



Warrior Star #1

Introduction

- Code of Conduct
 - Student Promise
 - Critical Six
 - Art of Representation
- What is Verbal Judo?
 - The ability to effectively communicate in such a manner as to deflect, defuse and redirect a verbal attack to a more appropriate conversation.
- Why do we study Verbal Judo and the Martial arts?
- To become a
 - Focus Student
 - Good Citizen
 - Strong Leader

Mushin

- What is Mushin?
 - The Asian philosophy that means you must keep a cool head in all situations.
- What tool do we use to keep our Mushin?
 - By recognizing your weaknesses we are able to put an **Anger guard** your emotions.
- What is an Anger Guard?
 - A private Label we put on our weakness.
 - **Name** it,
 - **Know** it
 - **Own** it.

Word Blocks

- What is a Word Block?
 - A Verbal Deflector that defuses, and redirects a person's comments toward a more appropriate conversation
- What is a Word Block **NOT**?
 - It is not a Sarcastic or Argumentative Comeback
- How many Word Blocks are there AND Name them?
 - #5 = Humor
 - Apology
 - Polite Threat
 - Working the Crowd
 - Time-out.