



WRESTLING

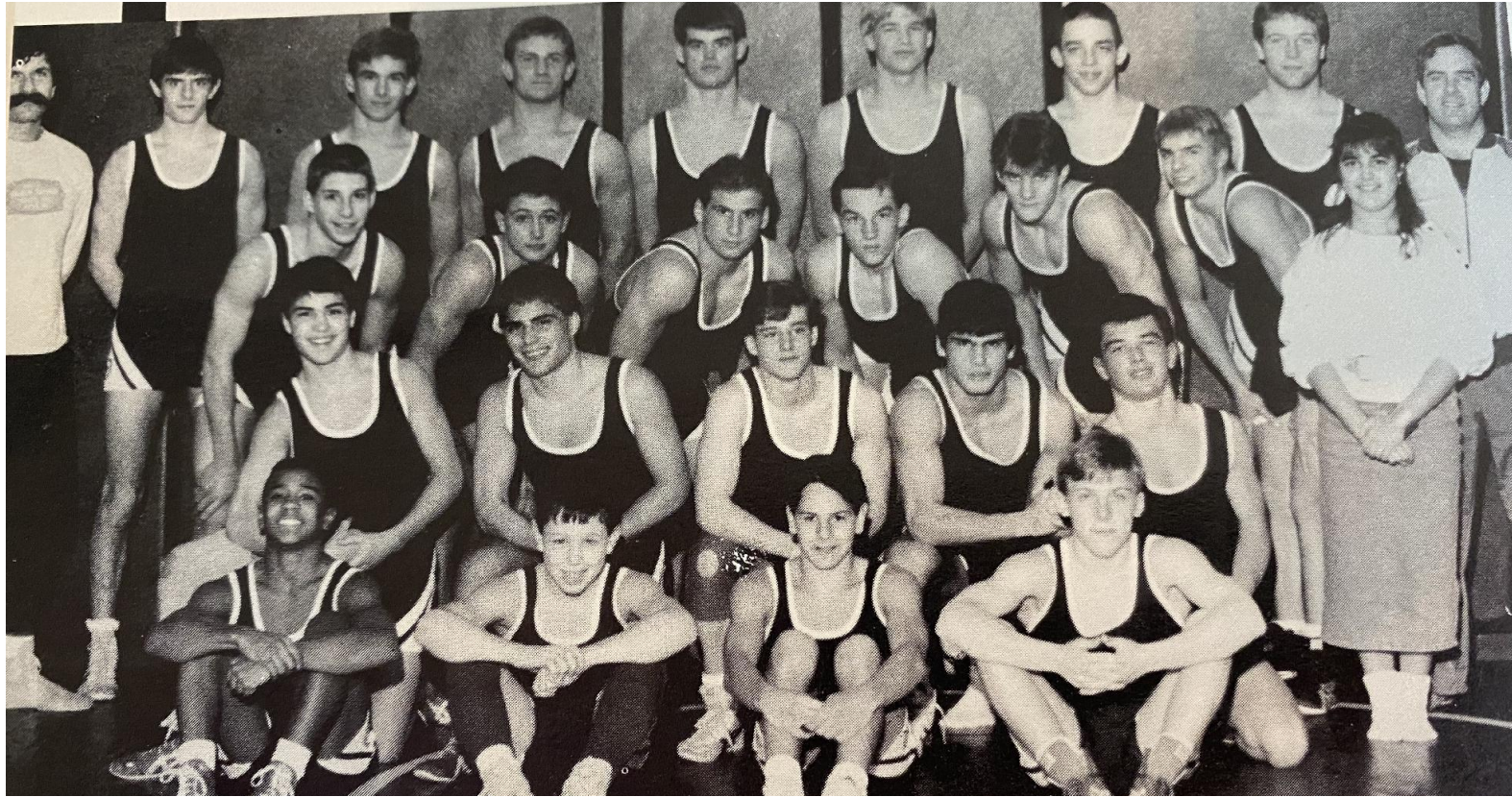
Performance Character

09/2026



40 Second Self-Description

- Each person at the table will get 40 seconds to describe themselves with "I" statements.
 - I am...
 - I love...
 - I dislike...
 - I have...
- 



Background

Burglar picks the wrong man to tie up, P.A. police say

BY DAVE PRICE
PALO ALTO DAILY NEWS STAFF

A Palo Alto man who was tied up at gunpoint yesterday in his apartment by a burglar managed to free himself after two hours and hold the suspect until police arrived.

Police said it helped that the victim was an assistant wrestling coach at Stanford.

"He was holding the burglar with one hand and calling 911 with the other

The victim, a wrestling coach, held the burglar with one hand and dialed 911 with the other.

one," said Palo Alto police Detective Jim Coffman.

The suspect, identified as a 31-year-old Gustafson, of Palo Alto, was

ary and armed with a \$100,000 and

ht. He needed to complete

in the 700 block of San Antonio Road, said Coffman. Eslava told the suspect he also lived in the apartment complex, but did not, Coffman said.

However, the suspect allowed the victim to escape with the burglar as a friend.

Wrestling coach wins fight for life

■ ROBBERY

from Page 1B

ged with the shoelaces while the gunman lay at his side. Then began the most important wrestling match of Jackson's life.

Jackson jumped the gunman. Still blindfolded and tied at his feet, he didn't know if the gunman was pointing the revolver.

But once again, instincts took over for the former 142-pound man. "One

For 20 to 25 minutes, the pair struggled. Jackson prayed that he wouldn't hear a gunshot.

was holding his arm down, and with my left hand I called police," he said. At this point, Jackson, tightly gripping the cord, told the gunman: "Don't struggle or I'll kill you."

The gunman complied. Jackson released the cord after officers freed him. Coffman said Jackson "very brave."

played Palo Alto resident, for suspicion of armed robbery, burglary and false imprisonment, Coffman said. Eslava was treated at Stanford University Hospital for cuts and bruises before going to the San Jose main jail, where he was being held in lieu of \$100,000 bail.

"I'm definitely glad I had a wrestling background," Jackson, physically unimpaired and roommate of a head wrestling coach, who is in the Palo Alto area, said.

"It's like I'm in a movie," he said.

His wrestling experience and instincts gave Jay Jackson an edge over his robber—even though Jackson was blindfolded and his feet were tied together.

Jackson, 23, was in the match of his life in the early morning hours last Friday when a man tied him up in the Palo Alto condominium where he lives and attempted to rob him.

Jackson managed to free his hands and then, while blindfolded, attacked his attacker.

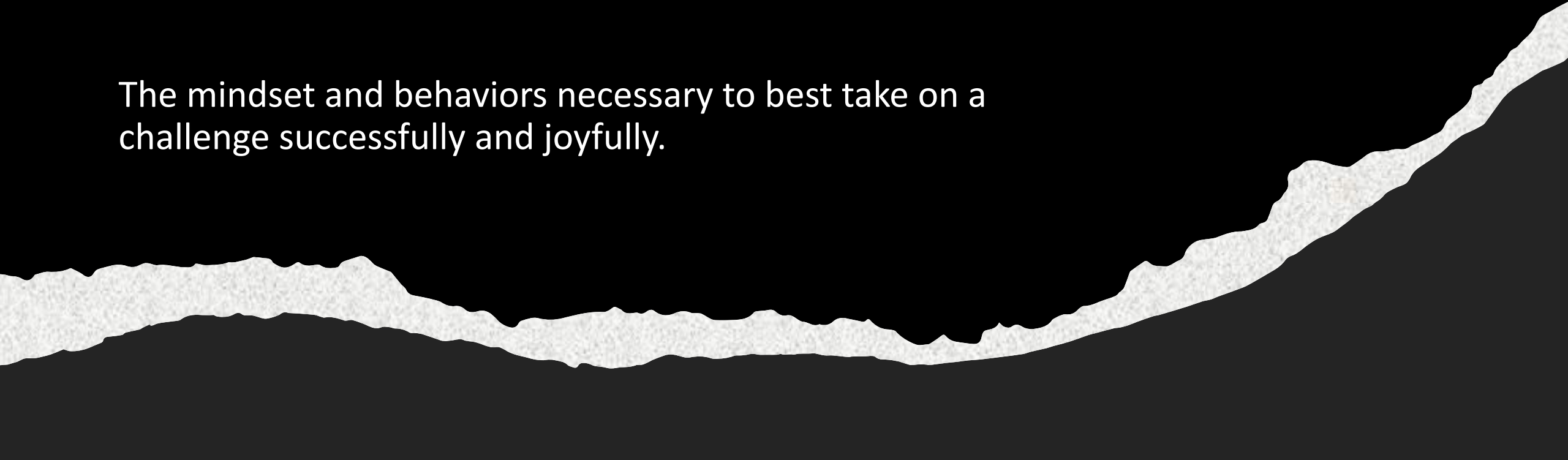
Twenty long minutes later, Gustafson Eslava, 31, was pinned down by Jackson, Stanford's assistant wrestling coach. Jackson wrapped a telephone cord around Eslava's neck. "Don't you

