



O'Sensei Pedro's Leadership Super Session 01 – Feb -2006

CONFIDENCE

- Introduction to Leadership
- Polite Greeting
- Leaders and Champions are members of the shake and smile club
- Leaders help other people

Mental Training: Confidence is when the look on my face shows that I mean business!

- The look of confidence
- The walk of confidence

Physical Training: Introduction to Lock Flow

- History
- Lock Flow – Flow
- Lock Flow – Technique