



VISUALIZATION & POSITIVE THINKING

- Introduction to Leadership & Welcome New People
- USA Judo National Team Force
- 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: Visualization & Positive Thinking – The Keys to Success

“Visualization IS seeing MYSELF SUCCEED before it is ACHIEVED!”

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

Visualization is really the art of picturing success in your mind 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. Do this every day or every night until your goal is accomplished.

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 prove it!”

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: Same Sided Grip Seio Toshi – Two Handed Body Drop

- Standard Seio Toshi
- Seio Toshi vs. Opposite Sided Opponents
- Drop Seio Toshi or Drop Seionage
- TEAM FORCE ONLY: Advanced Gripping: Seio Toshi vs. Same sided Opponents