

# Session 3.

## Handling uncertainty and finding balance

11.10.2023 GLE





In pairs, discuss (7 mins):

- Your sleep routine reflection
  - Time roulette findings
- Energy assessment test results



# Routine survey

**meditation**

**socializing**

**journaling**

**sewing**

**reading**

**exercise**

**creativity**

**breathing**

**gym**

**light exercise**

# How often do you plan to execute your routine?

Every day	5 times a week	3-4 times a week	Two times a week	Once a week
22 (48%)	4 (9%)	13 (28%)	6 (13%)	1 (2%)

# How long does your routine take per session?

Over 1.5h	1h-1.5h	45min-1h	30-45min	15-30min	10-15min
1 (2%)	5 (11%)	5 (11%)	7 (15%)	<b>14 (30%)</b>	<b>14 (30%)</b>



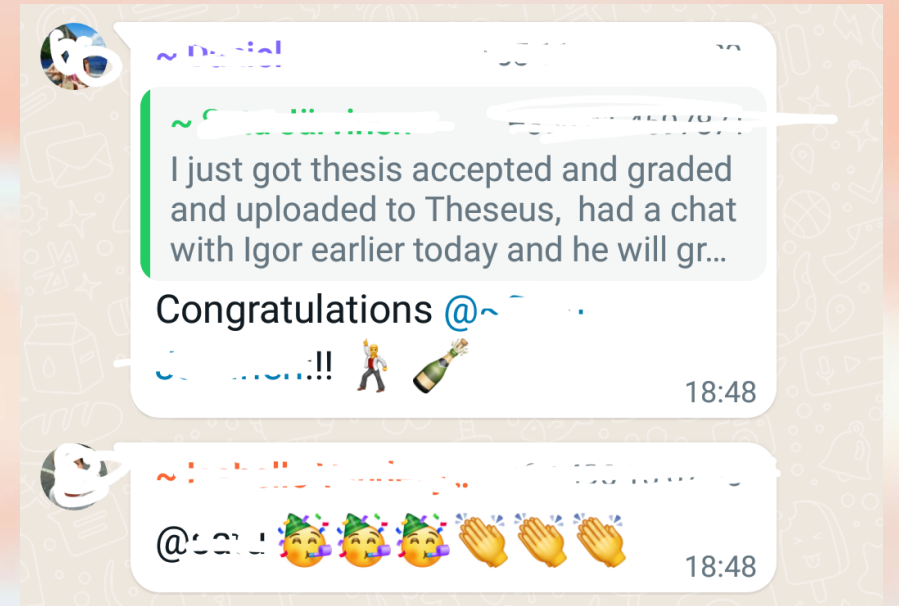
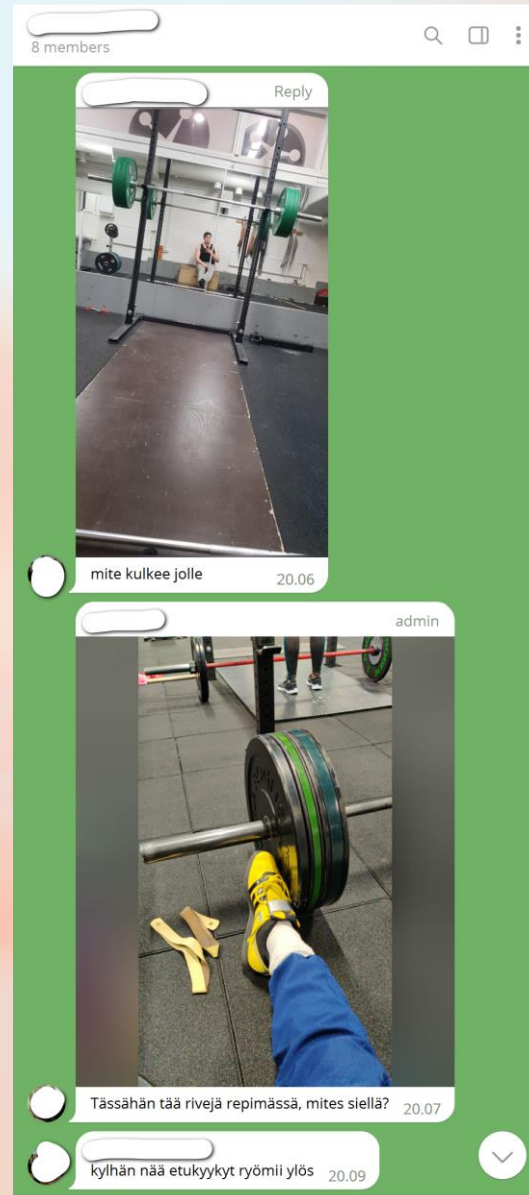
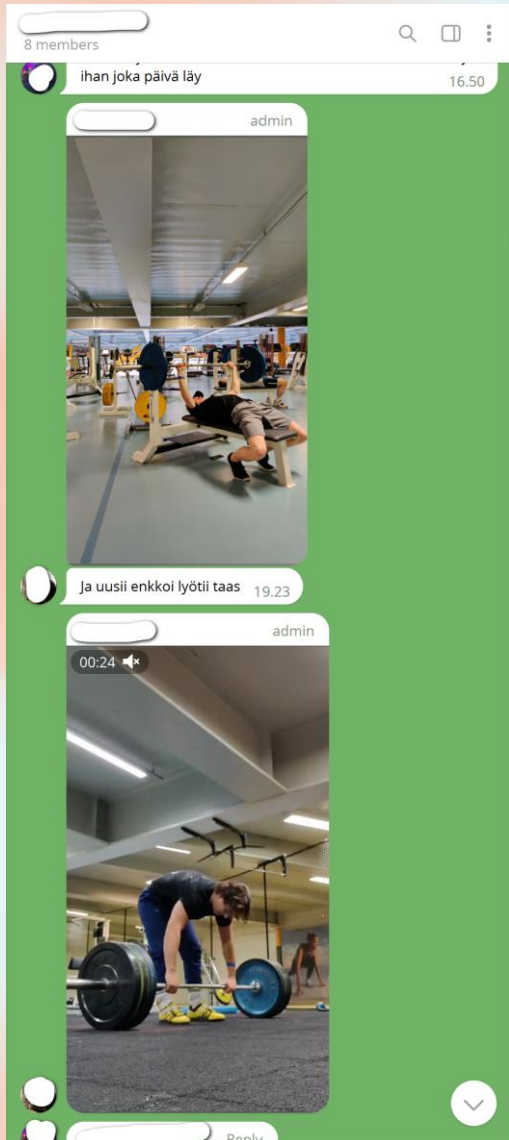
# **Create a 6 people group at themed whiteboards.**

