

A list of publicly advertised self-defense & martial arts classes, that are for LGBTQIA+ students only, and are taught by LGBTQIA+ instructors.

Last updated 7/26/2024. Info is self-declared by each organization and is not verified by Traction Project; let us know if something needs updating. Sharing link: bit.ly/tractionlist

[Traction Project's recommended curriculum for trans-fems who are BIPOC or sex workers \(see traction-project.org/downloads/our-curriculum/\)](https://traction-project.org/downloads/our-curriculum/)

Other items in the "Traction Score":

Traction Score	Traction Score is these things ->										Other items in the "Traction Score":										Instagram Contact	Notes
	City	Project Title	Location	Frequency	Time	Teamwork Techniques	Inconspicuous Grappling	Intimidation & Fawning	Verbal Manipulation	Regular Sparring	Trans-fem Led	BIPOC Led	Isolated LGBTQ Timeslot	Trans Protocols	Accessible / Clean	Masked or Outdoors	Cost					
10	Atlanta	Knight Fight TSD	Team Lis Smash (East Atlan	every other Sunday, or by appointment		yes	yes	yes	yes	yes	yes	no	yes	yes	yes	yes	\$10-\$30	@knight_fight_tsd				
7	Atlanta (Lithonia)	Women's BJJ	Temporal Jiu Jitsu	Sundays	10:00 AM		yes			yes	no	yes	yes	yes	no	but free		@cordi.ceps	BJJ club			
6	Baltimore & DC	Strange Fox Fighting Arts (Batair	sign up on website	Baltimore: Sundays 2pm	2:00 PM	yes			yes	yes	no	but no	some	yes	yes: DC	yes	\$20-\$30	@bmorebata	seated & online classes available			
1	Chicago	Haymaker Gym	Rizal Center (1332 W Irving	Thursdays & Saturdays (see class listings @haymakergym)						yes	yes							@haymakergym				
7	Chicago	TASC	Han Training	2nd/4th Saturdays	2:30 PM	yes	upcomi	upcomi	upcomi	yes	no	no	yes	yes	yes	yes	free	@tasccicago				
2	Chicago	Queer Kickboxing Club Chicago	www.qkccicago.com	schedulable									yes			yes		@qkccicago				
10	Cincinnati	Trans Support	roaming	sporadic		yes	yes	yes	yes		yes	yes	yes	yes	yes	yes	free / donation	@513transsupport	"CTSN hosts these events periodically,			
3	Columbus	Degenderettes Columbus	tba [7/24]							yes	no	yes	yes					@degenderettescubus	may return 2024?			
8	Durham	Queer & Trans Self Defense	Elevate MMA Academy	1st Saturdays	3-4pm	yes	yes	yes	yes	no	no	no	yes	yes	yes	no	free	@lil.bruisie				
3	Houston	Mitochondria, Personal Trainer	Houston-Based / Roaming	For Hire / Weekly	Sunday 6:00 PM						yes	yes	n/a	yes	n/a			@mit.chondria				
6	Houston	LGBTQ BJJ Class	Third Ward BJJ	Monthly	11:30 AM	yes	yes	no	no	yes	no	no	but yes	yes	n/a	no req	free / donation	@thirdwardbjj				
5	LA	Supernova	*on hiatus* [7/24]	no classes summer 2024					yes		yes	yes		yes		yes		@rykaaoki	on hiatus, TBD			
6	Louisville	Play Fight Move	Louisville, KY and online	weekly on Saturdays and	11:00 AM					yes	no	yes	yes	yes	yes	yes	pay what you c	@playfightmove				
9	Milwaukee	FitPower's Collective Safety Proq	FitPower	contact	n/a	yes	yes		yes	yes	no	yes	yes	yes	yes	some, free		@fitpowermke				
4	NYC	Fearless Queers	Bond Street Dojo	monthly	1:30 PM						yes	?	yes	yes	?	?	donation	@selfdefenseisgay				
3	NYC	Pop Gym	roaming	workshops per availability	n/a						some	some	some	yes		yes	free / donation	@popgymbk				
2	NYC	Queer Fight School (Brooklyn)	Queens Training Club	1st Sundays	1:30 PM					yes	?	?	?	?	?	?	free	@queerfightschool				
9	Oakland	TransFighters-Oakland	Suigetsukan	ended 12/23, go to Misfit	2:30 PM	yes	yes	yes	yes	no	yes	no	yes	yes	no	yes	free (Traction)	@transfighters				
8	Oakland	Queer Combat	Misfit Combat	Fridays	7:00 PM					yes	yes	yes	yes	yes	yes	yes	free (Traction)	@misfitcombat				
11	Portland	TransFighters Portland	Unicorn BJJ	1st Sundays	2:00 PM	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	free (Traction)	@transfighters				
6	Online (Tiktok)	Queers Never Die	tiktok @queersneverdie	archived video series	n/a	yes	yes	yes	yes	no	yes	no	no	n/a	n/a	n/a	free	@transfighters	video series by Scout Tran of Traction I			
3	Seattle	Snowblind BJJ	Seattle Aikikai Capitol Hill	weekends (see schedule)						yes	yes	no	?	yes	?	?	membership	@snowblind_bjj	sport Brazilian Jiu Jitsu gym run by a tr			
7	Seattle (North)	LGBTQBJJ	Ballard BJJ	2nd & 4th Sundays	11:00 AM					yes	yes	no	yes	yes	yes	yes	but free	@gwenjitsu				
8	Seattle (North)	Queer Fight Night	Ballard BJJ	1st Saturdays	7:00 PM					yes	yes	yes	yes	yes	yes	yes	donation	@queerfightnightseattle				
5	Toronto	TransFightersTO	message organizers	message organizers						yes	yes	yes	?	yes	?	?	free	@transfightersTO	qtbjto@gmail.com			

