

O'Sensei Pedro's
Leadership Super Session
01 – March -2006

VISUALIZATION & POSITIVE THINKING

- Introduction to Leadership – Leaders and Champions are made – not Born!
- Review Confidence – Share Success Stories & Students Lead
- Polite Greeting – Leaders are always the first to introduce themselves to others.
“Hello (bow and shake hands). My name is _____. I am a future leader and champion at Pedro's Dojo. Your name is? It is very nice to meet you.”

Mental Training: Visualization & Positive Thinking – The Keys to Success

The art of seeing yourself succeed over and over again, until you honestly believe it is possible. Your body will then go out and do what your mind has seen.

- Visualization is not just seeing, but experiencing.
- Live the moment! Feel everything!

Student Exercise: Students pick a goal. Lay on mat. Visualize success.

Note: Before any of this is possible, you must prepare properly. In judo, you have to do the training. In school, you have to study. In work, you have to spend the time preparing. “Earn the right to succeed”

Positive Thinking: Positive Self-talk

Champions only think about winning. They have no doubts. They never think about anything except success. Think about things that you can control.

(Preparation, Training, Competing)

O'sensei's example: “You are the best in the world. Now go show them.”

Student Exercise: “I am a leader. I am a champion. I can accomplish anything.”

Relaxation: Breathing Exercise

Close eyes. Clear the mind. Breathe in through nose and fill stomach with air. Hold and breathe out. Repeat. (Note: Think only about breathing.)

People that are relaxed perform better.

Anxiety and nerves hurt performance.

Reduces heart rate.

Do this just prior to competition, test, or stressful activity.

Physical Skills: Ashi Waza – Foot techniques

Okuri Ashi Barai – Double foot sweep (sideways)

Okuri Ashi Barai – Double foot sweep (circle)

De Ashi Barai – Advance foot sweep (leading leg)

De Ashi Barai – Advance Foot sweep (shoulder push)