## **Discuss in a group (20 mins):**

- The activity you chose and your goals for it
- How can the group support each other in sticking to the routine
- Possible challenges and how to overcome them
  - Telegram support group name and principles
- Everyone joins the group and the rules are posted in the first message



# Examples of Telegram support



# Finding balance

**The principles of Judo**

柔道



**Johannes Kaira**

Architect, University Teacher, Judo Coach

Lecture

Demonstration

Exercise

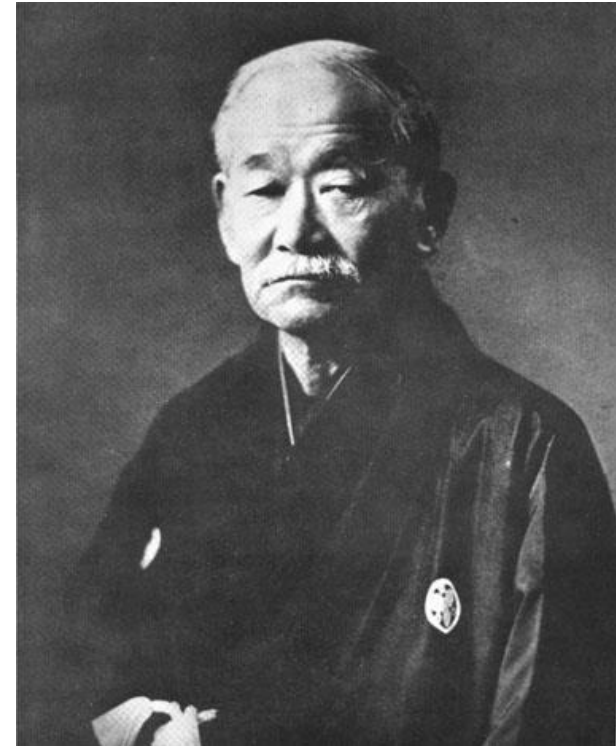
**Jigorō Kanō 嘉納治五郎, 1860-1938**

*Founder of Kodokan Judo*

*Director of primary education for Ministry of education 1898 - 1901*

*President of Tokyo Higher Normal School 1900-1920*

*Member of the International Olympic Committee 1909 - 1938*





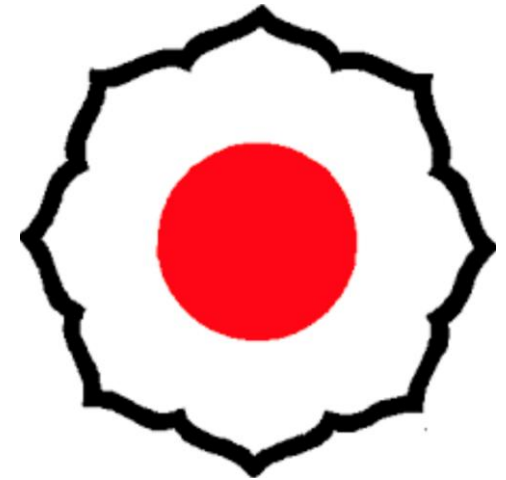
# Judo

Kodokan Judo institute founded 1882

Olympic sport since 1964

Derived from jiu-jitsu.