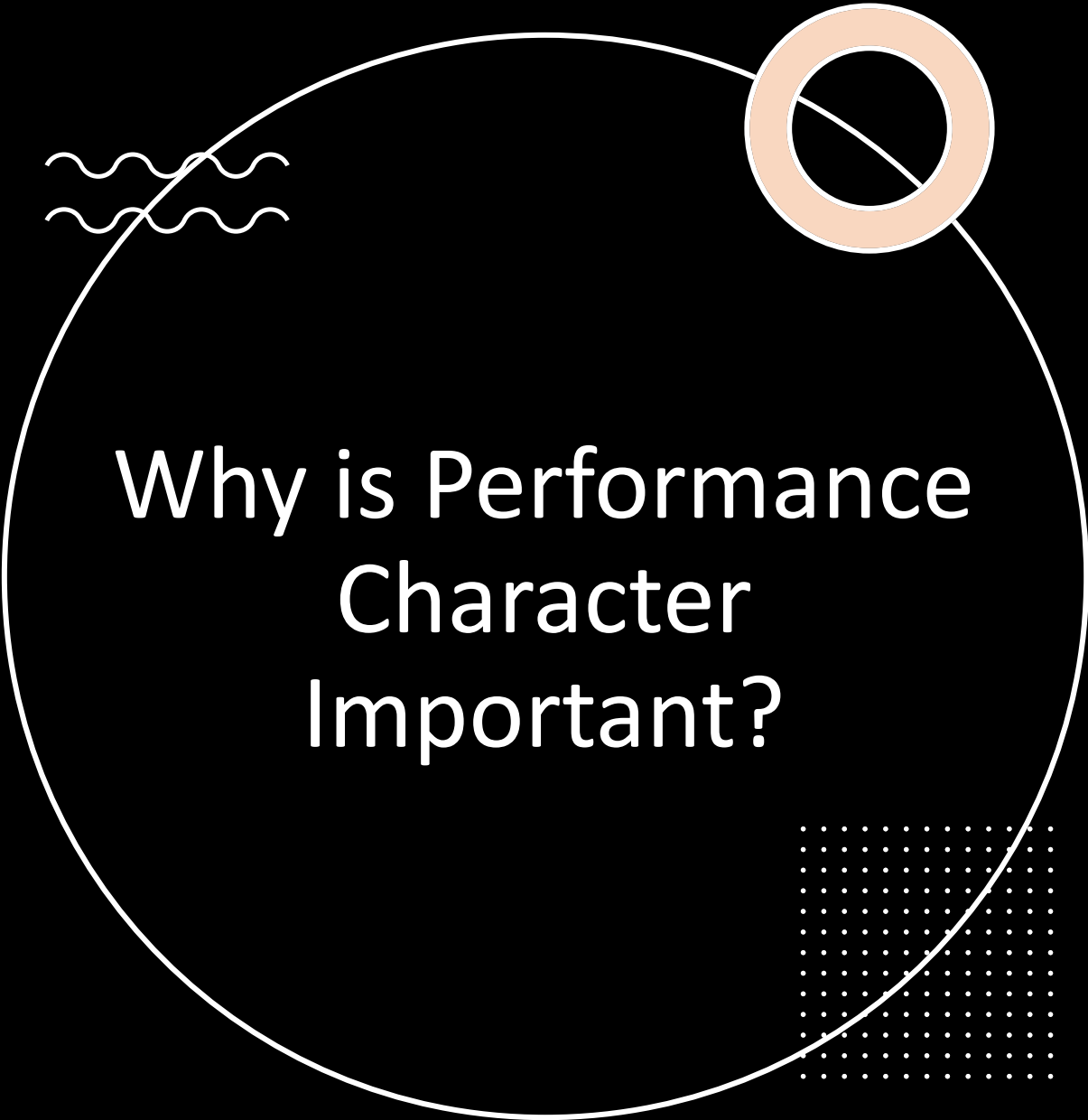
Wrestling coach takes down robber

Stanford coach wins life-threatening struggle in Palo Alto

Performance Character

The mindset and behaviors necessary to best take on a challenge successfully and joyfully.





Why is Performance Character Important?

- Wrestlers encounter challenges every day in practice and competition. How much time do we spend on why they're taking on those challenges and how to get through them when the challenge is difficult?
- Athletes need to know that they can be in control of challenges rather than victims.



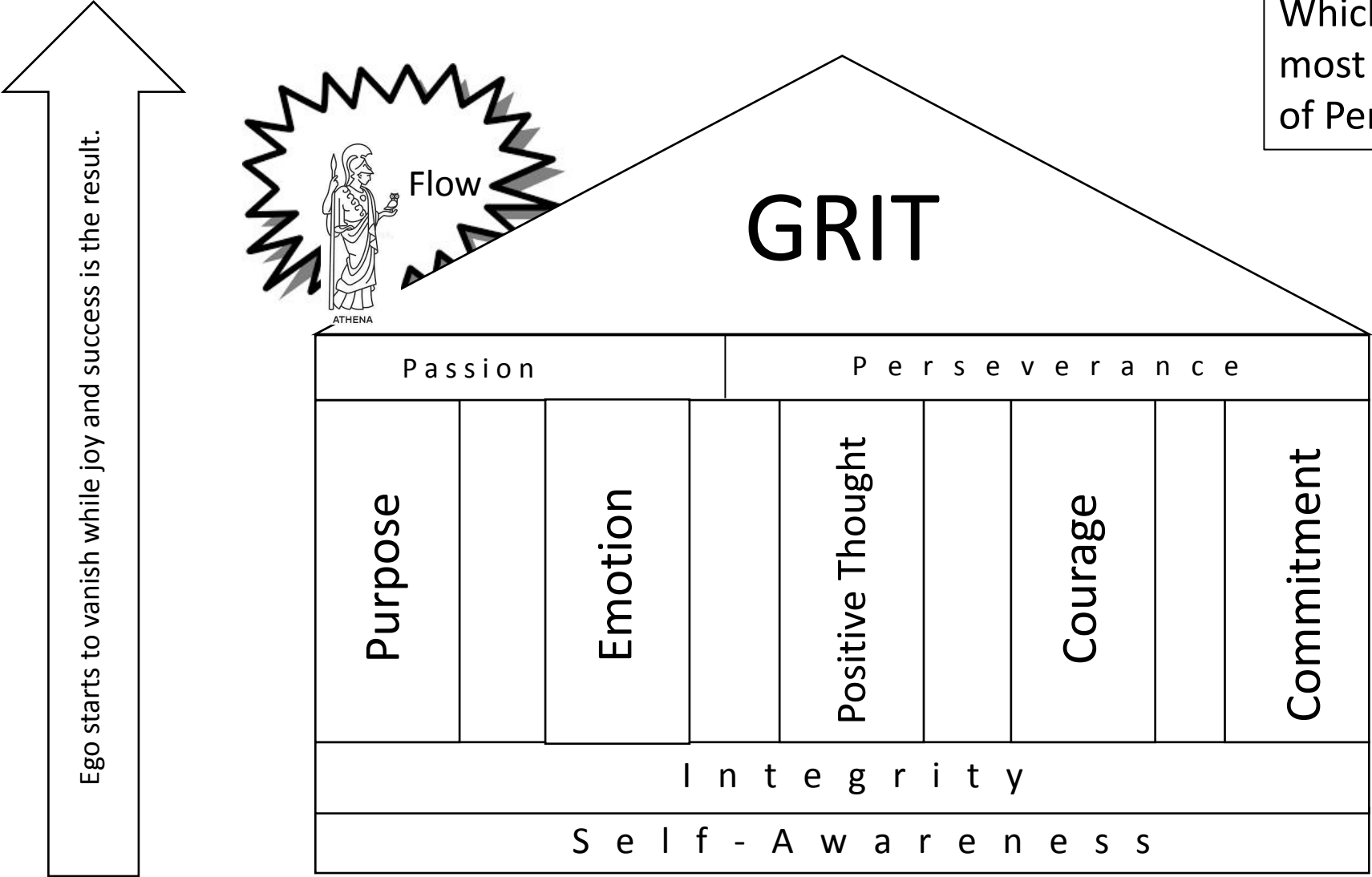
Solution Tree



FULL CIRCLE PRESS

Parthenon of Performance Character

Which do you think is the most important component of Performance Character?





Performance Character Tools

- Concepts are ambiguous – visuals make them more concrete.
- Visuals engage both sides of the brain.
- Concepts are personal to the individual – not a one-size-fits-all situation.
- Coupling a diagram with questions allows a person to determine their personal ideas/thoughts about performance character concepts.
- Discussion allows people access to different opinions.

