



O'Sensei Pedro's Leadership Super Session 03 – May -2006

Discipline

- Introduction to Leadership & Welcome New People
- Polite Greeting
 - Leaders and Champions are members of the shake and smile club
 - Leaders ALWAYS help other people
- **Review Previous Theme – FOCUS**
 - “Focus is when my eyes hit the target before my body does.”
 - Ask students to share stories of “FOCUS”

Mental Training: Discipline

- What is Discipline?

“DISCIPLINE...is ALWAYS doing...what I KNOW...I should do...to reach MY goal.”

- Students lead class on Discipline
 - Explain Leadership Discipline Calendars
- Discipline is:
1. Always doing the things that will help you reach your goal.
 2. Always avoiding the things that prevent you from reaching your goal.
- Students will track their own discipline for the month of May and turn in calendars to receive a Certificate of Completion of the leadership attribute - **Discipline**

Physical Training: Ouchi Gare – Major Inner Reaping Throw

1. Basic Two-handed ouchi gare
 2. One-handed standing ouchi gare off the grip
 3. Two-handed low ouchi gare
 4. One-handed low ouchi gare off the grip
- Distribute Leadership Discipline Calendars

O'Sensei Pedro's
Leadership Super Session
DISCIPLINE

Discipline is:

1. **Always** doing the things that will help you reach your goal.
2. **Always** avoiding the things that prevent you from reaching your goal.

Sample Goal #1: Lose 10 pounds

What things are going to help me reach my goal?

What things are going to prevent me from reaching my goal?

What would a Champion Leader with Discipline ALWAYS do!

Sample Goal #2: Getting Honor Roll on my report card

What things are going to help me reach my goal?

What things are going to prevent me from reaching my goal?

What would a Champion Leader with Discipline ALWAYS do!

O'sensei's Goal: Become World and Olympic Champion

What things are going to help me reach my goal?

What things are going to prevent me from reaching my goal?

What did O'sensei Pedro ALWAYS do!

5am – 11pm, sacrifice(s)

What is **YOUR** Goal?