



O'Sensei Pedro's Leadership Super Session 03 – January – 2007 Goals

- Introduction to Leadership & Welcome New People
 - New Year = New Beginnings and New Friendships
- Polite Greeting
 - Leaders and Champions are members of the shake and smile club
 - Leaders ALWAYS help other people
- Mental Training: “A GOAL is a DREAM with a DEADLINE. As a Leader and a Champion, A GOAL SET is a GOAL MET!”
 - Review Goal Setting (Other Side of Sheet)
 - Pick Student(s) to Share their Goals with class.
 - Student(s) Lead class on Goals.

“A GOAL is a DREAM with a DEADLINE. As a Leader and a Champion, a goal SET is a goal MET!”

- Physical Training: Physical Fitness
Select partners for the following drills

1) Push-Up Goal

Ages 5 – 8: 30 Push Ups (3 sets of 10)
Ages 9 – 12: 60 Push Ups (3 sets of 20)
Ages 13+ 100 Push Ups (4 sets of 25)

2) Sit-Up Goal

Ages 5 – 8: 30 Sit Ups (3 sets of 10)
Ages 9 – 12: 60 Sit Ups (3 sets of 20)
Ages 13+ 100 Sit Ups (4 sets of 25)

3) 6 Inches Drill

Ages 5 – 8: 30 seconds
Ages 9 – 12: 1 minute
Ages 13+ 2 minutes

O'Sensei Pedro's Leadership Super Session GOALS

Share Story: O'sensei Pedro's Goal

Leaders and Champions:

1. Always set Goals.

Setting goals gives us a purpose and helps remind us what we are trying to accomplish. When things get tough, thinking about the goal helps us to refocus. ALWAYS think about how good it will feel when you accomplish your goal.

2. Fully Commit to their Goals.

Commitment means that you are willing to do whatever it takes to achieve your goal. If you don't commit yourself fully and you don't get there, then you will never know if it was possible or not.

3. Constantly make Sacrifices.

Success does not come without a price. Sometimes you have to sacrifice a lot to reach your goal.

4. Remember that Success does not always happen quickly.

Leaders and Champions realize that everybody fails. It is impossible to always win or succeed. Achieving your goal may not happen today, tomorrow, next year, or even in 5 years, but one thing is for sure...those that give up will never get there.

5. ALWAYS raise the Bar.

Once we have achieved a goal, we set a new goal that is even harder than before.

6. The Pursuit of Goals = Being the Best YOU Can Be!

Not everybody was meant to be Olympic Champion, Nobel Prize Winner, etc. But, EVERYBODY can pursue their goals with 100% commitment, energy, sacrifice, and effort. Doing so is Success whether you achieve your goals or not. Not giving it your all is failure and only YOU can make that decision.

Goal Setting:

1) Set 2 Goals in Judo for 2007.

Be Reasonable and Set Realistic goals. Pick something that will be meaningful. Remember that the goal has to be something that can be measured. Did it happen...yes or no? (eg: Place in the Pedro's Challenge. Come to practice every day for 6 months.)

2) Write down the things you will need to do to reach those goals.

Black Belt Excellence

"A good martial artist is able to take what they learn in martial arts class and apply it in the real world. Now I want everybody to set a goal for themselves outside the dojo."

1) Set 2 Goals outside of Judo for 2007.

2) Write down the things you will need to do to get there.