Entitled



Success
Failure

Self-Aware



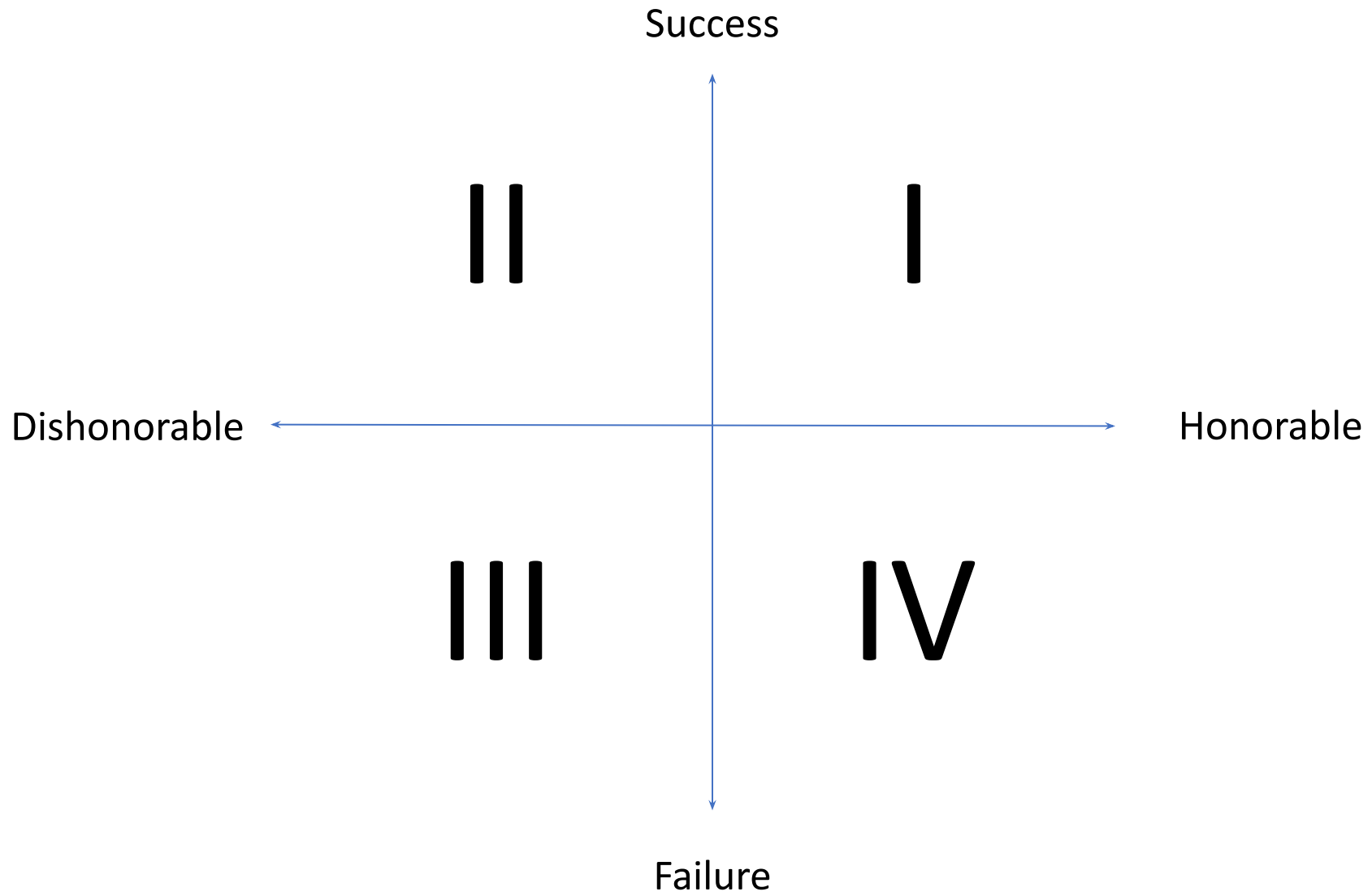
Focus on only Success

- Celebrate Successes
- When not Successful...
 - Lie to themselves that they really are successful.
 - Blame others.
 - Make excuses

Focus on Successes and Failures

- Celebrate Successes
- When not Successful...
 - Understand that everyone fails
 - Take responsibility for Failures
 - Use Failures to learn.







