



O'Sensei Pedro's Leadership Super Session 08 – November -2006

POWER

- Introduction to Leadership & Welcome New People
 - New Student Introductions
- Polite Greeting
 - Leaders and Champions are the first to introduce themselves to others
 - Leaders ALWAYS help other people

Mental Training: POWER

- What is POWER?
 - In Judo – Power is the combination of speed and maximum strength behind your technique.
 - In Life – Power is having the authority to do something or having influence over others to get them to do something.
 - Other Side of Sheet

“POWER is using MY STRENGTH and AUTHORITY at the RIGHT TIME to ACHIEVE the GREATEST result”

- Student(s) lead class on POWER

Physical Training: POWER

Power Training Exercises

- Sprints with Partner Holding Belt
- Partner Drag Races
- Wheel Barrel Push Ups
- Clap Push Ups
- Partner Belt Drags

Judo Training with Power

- Basic Uchikomi
- 3-Man Uchikomi
- Throws on Crash Pad with Power

This month in training, I want everyone to focus on their power.

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RIGHT TIME to ACHIEVE the GREATEST result”

Excellent Leaders in Life...

1. Accept and Use Power wisely.
2. Use their Power to direct others to help them achieve their full potential.
3. Do NOT abuse their Position of Power.

Examples?

Judo Champions...

1. Work Hard to develop Power.
2. Put Power into every technique.
3. Put Power into every training exercise.

Examples?