



# O'Sensei Pedro's Leadership Super Session 02 – Aug – 06

## **PERSEVERANCE**

### Introduction to Leadership & Welcome New People

- Bring new Leadership members and candidates up front and have them introduce themselves.

### Polite Greeting

- Leaders and Champions are members of the shake and smile club
- Leaders ALWAYS help other people
- Review Polite Greeting: "Hello. My name is.....And, you are? Nice to meet you. I am a member of Pedro's Judo Center's Leadership Team. Welcome to the dojo."
- Polite Greeting Practice

### Mental Training: PERSEVERANCE

- Ask students to define perseverance?
- "Perseverance IS the RELENTLESS pursuit of MY GOAL until it is accomplished."
- Sample Demonstration (Reaching the end of the mat)
- Quitters never Win and Winner's never Quit!
- Becoming a Champion is harder than staying a Champion
- Jimmy's Olympic Story – Share Medals
- Students lead class on Perseverance

**"Perseverance IS the RELENTLESS pursuit of MY GOAL until it is accomplished."**

### Physical Training: Sankaku – Triangle Choke

1. Basic Sankaku (Add armlock for adults only)
2. Counter to Head-Up Sankaku Transition
3. Reverse Sankaku