Goal Achieved
Pride in effort
Self Fulfillment

Goal Failed
Pride in effort
Likely to Try again

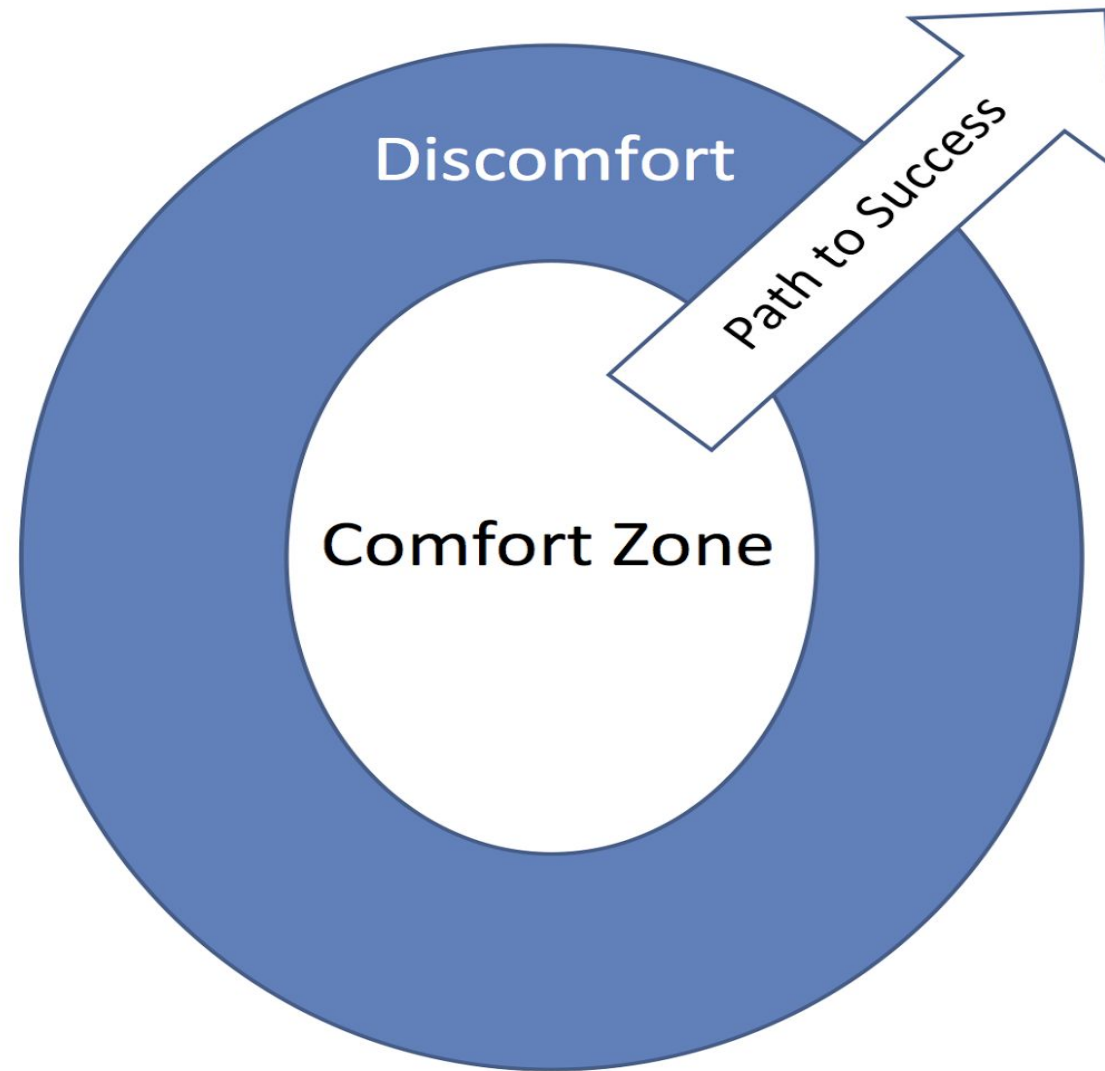
Happiness Line

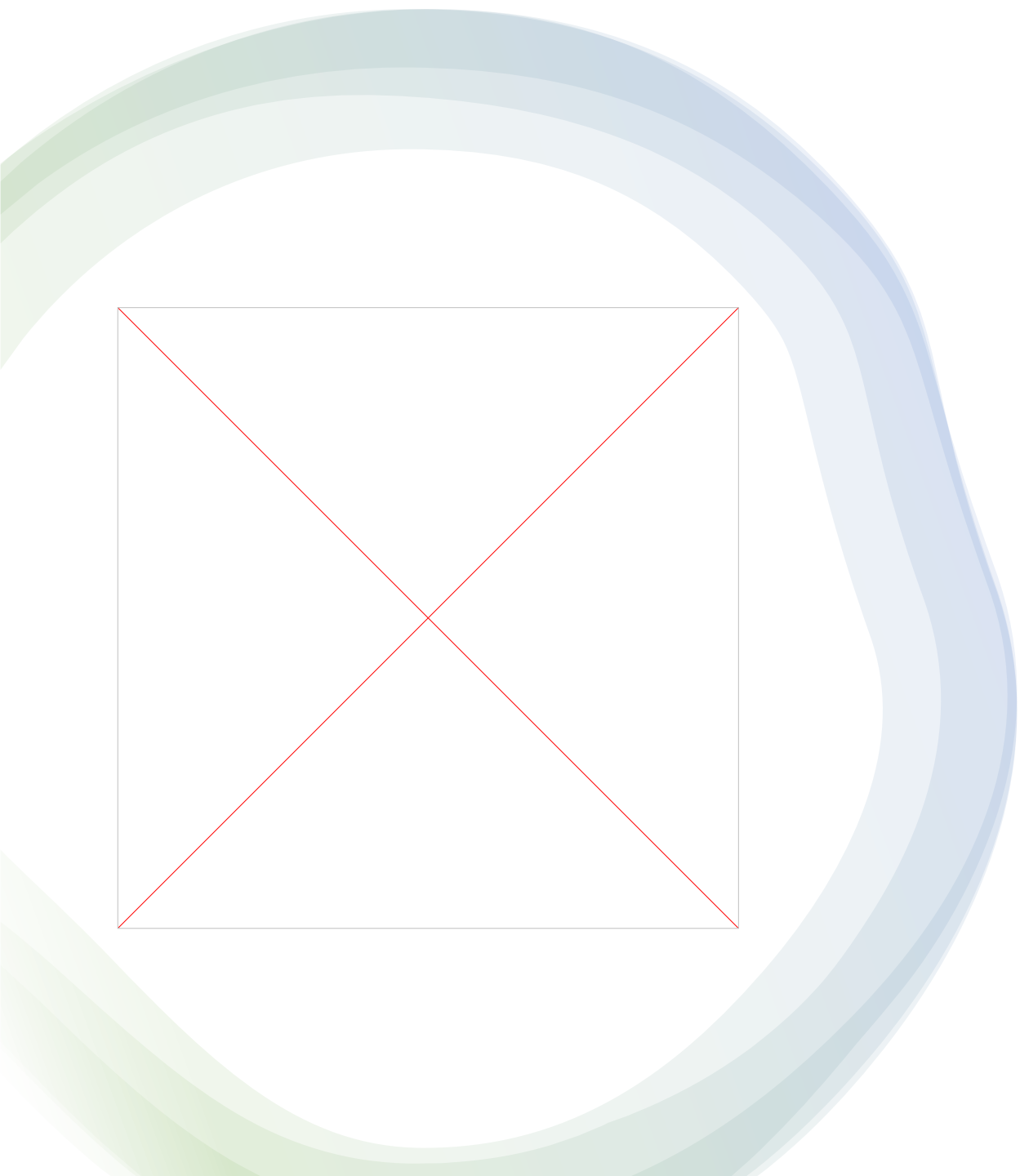


Expectation Achieved
Move on to next Expectation
Lack of Fulfillment

Missed Expectation
Disappointment
Give Up

Event + Response = Outcome





Questions

- What is fear?
- How do you know when you're experiencing fear?
- Is anything at work fear-inducing for you?
- Is fear a good thing or a bad thing?
- What is courage?





