



## RESPONSIBILITY

- Introduction to Leadership & Welcome New People
- Team FORCE Leadership Update
- Polite Greeting
  - Leaders and Champions are always the first to introduce themselves to others.
  - Leaders ALWAYS help other people and make them feel comfortable
  - Leaders are confident, make eye contact, use their voice, and have charisma.  
*“Hello (bow and shake hands). My name is \_\_\_\_\_. I am a member of Pedro’s Judo Leadership Team. Your name is? Welcome to the dojo. It is very nice to meet you.”*

### Mental Training: Responsibility

- What is Responsibility?
- Discuss Behavior of Responsible People
- How a PJC Leader shows Responsibility  
(Other Side of Sheet)

“Responsibility is ALWAYS holding MYSELF accountable, and GOING Above and Beyond to Get the Job DONE!”

- Lead Class on Responsibility
- Student(s) Lead Class on Responsibility

### Physical Training: Uchimata – Inner Thigh Throw

- Uchimata Balance Strength Training – Ladder Drill: One Leg Hops
- Uchimata Motion with Partner (Holding shoulder)
- Uchimata Balance with Partner (Hops down the mat)
- Basic Uchimata
  - Drill:** 10 Uchikomi
  - Drill:** 10 Lifts
  - Drill:** 10 Nagekomi

## Lesson Taken from the West Point's *Champions of Character* Manual

### **Overview of the Definition of Responsibility:**

Responsibility implies dependability and reliability. When you are responsible, all team members can count on you. You work hard to improve and have the perseverance to get through difficult times. You are committed to excellence and do everything within your power to complete your goals. Pedro's Judo Center students demonstrate responsibility by making progress toward becoming a leader of character their top priority. They hold themselves accountable for their actions and their decisions. They solve problems rather than make excuses and are reliable team members.

### **Discussion of Behavioral Expectations for Value of Responsibility:**

How do responsible people behave?

- First to accept responsibility; last to make excuses
- Exceed standards rather than doing the minimum
- Live according to the dojo's leadership values
- Accept leadership role at the dojo and fulfill it to the best of his/her ability
- Do the right thing even when no one is watching

### **How a Pedro's Judo Center Leader shows *RESPONSIBILITY***

1. Academic Progress
  - Assumes responsibility for academic effort
  - Makes academic excellence the top priority (Yes – over judo!)
2. Accountability
  - Accepts personal responsibility
  - Is a problem solver, not an excuse maker
  - Takes responsibility when improvement is needed
3. Consistency
  - Dependable; can be counted on by teammates and coaches
4. Discipline
  - Accepts and embraces discipline and hard work
  - Demonstrates self-control both on and off the field/court
  - Maintains focus and concentration on the goal
5. Competitive
  - Demonstrates the will to succeed
  - Able to recover quickly from mistakes or misfortune
  - Never, never quits
6. Mental Toughness
  - Has the inner strength to be able to control emotional responses
  - Concentrates on what has to be done in pressure situations
  - Stays enthusiastic, confident, and positive
  - Nothing breaks the spirit to compete
7. Determination
  - Is a self-starter
  - Perseveres through the difficult times
  - Shows initiative
  - Stays with obligations and promises