Teamwork Techniques	Examples: Tackling & finishing; Bystander training & de-arrest; Confrontation formations; Recruiting onlookers & exploiting allies; Squad building exercises; Boffer battles; Discussion of buddy system, mutual aid, collective living, medical advocates, adult advocates, bathroom accomplices.
Inconspicuous Grappling	Moves that improve your positional control without alerting an aggressor that you've become defensive (to maintain a resource-related relationship, protect a shared-custody child, or secure client payment).
Intimidation & Fawning	Intimidation: posture and internal techniques (with or without a weapon) to make an aggressor de-escalate. Fawning: theatrical and environmental techniques that make an aggressor feel satisfied or inappropriate.
Verbal Manipulation	"Fast-talk" training to prevent an aggressor's ramp-up. Bluffing that you have backup or crowd support. Shaming against bystanders or a respected figure. Femme voice, for passing or respectability. Verbal over-escalation. Befriending, sharing history, appealing for sympathy. Distraction, misinformation. Create openings for physical techniques.
Regular Sparring	Games that improve comfort with reaction and improvisation (ie. sock wrestling, BJJ rolling, boxing sparring, wrestling for foam knives, etc.).
Trans-fem Led	a trans-fem lead instructor, OR a trans-fem administrator & a trans-fem teachers-assistant present in class
BIPOC Led	at least one instructor is Black, Indigenous, or a Person of Color
Isolated LGBTQ timeslot	No other general classes in the gym before/during/after class (especially while trans students are changing).
Accessible / Clean	Good disability accessibility (ie. no stairs, wide walkways, ADA bathroom, low scents). Clean and well ventilated gym space, disinfected mats, and low odors.
Trans Protocols	Protocols for pronouns and dysphoria, and explicit announced support for trans people.
Masked or Outdoors	* acknowledge some covid risk from masks slipping off during drills & sparring
Cost	"(Traction)" means it receives funding from us, Traction Project.