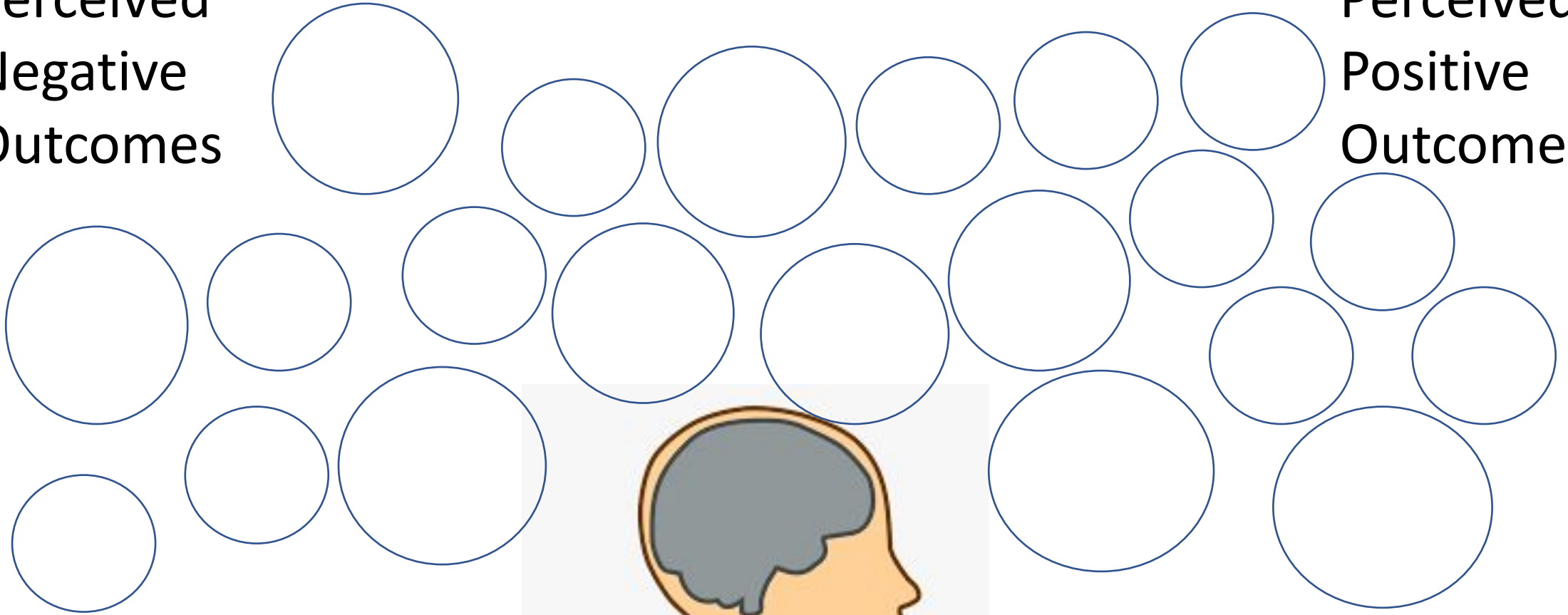


←

Perceived
Negative
Outcomes

Perceived
Positive
Outcomes

→



←

Perceived
Negative
Outcomes

Irrational Fear

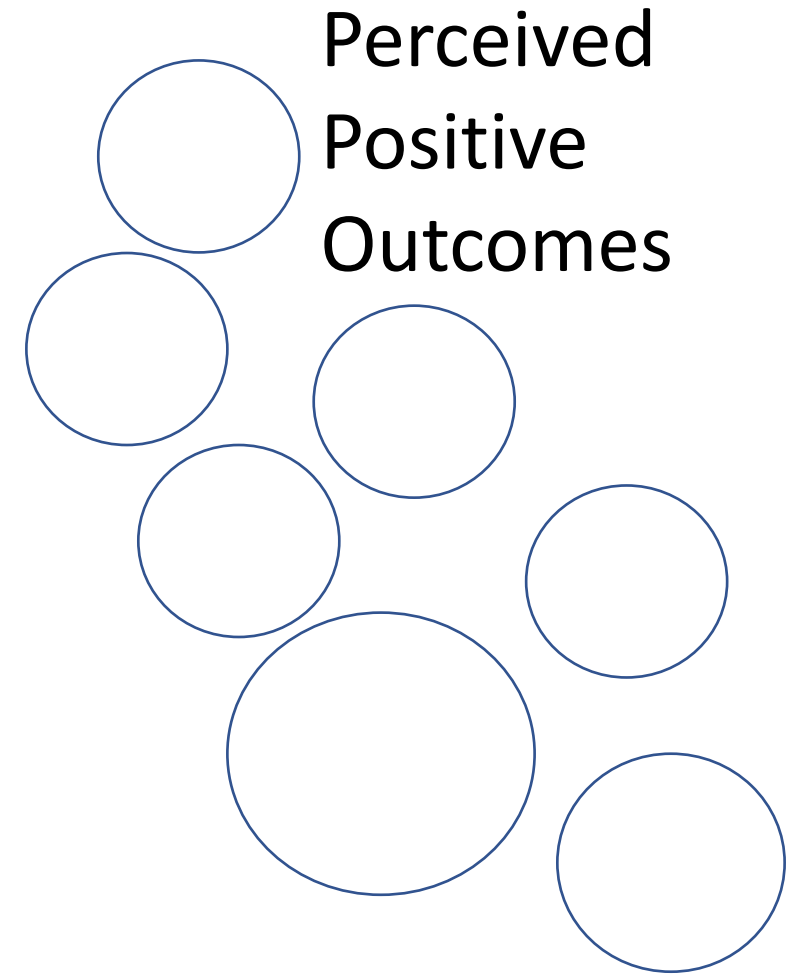
Perceived
Positive
Outcomes

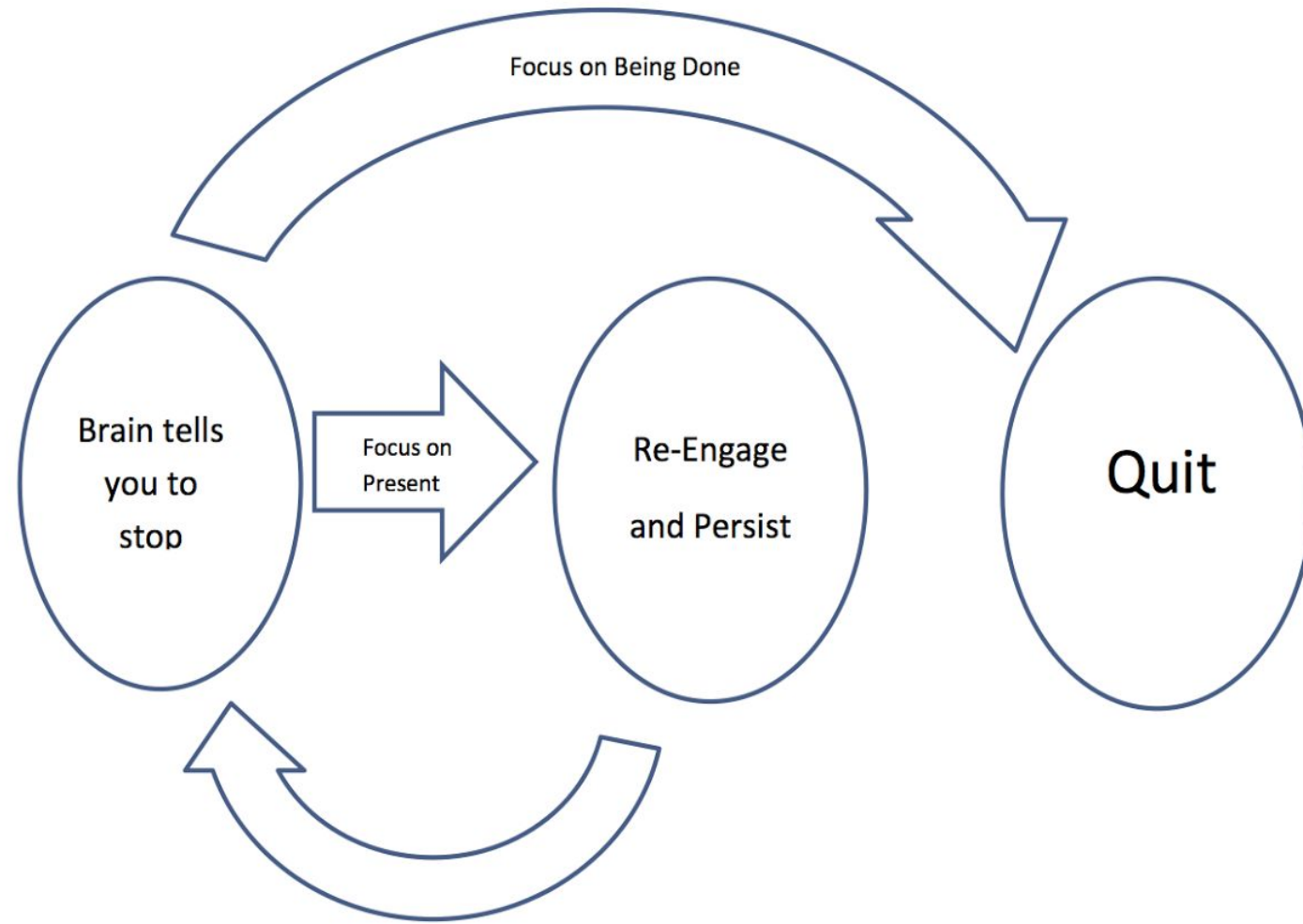


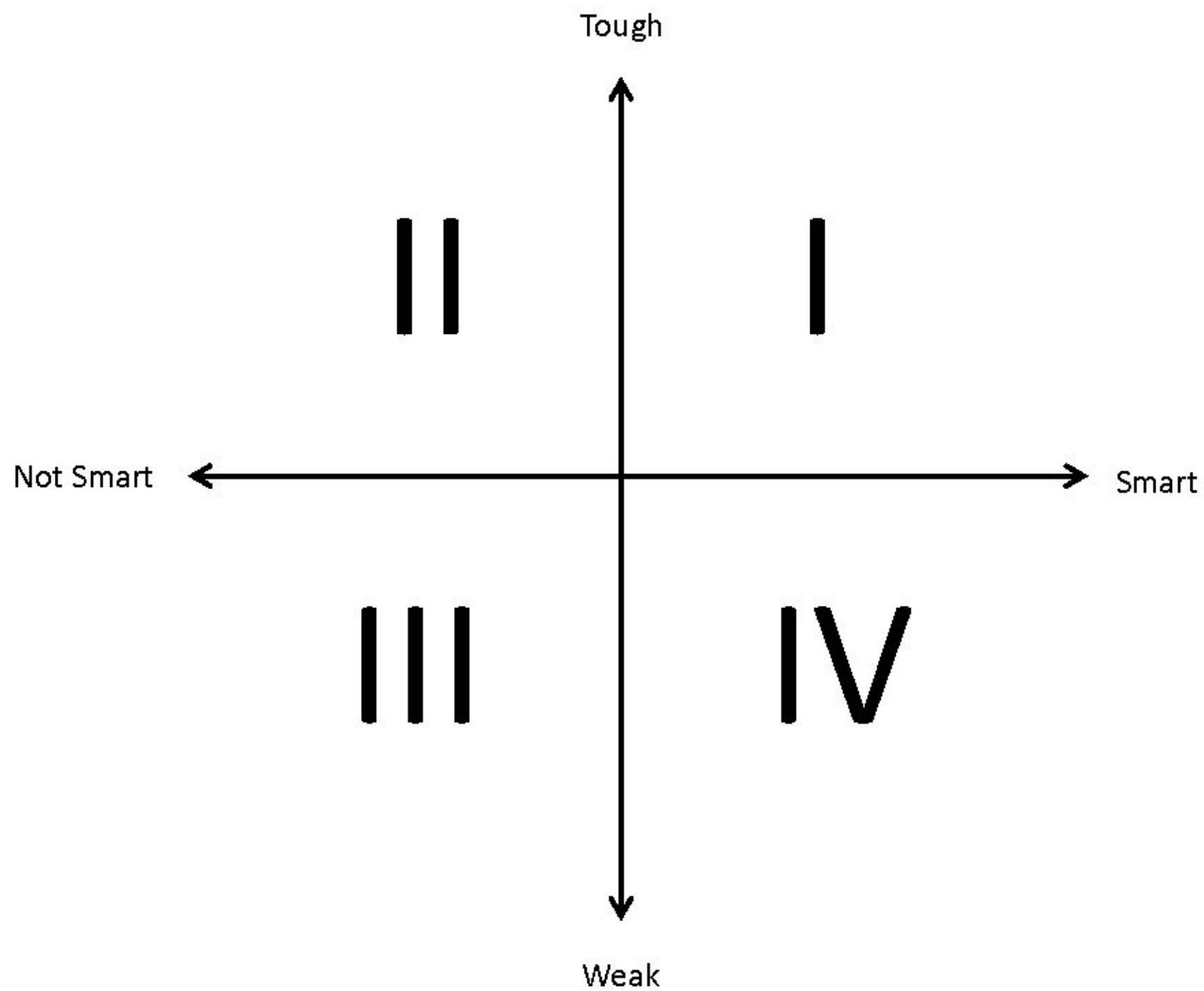
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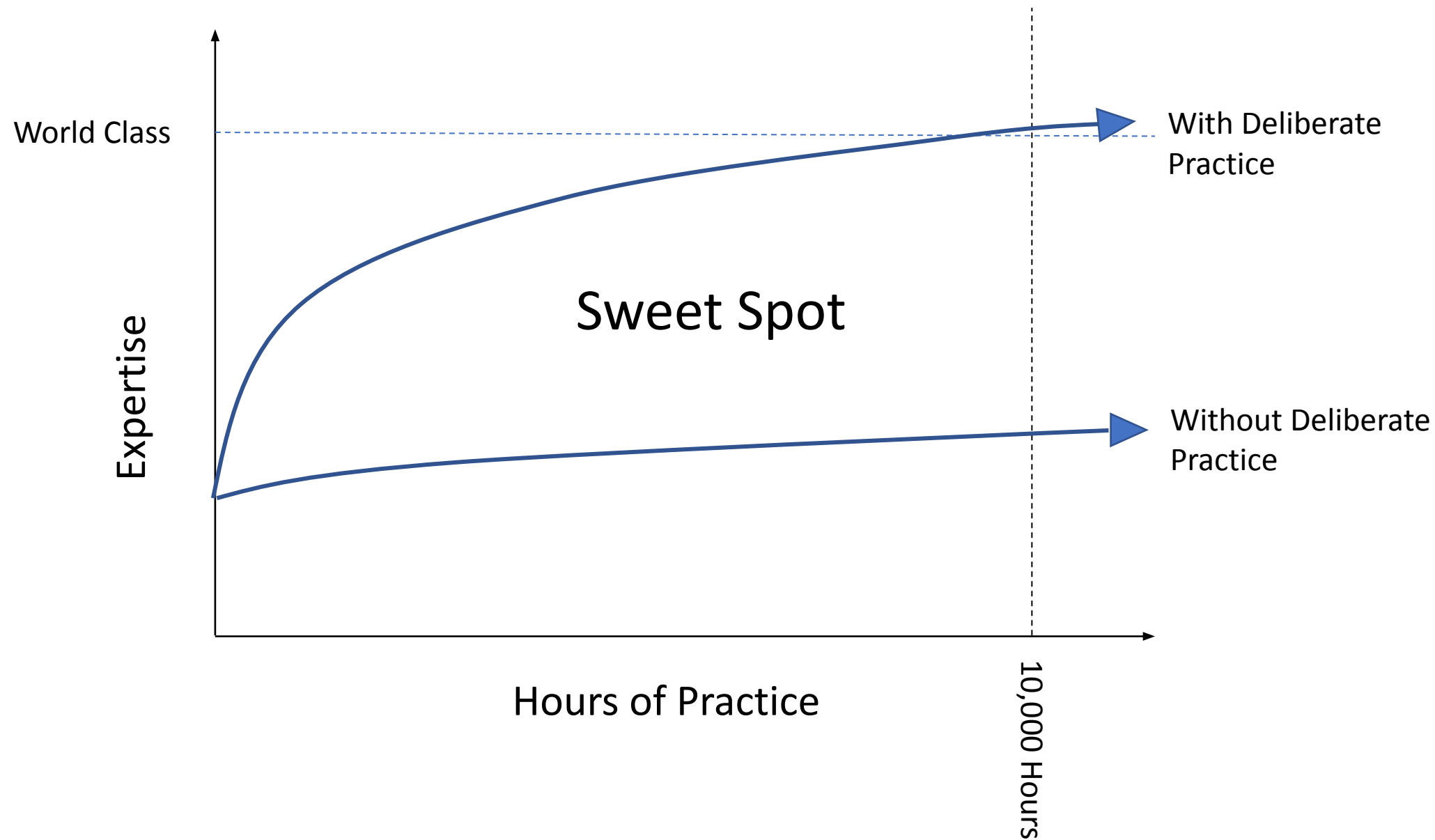
Perceived
Negative
Outcomes

