

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

Last updated 11/7/2024. 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 \(see traction-project.org/downloads for our curriculum\).](#)

Other items in the "Traction Score":

Traction Score	Traction Score is these things ->						Traction Project's recommended curriculum for trans-fems who are BIPOC or sex workers (see traction-project.org/downloads for our curriculum).										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 Atlant	every other Sunday, or by appointme	10:00 AM	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	yes	yes	yes	no	yes	yes	yes	no, but free			@cordi.ceps	BJJ club
6	Baltimore & DC	Strange Fox Fighting Arts (Bataire	sign up on website	Baltimore: Sundays 2pm (2:00 PM	yes		yes	yes	no, but no	no	some	yes	yes: DC	yes	\$20-\$30	@bmorebata	seated & online classes available	
1	Chicago	Haymaker Gym	Rizal Center (1332 W Irving I	Thursdays & Saturdays (see class listings @haymakergym)		yes				yes								@haymakergym	
7	Chicago	TASC	Han Training	1st & 3rd 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	Cincinnati Trans Support	roaming	sporadic		yes	yes	yes	yes		yes	yes	yes	yes	yes	free / donation		@513transsupport	*CTSNS hosts these events periodically, f
3	Columbus	Degenderettes Columbus	tba [7/24]							yes	no	no	yes	yes				@degenderettescbsu	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	@il.bruisie	
3	Durham	Play Fight Move	TBA						yes	no	yes	yes	yes			pay what you ca		@playfightmove	
6	DC/Maryland	DMV Queer Fight Club	northwest DC, contact for loc	Sundays & Tuesdays		upcomi	upcomi	upcomi	upcomi	yes	yes	yes	yes	yes	some	free (Traction)		@queer_dmv_fightclub	
3	Houston	Mitochondria, Personal Trainer	Houston-Based / Roaming	For Hire / Weekly Sundays:	6:00 PM	yes	yes	yes	yes	no	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	no req.	free / donation		@thirdwardbjj	
8	Indianapolis (Fis	Academic Grappling	Academic Grappling	Mon-Thur 7pm, Mon/Wed 8am, Fri 9		yes	yes	yes	no	yes	no	yes	yes	yes	yes	no	\$100+	@academicgrappling	
5	LA	Superneva	"on hiatus" [7/24]	no classes summer 2024				yes		yes	yes	yes	yes	yes	yes			@rykaaki	on hiatus, TBD
6	Louisville	Play Fight Move	Louisville, KY and online	weekly on saturdays and t	11:00 AM				yes	no	yes	yes	yes	yes	yes	pay what you ca		@playfightmove	
9	Milwaukee	FitPower's Collective Safety Progi	FitPower	contact	n/a	yes	yes		yes	yes	no	yes	yes	yes	some, free			@fitpowermke	
6	Oklahoma City, OK	OKC DSA Queer Fight Club	Diversity Center of Oklahoma	Twice a month on Monday	7:00 PM	upcomi	upcomi	upcomi	upcomi	yes	no	no	yes	yes	yes	yes	free	@okcdsa	"We also teach first aid techniques. After
4	NYC	Fearless Queers	Bond Street Dojo	monthly	1:30 PM					yes			yes	yes		donation		@selfdefensegay	
3	NYC	Pop Gym	roaming	workshops per availability	n/a	upcomi	upcomi	upcomi	upcomi	no	some	some	yes		yes	free / donation		@poggymbk	
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	yes	free (Traction)	@misfitcombat	
3	Portland	Autonomy Recovery	Alder Commons	2nd Saturdays	1:30 PM								yes		yes	free		@autonomyrecovery	
4	Portland	Safe Together	Flying Turtle	sporadic							yes	yes		yes	yes			@hollyempowered	
11	Portland	TransFighters Portland	Unicorn BJJ	1st Sundays	2:00 PM	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	free		@transfighters	video series by Scout Tran of Traction P
6	Seattle	Queer Movement & Self Defense	Peer Seattle	Tuesdays	6:45			yes		no	no	yes	yes	yes	yes	\$5-15 or free (N		@qmt.combatarts.206	rotating guest instructors
3	Seattle	Snowblind BJJ	Seattle Aikikai Capitol Hill	weekends (see schedule)					yes	yes	no	?	yes	?	no	membership		@snowblind_bjj	sport Brazilian Jiu Jitsu gym run by a tra
7	Seattle (North)	LGBTQBJJ	Ballard BJJ	2nd & 4th Sundays	11:00 AM				yes	yes	no	yes	yes	yes	yes	bu 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.