



O'Sensei Pedro's Leadership Super Session 07 – February - 2007

HONESTY

- 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 & Highlight Previous Month's Theme – Goal Setting
 - Goal Set = Goal Met
 - Success Stories & Awarding of Yellow Stripes
- Common & Ultimate Goal in Judo = Black Belt
 - Teach Black Belt Creed:

"I will live by the principles of Black Belt: Modesty, Courtesy, **Integrity**,
Self-Control, Perseverance, and Indomitable Spirit."

Mental Training: HONESTY is Telling the Truth and Acting with Fairness to the Best of My Ability

- HONESTY Discussion (Other Side of Sheet)
- Student(s) lead class on HONESTY

Physical Training: Taio Toshi – Body Drop

- Left vs. Right Taio Toshi
 - Static Uchikomi
 - Moving Uchikomi
 - Nagekomi
- Ouchi Gare to Taio Toshi Combination (Lefties)

O'Sensei Pedro's Leadership Super Session HONESTY

I. How many of you consider yourself to be an Honest Person?

True or False

1. I am truthful, sincere, and straightforward.
2. I don't lie, cheat, or steal.
3. I don't intentionally mislead others.

Answer and Finish this sentence:

I think I am or am not an honest person because _____.

As a parent, I know that the most important thing is for my kids to be honest with me ALWAYS. I want to know with 100% certainty that my kids are telling me the truth. There cannot be any doubt. This way I can make decisions knowing that I have all the facts. If my kid lies to me and I just got done defending him/her and I later find out, how do you think I am going to feel?

II. Discussion Questions:

1. How many lies do you get to tell before you are a liar?
2. Do you think it is ok to tell small little white lies to parents or friends to keep from upsetting them? What about telling small lies to keep yourself from getting into trouble?
3. If someone left an I-Pod or Gameboy at a tournament and you found it but nobody saw you find it, what would you do? Why?
4. If your friends were all cheating on an exam, does that make it okay for you to cheat too? What if you know they are all going to get high grades and you are struggling with the test and will probably get a bad grade?
5. They say cheating is another form of lying, would you agree?
6. When people are dishonest with you, how does that make you feel?
7. What is a phoney? How does dishonesty turn people into phonies?
8. What risks are involved in being honest? What risks are involved in being dishonest?
9. What does honesty have to do with your character?

III. Honesty Quotes:

It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place. ~Henry Louis Mencken, *A Little Book in C Major*, 1916

If you tell the truth you don't have to remember anything. ~Mark Twain

Who lies for you will lie against you. ~Bosnian Proverb

No man has a good enough memory to make a successful liar. ~Abraham Lincoln