Overconfident







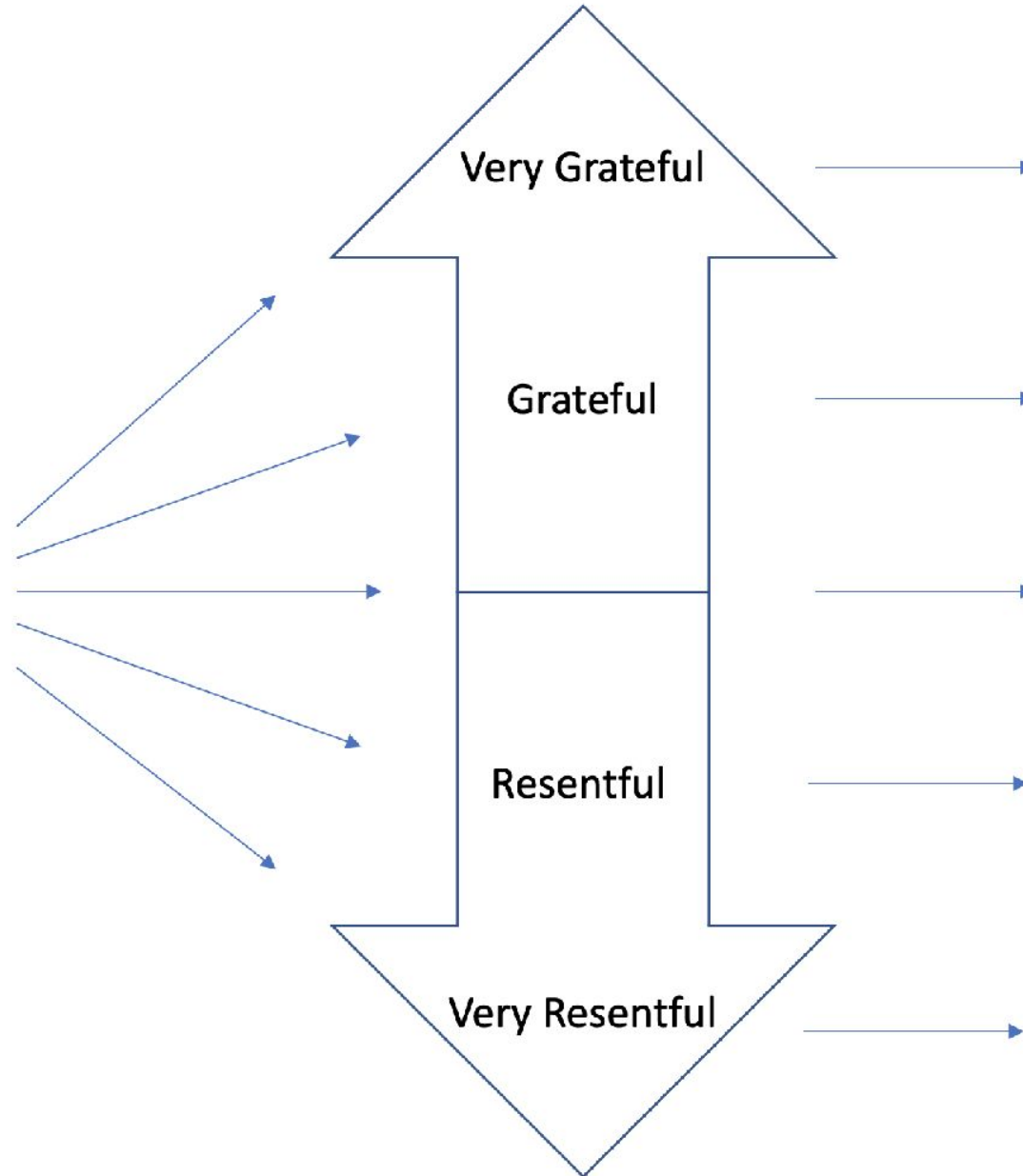


EVENT

RESPONSE

OUTCOME

Situation You
Cannot Control



Flow State Questions

Flow state is when you are completely focused on the moment. In flow state, the person feels selfless, the experience is rich, the event is timeless, and the action feels effortless.

- Have you ever been in flow state?
- Can you provide an example?
- What did it feel like?
- If you wanted to get into flow state, how would you do it?

