents in actual field battle, the techniques of judo were modified so that judo students can practice and apply these techniques safely and without hurting opponents. Unlike karate, judo does not involve kicking, punching, or striking techniques of any kind. Unlike aikido, judo does not involve the application of pressure against the joints to throw an opponent. Unlike kendo, judo involves no equipment or weapons of any sort. Instead, judo simply involves two individuals who, by gripping the judo uniform or judogi, use the forces of balance, power, and movement to attempt to subdue each other. Thus, it is simple and basic. In its simplicity, however, lies its complexity, and mastery of even the most basic of judo techniques that often take considerable time, effort, and energy, involving rigorous physical and mental training.

#### More than just a sport

The word judo consists of two Japanese characters, ju, which means "gentle", and does, which means "the way". Judo,

therefore, literally means the way of gentleness. Although the gentleness may not be immediately apparent to newcomers who see bodies flying through the air and people pinned to the ground. In the next chapter, we will see how the techniques of judo are based on giving in rather than fighting back. It is this principle of gentleness, or yawara (which is the same character as the ju in judo), on which all judo techniques are based.

Judo is much more than the mere learning and application of combat techniques, however. In its totality, it is a wonderful system of physical, intellectual, and moral education. Judo has its own culture, systems, heritage, customs, and traditions. Moreover, the principles of gentleness are carried from the practice mats and into most students' lives, in their interactions with their friends, family, work colleagues, and even strangers. Judo gives its students a code of ethics, a way of living, and a way of being. Practiced today by millions of individuals, judo is undoubtedly the most popular combat sport in the world. In terms of sheer numbers of participants, judo is the second most popular sport of any sport, soccer being number one. In terms of national organizations worldwide, judo is the largest sport in the world, with the greatest number of member nations in the International Judo Federation, or IJF. It is a part of the physical education systems of many countries, and practiced in local clubs, junior high and high schools, colleges, regional and national training centres, and in many other areas in this country and across the world. Millions have discovered the spectacular enriching sport, and way of life, we know of as judo.

Judo is a rigorous and demanding physical activity. The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of



strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defence helps develop reaction time, coordination, and overall physical self-confidence. Judo students become physically bigger, stronger, and faster through their practice of judo.

Not only does judo produce tremendous gains in overall physical and athletic ability; judo students learn the specific skills and techniques of judo. They learn a variety of techniques in order to throw their opponents to the ground with force, speed, and control. While judo students are often exposed to many of these types of throwing techniques in their judo careers, they usually master only a handful, and a handful is generally all that is needed to be successful in contemporary judo competitions.

### **Sound physical base**

Judo students also learn the fundamental principles and the dynamics of subduing their opponents on the ground through the application of pinning and submission techniques. Their prowess both on the ground and on their feet, combined with the considerable basic physical fitness gained from daily judo practice, affords judo students with a considerable repertoire of techniques, skills, knowledge, and abilities. These, in turn, allow them to be excellent athletes, with a sound physical base of fundamental skills, and formidable and imposing opponents in competition.

But beyond the development of physical prowess and athletic ability, judo students learn much more. They learn how to control their feelings, emotions, and impulses. They learn about values of perseverance, respect, loyalty, and discipline. Judo students develop an outstanding work ethic, as well as important social manners and etiquette. They learn to overcome their fears, and to show courage under pressure. Through

competition and the rigors of daily practice, they learn about justice and fairness. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society. As such, judo facilitates the development of important moral knowledge and values, those that are important to help people to become active and contributing members of their communities, nations, and the world. In this way, judo students play an important role in developing societies, and creating new and better communities for the future.

### **Social skills**

Judo students also learn valuable social skills, and build long-lasting and meaningful relationships with others. The camaraderie and bonding that occurs among partners who have shared the rigors of physically difficult and mentally demanding training are deep, often providing the basis for relationships that last a lifetime. Through judo, people are able to develop friendships and integrate socially almost anywhere. Regardless of the towns you visit, in your home country or elsewhere, there is bound to be a judo club, or dojo, where you will be welcomed. Judo is not only a physical activity; it is an international language that transcends national borders, cultural barriers, and language difficulties. In this way, judo links up peoples, communities, and countries; it performs an important role not only in our individual lives, but also in the future welfare of our societies in today's interdependent world.

