



## CONFIDENCE

- Introduction to Leadership & Welcome New People
- Introduction of new Team FORCE Members
- Polite Greeting
  - Leaders and Champions are always the first to introduce themselves to others.
  - Leaders ALWAYS help other people and make them feel comfortable
  - Leaders are confident, make eye contact, use their voice, and have charisma.  
*“Hello (bow and shake hands). My name is \_\_\_\_\_. I am a member of Pedro’s Judo Leadership Team. Your name is? Welcome to the dojo. It is very nice to meet you.”*

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

- O’sensei Leads Class on Confidence
- Student Volunteer(s) Lead Class on Confidence
- The look of confidence
- The walk of confidence

Physical Training:

- Judo Confidence – Posture & Believing in Yourself allows you to develop judo
- Ouchi Gare – Minor Inner Reaping Throw
  - Traditional Two-Handed Ouchi Gare
  - One-handed standing ouchi gare off the grip
  - One-handed low ouchi gare off the grip