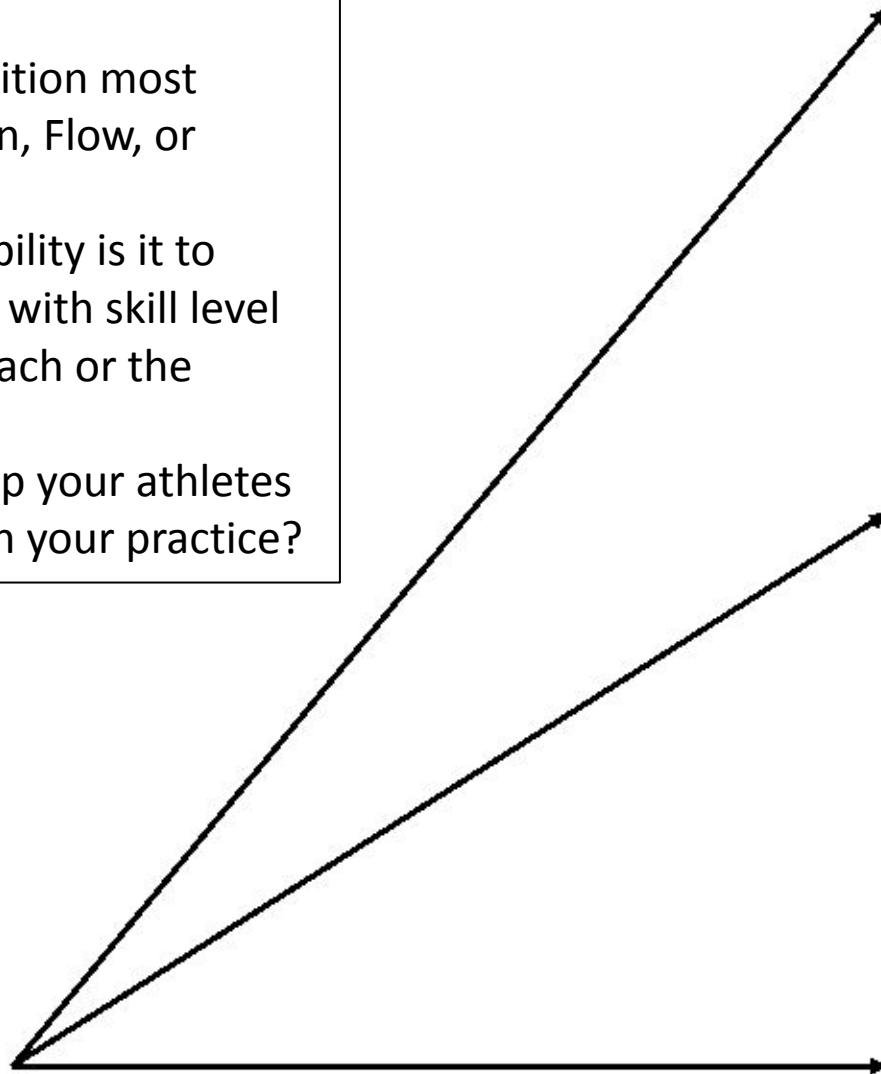
Pleasure vs. Joy questions

Pleasure is flow state that you don't have to work for.

Joy is flow state that takes effort.

- Provide some examples of pleasure and some examples of joy.
- Are video games an example of pleasure or joy?
- Are students more likely to be attracted to pleasure or joy?
- What are side effects of pleasure? What are side effects of joy?

- 1) Which level do athletes find themselves in practice/competition most often, Frustration, Flow, or Boredom?
- 2) Whose responsibility is it to match challenge with skill level in a class, the coach or the athlete?
- 3) How can you help your athletes find Flow State in your practice?

