



TEAMWORK

- Introduction to Leadership & Welcome New People
- Polite Greeting
 - Leaders and Champions are always the first to introduce themselves to others.
 - Leaders ALWAYS help other people
 - 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 O’sensei Pedro’s Leadership Team. Your name is? Welcome to the dojo. It is very nice to meet you.”

Mental Training: Teamwork & Acceptance

What is Teamwork?

Teamwork is a collaboration of different efforts to achieve a common goal.

“Teamwork IS working TOGETHER to achieve a COMMON goal.”

Review Teamwork (other side)

Exercise #1: Pyramid Building

Exercise #2: 500 Team Push Ups

Exercise #3: MB Crab Walk Drag Team Relay Race

Student group(s) lead Class on Teamwork

“Teamwork IS working TOGETHER to achieve a COMMON goal.”

Physical Training: Nagekomi Practice

Working on Favorite Technique – 30 Throws on Crash Pad

Teamwork & Acceptance

“Teamwork IS working TOGETHER to achieve a COMMON goal.”

A tight knit team is a group of competent individuals who **care deeply about each other**. They are **fiercely committed** to their mission, and are **highly motivated** to combining their **energy** and **expertise** to achieve a **common** objective.

On a team, EVERYBODY counts! No matter how big, how small, how strong, how weak, etc...every individual on the team counts and has a job to do. Everybody is accepted as part of the TEAM.

Exercise #1: Pyramid Building

Your team is like your family. You must be willing to do whatever it takes to help your team succeed. Sometimes individual sacrifices have to be made to help the team succeed.

Baseball Example: It's the last game of the season. You are at bat. One more home run, you break the all time HR record for your league ever. There's one out, bottom of the last inning, bases loaded, and your coach asks you to bunt the ball. What do you do? This is individual sacrifice for the good of the team.

Sometimes it is far better to be part of a team than to do it alone. This is when teamwork is like judo's philosophy of *Seiryoku Zenyo* – Minimum Effort with Maximum Efficiency.

Homework Example: What if your teacher assigned 20 chapters for a biology test next week? How would you prepare by yourself? What if you had 19 other teammates who had the same assignment? How could you work together to help one another? Note: Think Minimum Effort, Maximum Efficiency.

Exercise #2: Team Push Ups 500

You can also see how teamwork helps to reinforce judo's other philosophy of *Jita Kyozei* – or Mutual Welfare and Benefit. Teamwork enables us to accomplish goals together that we may not be able to achieve on our own.

Does Teamwork fit into an individual sport like judo? How?

How is teamwork used during: Uchikomi? Nagekomi? Randori?

Nagekomi Example: When I throw my partner, he learns how to fall properly as well as where I must be in order to throw him. So the next time I try to throw him, he can adjust himself and now I cannot throw him. I also learn by improving my technique.

In all instances, partners work together to help each other get better. Need to be good partners. Need to learn from one another. Respect one another. Push one another.

In Judo, an individual cannot succeed without the help of a good team and without good training partners. You are only as good as your competition. Think about it, you cannot try techniques by yourself. You cannot learn what you're doing wrong if there is no one to practice with.

Judo is a perfect example of the importance of teamwork.

Student group(s) lead class on **Teamwork**.