



Green Dojo Certification Criteria

Level 1: Green Dojo Kiai

Basic Commitment to Sustainability

KIAI - represents energy and focus, akin to the beginning of the journey where one's awareness of sustainability is awakened.

- **Energy Efficiency:**
 - Install energy-efficient lighting (LEDs) in the dojo.
 - Implement a policy to turn off lights and equipment when not in use.
- **Waste Reduction:**
 - Introduce recycling bins in the dojo and promote recycling among members.
 - Reduce single-use plastics by encouraging the use of reusable water bottles.
- **Water Conservation:**
 - Install water-saving fixtures in restrooms and showers.
 - Encourage members to use water responsibly.

Level 2: Green Dojo Zanshin

Enhanced Environmental Practices

ZANSHIN - in judo, this is a state of heightened awareness - perfect for the stage where learners become more attuned to sustainability.

- **Sustainable Operations:**
 - Offer incentives for accessing the dojo via sustainable transport options (car share, public transport, bike).
 - Implement digital record-keeping to reduce paper usage.
- **Eco-Friendly Products:**
 - Use eco-friendly cleaning products within the dojo.
 - Source uniforms and equipment from suppliers committed to sustainability.
- **Renewable Energy:**
 - Install renewable energy sources (e.g. solar panels) to power the dojo.

Level 3: Green Dojo Seiza

Exemplary Leadership in Sustainability

SEIZA - a seated, respectful posture in judo - symbolizing mastery and deep respect for the environment, signaling full commitment.

- **Comprehensive Waste Management:**
 - Achieve zero-waste operations through advanced recycling, composting, and waste reduction strategies.



- **Community Engagement:**
 - Organize at least one environmental awareness event or activity for members each year.
 - Partner with local environmental organizations to support community sustainability projects.

Certification Process:

- **Step 1:** Review the criteria and assess your dojo's current practices.
- **Step 2:** Implement the necessary changes to meet the Kiai, Zanshin or Seiza criteria.
- **Step 3:** Document your efforts with photos, reports, and any other relevant evidence.
- **Step 4:** Submit your application to IJF for review at sustainability@ijf.org
- **Step 5:** Receive your official Green Dojo certification and celebrate your achievement!

Final Note:

The IJF is here to support you every step of the way. Please find Annex 1 with a list of resources for learning and getting inspired for your sustainability journey. Together, we can make judo a leading sport in the effort for a sustainable future.

Join the Green Dojo Initiative today and let's make a difference - one dojo at a time!