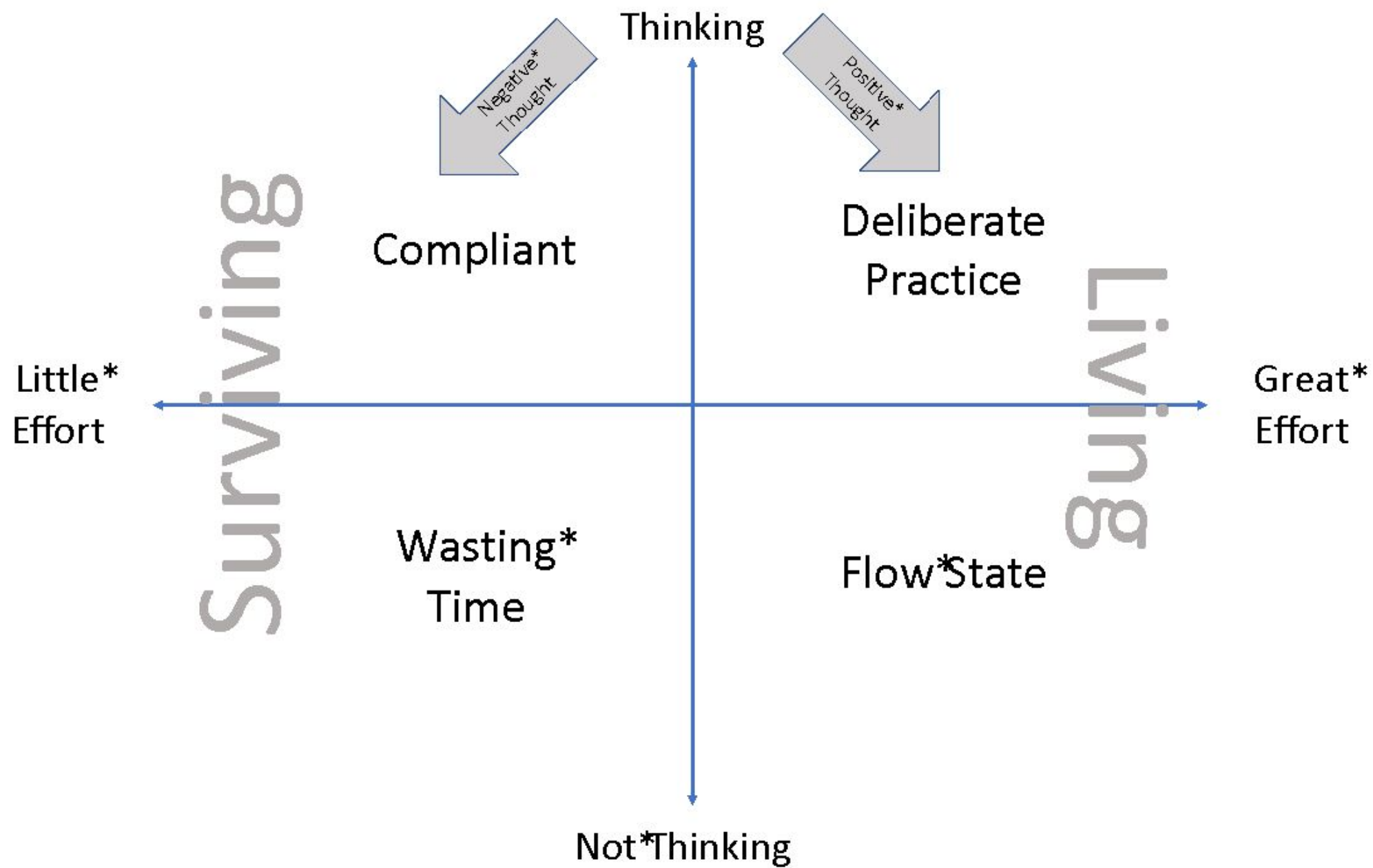


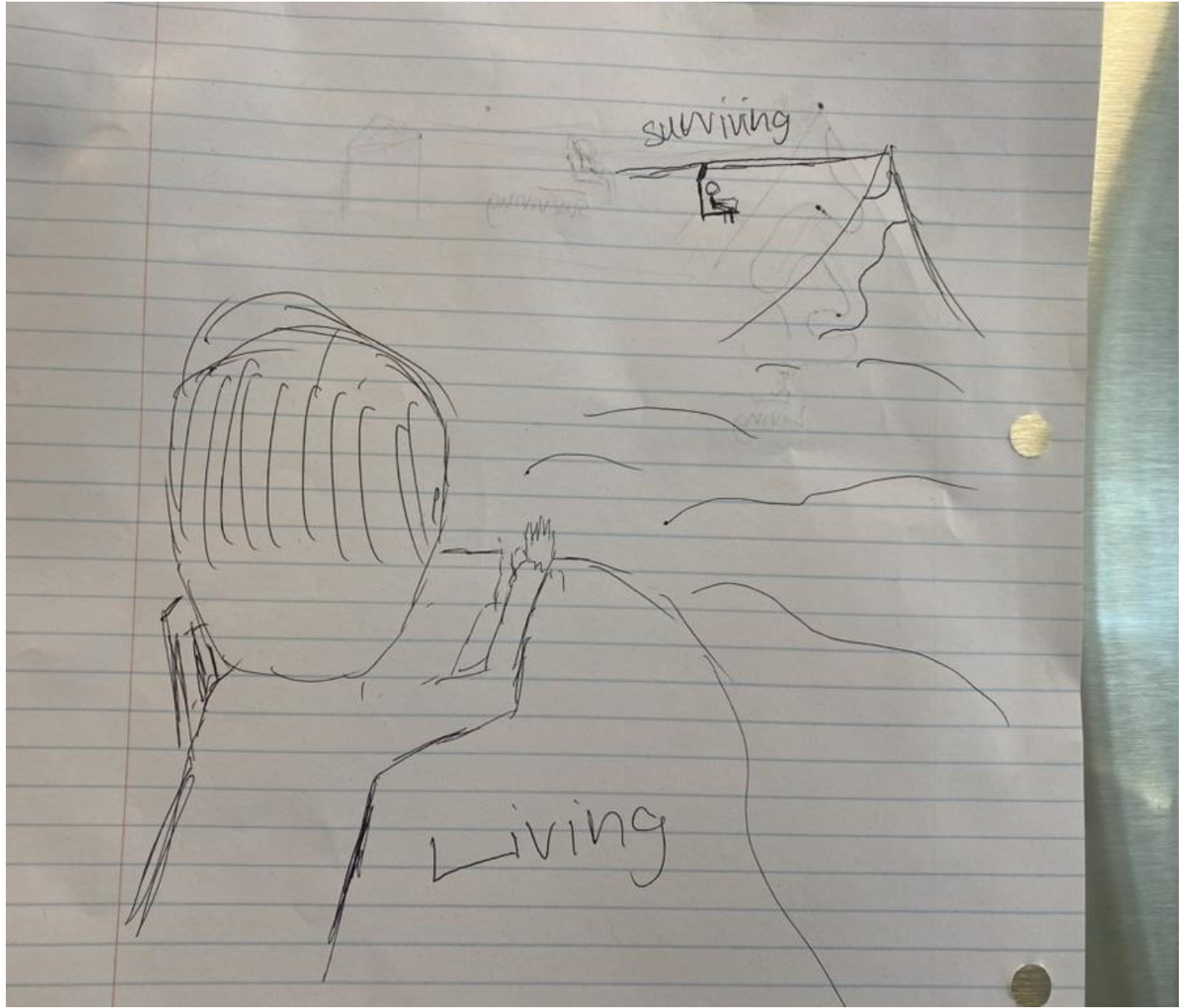
Frustration

Flow

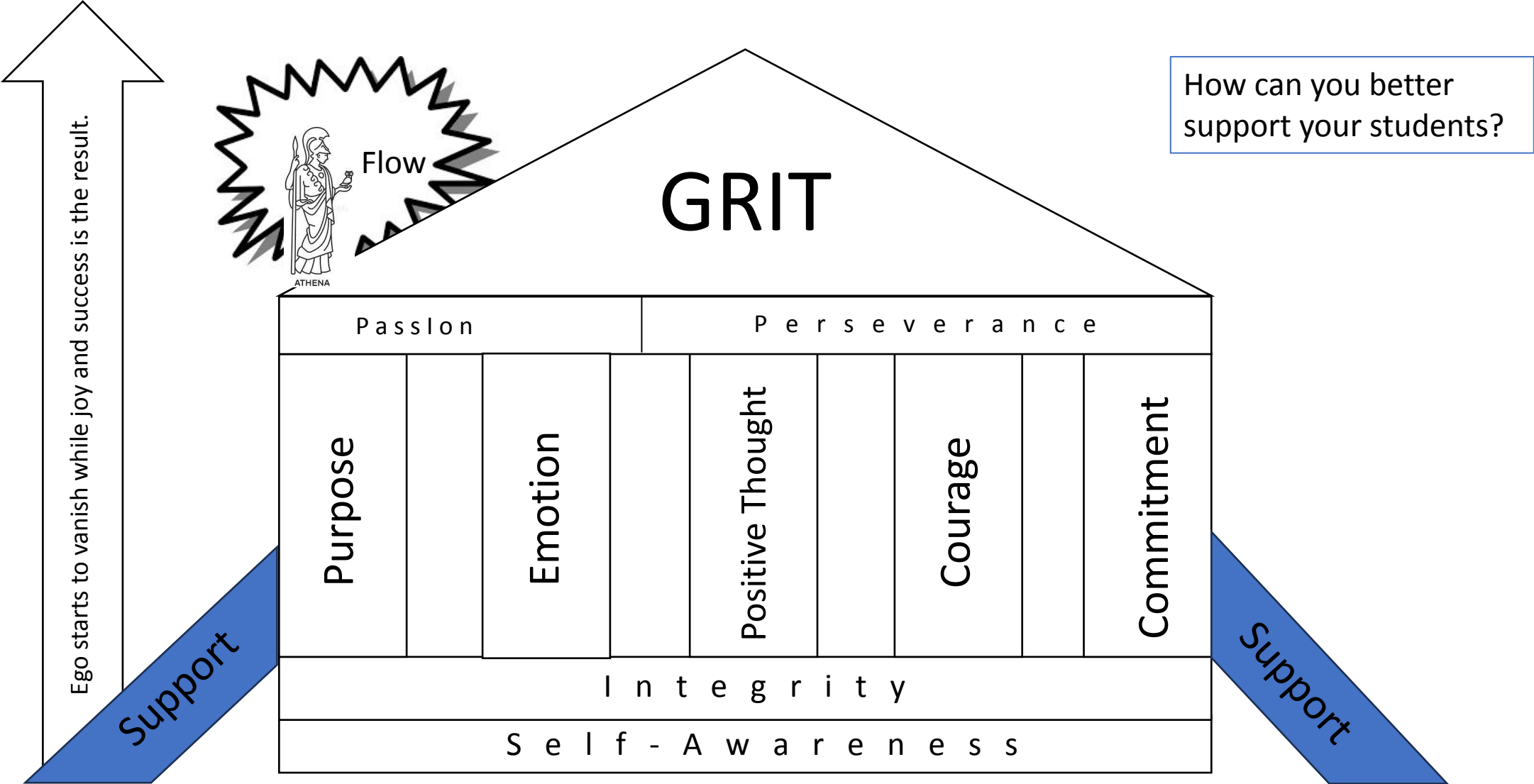
Boredom

Level of Challenge



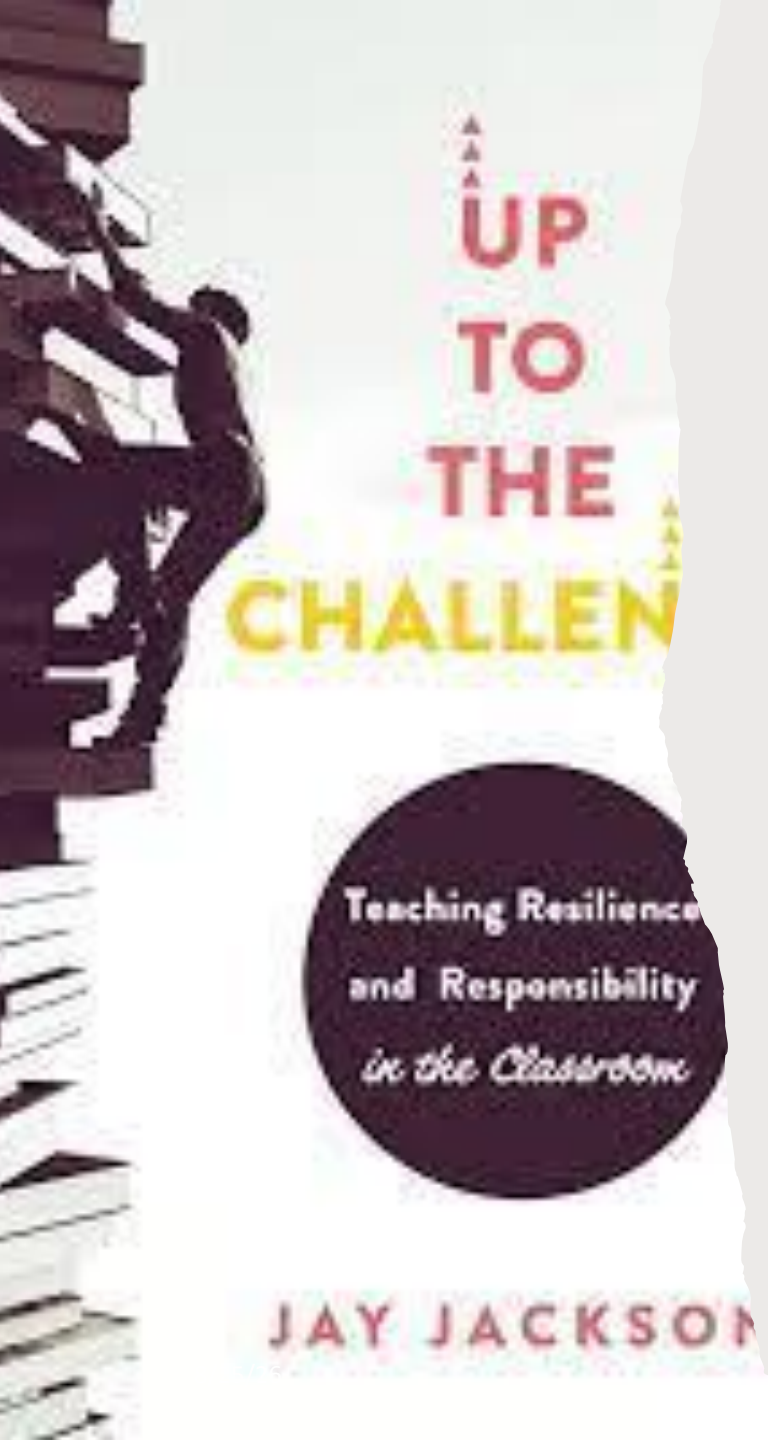


Parthenon of Performance Character



Ego lives down here





Jay Jackson

Books:

- amazon.com

Email:

- foghorn@stanfordalumni.org

Website:

uptothechallengejayjackson.com

