

Verbal Judo for Martial Arts



Warrior Star #4

- The final word block
- It looks like...
 - Hands up – Ready to move to High Guard (protect your face) and respond to counter attack
- Sounds like...
 - “Whoa! Time out!”
- The gesture is immediately and universally recognized



S.A.F.E.R.

- Security
- Attack
- Flight
- Excessive Repetition
- Revised Priorities



L.E.A.P.S.

Warrior Star #4

- **L** = Listen
- **E** = Empathize
- **A** = Ask
- **P** = Paraphrase
- **S** = Summarize



Tactical Meet & Greet

Warrior Star #4

Show Time!

You've got to **LOOK** good
and **SOUND** good
or it's
NO GOOD



Warrior Star #4

- Introduce yourself
- Address the situation
- Ask WHY this is taking place
- Find a solution and agree on a resolution



5 Steps to Persuasion.

Warrior Star #4

#1 ASK

#2 EXPLAIN WHY

#3 Give options

#4 Confirm action

#5 Act



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