



## O'Sensei Pedro's Leadership Super Session 06 – September – 2006

### **SELF-CONTROL**

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

#### **Mental Training: Self-Control**

- What is Self-Control? (Review - over)
- All Students to select area of improving own Self-Control
- Students Lead Class on Self-Control
  - 1) Have student share with class where they need to improve self-control
  - 2) Have student lead class:

Self-Control IS keeping MYSELF from DOING the things I  
KNOW I should NOT DO!

#### **Physical Training: Kata Garuma – Shoulder Wheel Throw**

- Standing Kata Garuma
- Low Kata Garuma
- Invite Students to Demonstrate Kata Garuma

## **Polite Greeting**

Bow from a few feet away, extend hand for handshake, make eye contact and say;

“Hello, my name is \_\_\_\_\_? I am a member of O’sensei Pedro’s Leadership Team. And you are? Very nice to meet you.”

Note: Make sure to make EYE CONTACT and speak with CONFIDENCE.

## **Self-Control** (10 minutes)

Ask students what Self-Control is?

**“Self-Control IS keeping MYSELF from DOING the things I know I should NOT DO!”**

Ask students for some examples of using Self-Control...

### **At School?**

How would a person WITHOUT self-control act at school?

How would a person WITH self-control act at school?

### **At Home?**

How would a person WITHOUT self-control act at home?

How would a person WITH self-control act at home?

### **At Work?**

How would a person WITHOUT self-control act at work?

How would a person WITH self-control act at work?