

We define the elementary language of **category theory** as the two sorted first order logic with

- objects and morphisms as the distinct sorts, together with
- relations of an object being the source or target of a morphism, and
- a symbol for composition morphisms.

Let σ be a statement in this language. The *dual* of this statement σ^{op} is the same as σ , except:

- The "source" and "target" relations are swapped, and
- The order of composition is swapped (every $f \circ g$ becomes $g \circ f$).

Definition 1 (Self-dual). *A statement/set/class is **self-dual** iff it is equal to its dual.*

Proposition 2. *σ is true in \mathcal{C} iff σ^{op} is true in \mathcal{C}^{op} .*

Theorem 3. *If σ holds for a **self-dual** class of **categories** \mathcal{C} , so does σ^{op} .*

Proof. Let \mathcal{C} be a class of **categories** that is **self-dual**. Let σ be a statement in the elementary language of **category theory** that holds for all $\mathcal{C} \in \mathcal{C}$. Since \mathcal{C} is **self-dual**, σ holds for \mathcal{C}^{op} . Thus, by proposition 2 (and the fact that the dual of the dual is itself), σ^{op} holds for \mathcal{C} . \square