

Portland Class Rules / Intro Checklist (as of February 2025)

1. Mobility flow while people are arriving, include:
 - a. [elementary movements to today's physical technique]
2. Intro
 - a. Nametags!
 - b. Optional: Question of the day.
3. Rules
 - a. Opt-in format
 - i. After each demo, my default assumption is that you're sitting out, unless you actively step in.
 1. I'll enforce this by asking people to raise hands, form circles, or divide areas of the room.
 - ii. Replicate opt-in consent format when working with a partner.
 1. Ask: How did that demonstration look to you (scary/complicated/fun)?
 - b. This class is a no-sexiness / no-cruising zone, if you want to flirt with other students just do it outside after class.
 - c. If I don't remember your pronoun, I will default to definite articles, ie. "take the arm" instead of "take their arm." Replicate this when working with a partner.
 - d. Curriculum Feedback: only from transfems who are BIPOC or sex-workers.
 - i. Anybody can give feedback about how lessons are presented, or other issues.
 - e. Show how to tap your partner to reset an exercise. Tap before it hurts, either physically or emotionally.
 - f. Prevent injuries by going light and slow & take care with smaller people. *Injured students are at disadvantage when defending themselves out in the world.*
 - i. Adapt for your partner's size & age, and ask about previous injuries.
 - ii. Don't use speed or strength during training games. Prioritize cleverness instead.
4. Social media filming opt-in: If we film, we will divide the class into filming and non-filming areas.
 - a. FYI Unicorn Jiu Jitsu and Misfit Combat run security cameras indoors. If you can't do that, we suggest forming a private training team.
5. Respect the space, gyms are very hard to get. Clean it up for the next class.
6. Volunteer staff is present for first aid and other support, and listening to feedback.
7. Ask for fundraising help: traction-project.org/donate
8. Describe class structure:
 - a. 15 min warm up
 - b. 15 min training game
 - c. 15 min "vegetables" technique lesson
 - d. 20 min "dessert" techniques: break out groups with volunteer skillsharers.
 - i. Who wants to lead a breakout group today?
 - ii. What martial art / self defense topic will you teach?