



INTERNATIONAL JUDO FEDERATION FEDERATION INTERNATIONALE DE JUDO FEDERACION INTERNACIONAL DE JUDO

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To: Presidents of the IJF Member National Federations

May 22, 2020

Budapest

Dear President,

I hope this letter finds you and your judokas in good health and the COVID-19 situation is starting to improve in your country.

I have the pleasure of informing you that the International Judo Federation has launched an online platform, *IJF FIT*, with the aim to offer the entire Judo community and friends the possibility to train, get in shape and challenge themselves at all levels during these unprecedented times. The *IJF FIT* consists of a series of dynamic and original fitness challenges performed by Judo champions, encouraging all athletes to participate and compete with themselves, with friends or with the sport community worldwide at all ages. For full details, please check <https://fit.ijf.org/>.

I kindly ask you to promote this healthy initiative within your National Federation and clubs, reaching out to all Judo clubs and athletes and urging them to take part. There will also be a Ranking List mentioning which country is taking the lead.

In these challenging times, we have to come together more than ever as a mark of solidarity, unity and respect for our sport and share our values with all people. This challenge will allow for the promotion of mental health, social health and physical health.

I ask you to promote this project, our project, the *Judo Fit* project. Thank you in advance for your sustained contribution.

I wish you good health and a smooth transition from the health crisis.

Best regards,


Marius L. Vizer
President
International Judo Federation