Based on throws, submissions, locks and chokes



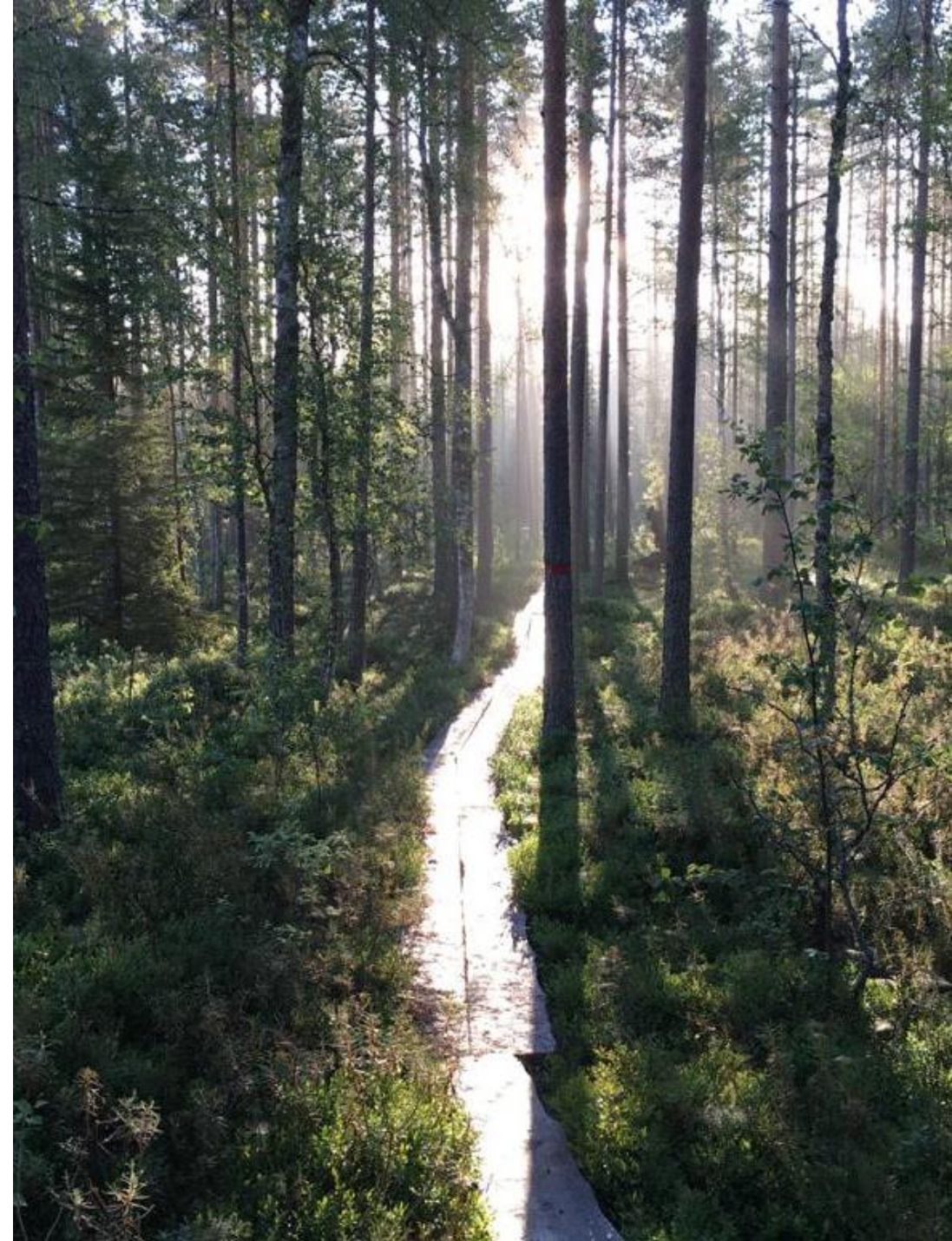
Kodokan Logo

# Kano's division of Judo training

Rentai-ho = Judo as a physical exercise

Shobu-ho = Judo as a martial art/the skill.

Shushin-ho = cultivation of wisdom and virtue +  
the study and application of the  
principles of Judo in our daily lives.