## Appendix 2

### Judo Techniques

There are many different types of nage waza and katame waza. For example, the International Judo Federation, the parent organization of all national federations of judo in the world, officially lists 66 different nage waza, and 29 different katame waza (9 osae waza, 11 shime waza, and 9 different kansetsu waza). In actual judo practice, however, it is unrealistic for anyone to master all of these various techniques. In reality, most judo students only master a few techniques, training diligently enough so that their techniques are effective against all different types of opponents of different sizes, strengths, and styles. Also, while most judo students are taught a "basic" way of performing a technique by their teacher, or sensei, most students who become proficient in judo gradually modify and adapt their favourite techniques to their own size, body frame, movements, and abilities. They may pull differently here, push differently there, or use their feet in a unique way. In this fashion, each judo student's technique is unique to him or herself. When you master a technique well enough to make it singularly effective for yourself, that technique is called your tokui waza, which literally means "special" or "favourite" technique.

Of the many different techniques of throwing, pinning, choking, and arm locking that exist, a few have become very popular in recent years, and can be readily seen in competition and practice. In the remainder of this chapter, we will introduce you to some of the most common and spectacular judo techniques used in today's judo world.

#### Most used

##### Seoi Nage

Seoi nage, or shoulder throw, is one of the

most representative throws of judo.

When attacking with seoi nage, you pull your opponent to break their balance forward.

Then, pivoting on one leg, you twirl your entire body around so that you are facing the same direction as your opponent, with both your legs evenly balanced on the ground.

Pulling your opponent onto your back, you then lift their body with your legs. While in mid-air, you twist by lunging your shoulder forward while your arms guide him to the ground in a spectacular fashion.

##### Tai Otoshi

Tai otoshi, or body drop, is a hand technique that relies heavily on precision, speed, timing, and movement. In tai otoshi, you break your opponent's balance to the front diagonal corner by pulling them in that direction. In the instant that their weight shifts to the balls of their feet, you pivot your body in the same direction as them, while shifting one of your feet directly in front of their lead foot. At that split second, you drive your arms and entire body to the ground directly in front of you, pushing off both your legs for extra support and leverage. Your opponent drops dramatically to their front corner, rotating over onto their back as they come crashing to the ground.

##### O Soto Gari

O soto gari, or major outside reap, is a classical judo throw to the rear corner.

- In o soto gari, you break your opponent's balance to the rear corner. When you do so, their weight will be largely on one leg and to the rear of the foot.

- At the same time, you bring your body alongside your opponent's, by driving your outside foot forward to their side.

- While your opponent is off balance, you swing the other leg behind theirs, and bring it back swiftly and strongly to reap their leg. Lifting their supporting leg off the ground, their body is airborne, their legs rotating to the rear. You guide them to the ground, ensuring they fall on their backs with speed, force, and control.

### **Harai Tsuru Komi Ashi**

Harai tsuru komi ashi, or literally "sweeping lifting foot", is another powerful foot technique. While breaking your opponent's balance to the front diagonal corner, you sweep the front portion of their foot strongly and swiftly with yours. When done at precisely the right moment, their body lifts into the air. When airborne, you rotate their body with your hands, bringing them crashing to the ground.

### **O Uchi Gari**

- In o uchi gari, you break your opponent's balance directly to the rear. Bringing your body in close to theirs, you push them so that the impetus of your movement continues to drive them backward.

- While balancing on one leg, your free leg then grazes the mat in a large, circular motion, going behind one of their legs and coming back to reap it. Because your opponent's weight and balance were on their heels at the point of attack, they begin to fall straight backward when you reap their leg.

- You continue to drive forward, down and to the ground, to complete the throw, often allowing your own body to land right on top of them.

While this throw is used on its own proficiently by many, it is used by an even greater number of judoists in combination with other techniques, especially those throwing the opponent forward, such as uchi mata or seo inage, because it takes advantage of your opponent's reactions in

defending against o uchi gari. The ability to use o uchi gari in combination with so many other techniques makes it one of the most versatile and well-used techniques in judo.

### **Uchi Mata**

Uchi mata, or inner thigh throw, is one of the most powerful judo throws.

- When attacking with uchi mata, you pull your opponent to break their balance forward.

- Then, you throw your body into and under your opponent's, as you rotate your own body in the same forward direction. While doing so, you make sure your hips go under your opponent's so that you can lift them off the ground.

- Balancing on one leg, and while lifting with your body and pulling with your hands, your free leg swings upward in between theirs, making contact with the inside portion of their thigh. You complete the throw by rotating them in mid-air and driving them to the ground onto their back.

