



O'Sensei Pedro's Leadership Super Session 09 – October -2006

Attitude

- Introduction to Leadership & Welcome New Leaders
- Polite Greeting
 - Leaders and Champions are the first to introduce themselves to others
 - Leaders ALWAYS help other people
- Mental Training: Attitude
Attitude is...Everything!!
Change Your Attitude...And You Change Your Life!!
Leaders and Champions ALWAYS have Positive “Can Do” Attitudes.
 - What is Attitude?
Think of your attitude as your spirit and your outlook on life. No matter what situation you are in, you always have certain thoughts and feelings about it.

Leaders and Champions Always have a positive “can do” attitude. They believe they can do anything and always find something positive in every situation. They have a positive spirit.

Positive Judo Spirit = “OSU!” and Signifies Positive Attitude
- Technique Training: Tomoenage – “Circle Throw”
Warm-Up
Standing Forward Somersault Practice
Advanced Forward Ukemi Practice
Tomoe Nage – “Circle Throw”
 - Grasping the concept: Lie on ground. Pick opponent up with both feet
 - 1 Leg Tomoenage – Hopping in
 - Proper One Leg Tomoe Nage
 - Yoko Tomoe Nage – Side Tomoe Nage