# **Principle 1**

## **Maximum Efficiency**

精力善用 *seiryoku zen'yō*

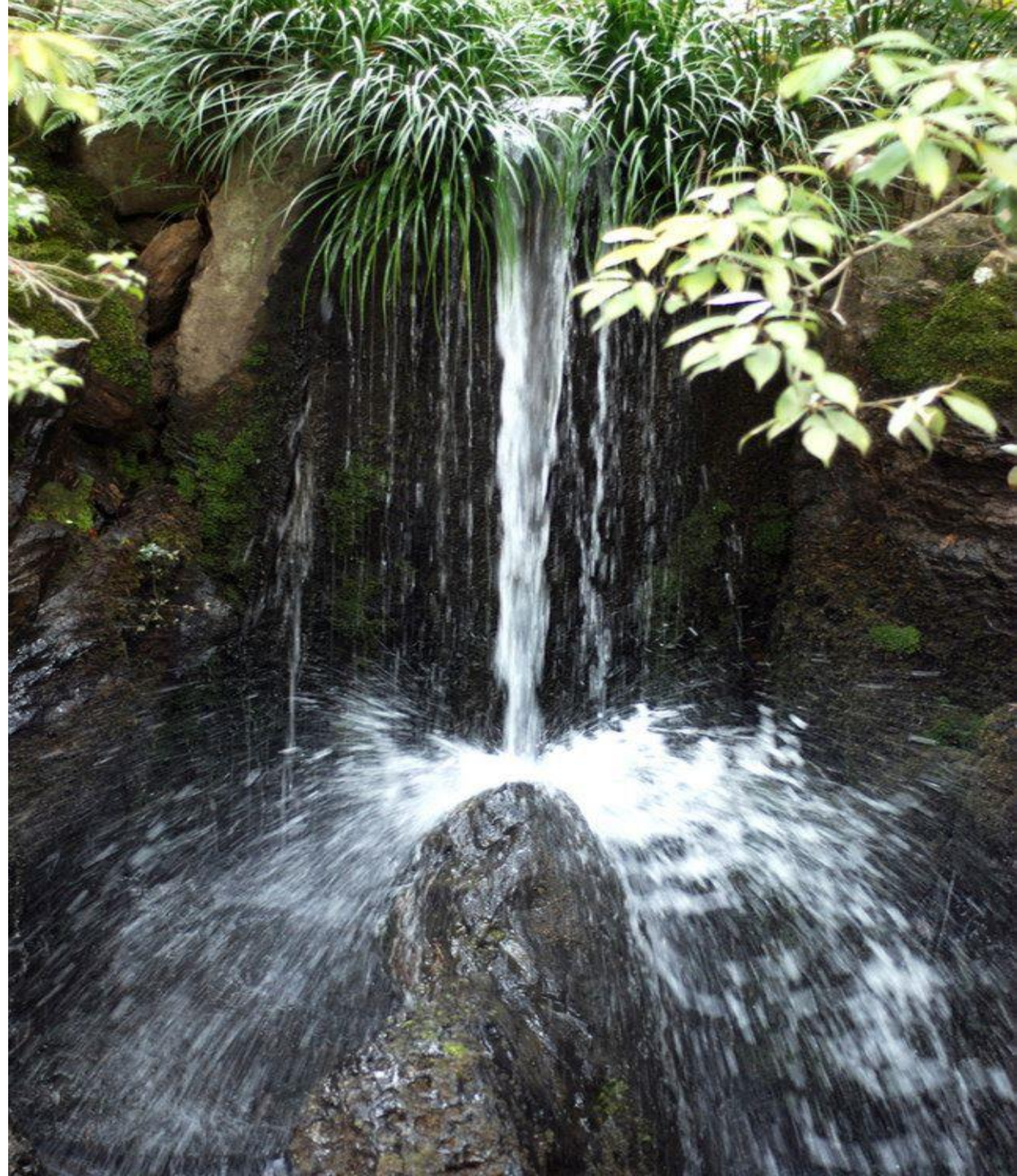


# **Demonstration**

## **Principle 2**

### **Mutual Prosperity**

自他共栄 *jita kyōei*





# Personal growth





# Kata

*Conscious mind*

Concetrate on the purity of form

Focus on details and memorize order

Understand the theory behind each technique

Demonstrate good control and skill



# Randori

*Intuitive mind*



Use your senses

Be relaxed, free from expectations.

Actively search your opportunity

Position yourself correctly

Strike when it gives you the best results with 110%

**Exercise**



# Common Telegram chat

<https://t.me/+GNpUVU0jDcA5ZTFk>



# Homework (in MyCourses):

1. Answer 4 questions in your learning diary
2. Keep on with the chosen routine
3. Post a Telegram routine group link and its description in common Telegram group (if you missed this session, please join one of the routine groups on Telegram that suits you).
4. Record an audio file (podcast style) reflecting on today's subjects (balance, maximum efficiency, mutual prosperity etc.) 5 min max. Upload to MyCourses and, if you like, share yours on common Telegram and listen to other people's reflections.
5. Self-compassion exercises:
  - Read article "Surprising way to quiet your inner critic" (pdf on MyCourses)
  - Do "Self-compassion audit" (pdf on MyCourses)
  - Listen to exercise: Get Along With Your Anger <https://www.aalto.fi/en/oasis-of-radical-wellbeing/keys-to-your-wellbeing-ii-self-compassion-with-a-fierce-twist>

# Attendance recording

<https://link.webropolsurveys.com/S/F82FA42871301FC5>