This throw is used by many great judo champions, each with his or her own special style.

### **Tomoe Nage**

Tomoe nage, or circle throw, is one of the throws that come to mind when you think of judo.

- In tomoe nage, you break your opponent's balance forward by pulling them onto their toes.

- In the split instant when their weight is coming forward while you are pulling upward and forward, you drop your entire body down and under them, with your buttocks directly under their centre of

gravity.

- At the same instant, you raise one (or both) of your feet into their belly, and pushing on that leg, lift their body off the ground. Once lifted, their momentum continues to carry them forward, as they topple over onto their backs.

Tomoe nage is commonly seen on television and in movie theatres across the world, and exemplifies many of the dynamic principles of judo nage waza.

### **Pick Ups**

In recent years, a whole new series of judo techniques have evolved on the contemporary judo scene. All of them involve picking up, blocking, or scooping your opponent's legs with one or both of your hands as you drive them off balance with the rest of your body.

- One version, for example, involves reaching one of your hands across to your

opponent's leg on the other side, grasping the front of the trousers.

- At the same time, you push your opponent in that same direction, but block their ability to step to maintain their balance by pulling on their leg.

- Unable to regain their balance as you drive into them, they fall to their rear corner.

### **Ura Nage**

Some of the most powerful throws in judo are the counter techniques, or kaeshi waza, in which you use the movements and power from your opponent's attack against them to throw them.

In ura nage, or rear throw, for example, you block your opponent's forward throw, such as uchi mata, with your hips;

- grasping their body around their waist,  
- you lift them in the air and throw them backwards in a spectacular fashion.

## Appendix 3

### **United Nations Millennium Goals:**

- Goal 1: Eradicate extreme poverty and hunger
- Goal 2: Achieve universal primary education
- Goal 3: Promote gender equality and empower women
- Goal 4: Reduce child mortality
- Goal 5: Improve maternal health
- Goal 6: Combat HIV/AIDS, malaria and other diseases
- Goal 7: Ensure environmental sustainability
- Goal 8: Develop a Global Partnership for Development

### **Universal Declaration of Human Rights by United Nations**

#### **Preamble**

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, therefore,  
The General Assembly,  
Proclaims this Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these

rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

#### **Article 1**

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood

#### **Article 2**

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it is independent, trust, non-self-governing or under any other limitation of sovereignty.

#### **Article 3**

Everyone has the right to life, liberty and security of person.

#### **Article 4**

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

#### **Article 5**

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

#### **Article 6**

Everyone has the right to recognition everywhere as a person before the law.

#### **Article 7**

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

#### **Article 8**

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

#### **Article 9**

No one shall be subjected to arbitrary arrest, detention or exile.

#### **Article 10**

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

#### **Article 11**

1. Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.
2. No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

#### **Article 12**

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, or to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

#### **Article 13**



1. Everyone has the right to freedom of movement and residence within the borders of each State.
2. Everyone has the right to leave any country, including his own, and to return to his country.

#### **Article 14**

1. Everyone has the right to seek and to enjoy in other countries asylum from persecution.
2. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

#### **Article 15**

1. Everyone has the right to a nationality.
2. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

#### **Article 16**

1. Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
2. Marriage shall be entered into only with the free and full consent of the intending spouses.
3. The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

#### **Article 17**

1. Everyone has the right to own property alone as well as in association with others.
2. No one shall be arbitrarily deprived of his property.

#### **Article 18**

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in

teaching, practice, worship and observance.

#### **Article 19**

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

#### **Article 20**

1. Everyone has the right to freedom of peaceful assembly and association.
2. No one may be compelled to belong to an association.

#### **Article 21**

1. Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
2. Everyone has the right to equal access to public service in his country.
3. The will of the people shall be the basis of the authority of government; this shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

#### **Article 22**

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

#### **Article 23**

1. Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
2. Everyone, without any discrimination, has the right to equal pay for equal work.



3. Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
4. Everyone has the right to form and to join trade unions for the protection of his interests.

#### **Article 24**

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

#### **Article 25**

1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
2. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

#### **Article 26**

1. Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.
2. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

3. Parents have a prior right to choose the kind of education that shall be given to their children.

#### **Article 27**

1. Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
2. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

#### **Article 28**

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

#### **Article 29**

1. Everyone has duties to the community in which alone the free and full development of his personality is possible.
2. In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.
3. These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

#### **Article 30**

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.