

Intro to Shrimping & Framing

1. warm up
 - a. greeter
 - i. shoes off, masks on
 - ii. point out changing rooms & racks
 - iii. point out foot wash bucket
 - b. mobility flow while people are arriving, include:
 - i. bridge
 - ii. touching foot to knee while bridged (shin shield position)
 - c. foot position exercise
 - d. hip balance exercise (engage lateral rotators)

2. intro speech
 - a. take names & pronouns (if class is less than 30)
 - b. question of the day (if class is less than 15)
 - c. opt-in format
 - i. after each demo, my default assumption is that you're sitting out, unless you step up
 - ii. partner ask: do you want to keep working together or switch it up
 - iii. partner ask: how did that demonstration look to you (scary/complicated/fun)
 - d. if i don't remember your pronoun, i will default to definite articles, ie. "take the arm" vs "take her arm"
 - e. this class is a no-sexiness zone, if you want to flirt with other students just do it outside after class.
 - f. feedback about how lessons are presented
 - g. feedback on curriculum from transfem-bipoc/sw

3. *Crab-to-Shrimp Game!*

1. two lines facing each other
2. **crab rule: hips must face the ceiling (ie. no belly-down, no rolling, no standing-up)**
 - a. ROUND 1: go!
3. new rule: three-legged crabs! only three limbs may touch the ground at a time
 - * shoulder/butt/head is ok to touch the ground
 - * you can switch which limbs you use whenever you like
 - a. *watch each other and steal ideas*
 - b. GAME ROUND 2: crab-walk to the center, high five, return to start
 - c. ask what worked: which limbs are essential? butt on ground?
4. new rule: two-legged crabs!
 - a. *cheat as much as possible within the ruleset*
 - b. GAME ROUND 3: crab-walk to the center, high five, return to start
 - c. congratulate everyone for learning the BJJ butt-scoot skill
 - d. ask if anyone went backwards? used their head as a leg? which limbs are the best pair?
5. new rule: one-legged crabs!
 - a. *if you're stumped, watch each other for ideas*
 - b. GAME ROUND 3: crab-walk to the center, high five, return to start
 - c. congratulate everyone for evolving into shrimpsbonus: ask if anyone can execute a zero-legged crab for the class (lateral scoot)
6. ask for comments. prompts:
 - a. what did you see others do?
 - b. what worked for you?

4. technique

- a. conversation training: history
 - i. while you are drilling each move today:
 - ii. converse casually about anything you like, while also:
 - iii. tell them where you've been today / last year / where you grew up
 - iv. avoid special interests / hobbies
 - v. try to keep this conversation going, without pauses
 - vi. transfems: practice femme voice
- b. forearm frame
 - i. DEMO clinch frame
 - ii. STUDENTS opt-in, pair up, and try frame
 - iii. ask if their conversation training is successful
- c. DEMO bjj roll
 - i. with example conversation
 - ii. end with shin shield & technical stand
- d. shin shield
 - i. DEMO shin shield, with big resistance
 - ii. STUDENTS try the position, with no entry instruction
 1. switch
 - iii. DEMO intro
 1. hip bridge
 2. slide hips away
 3. sweep one shin across partner's belly
 - iv. STUDENTS try the entry
 1. switch
 - v. DEMO alternative shield positions (z guard, half butterfly)
 - vi. DEMO smooth, inconspicuous entry
 1. STUDENTS try the entry inconspicuously
 2. STUDENTS try with increased resistance

IF THERE IS TIME:

- e. technical stand

5. give context

- a. why did we do what we did today?
 - i. conversation
 1. history / investment
 2. constant talking
 - ii. framing
 1. standing
 2. ground
 - iii. gentle / subtlety / inconspicuous
 - iv. butt scoot & shrimp
 - v. hip/foot stance
 - vi. who carried narcan today?

6. cool down

- a. shake it out
- b. WARNING: will mention something heavy, you opt-out by going outside
- c. revisit foot & hip exercise
- d. moment of silence for eclipse
 - i. 2 years ago today by hebrew calendar (yahrzeit)
 - ii. head of portland chapter of the degenderettes
 - iii. if alive she would be the one teaching this class today
 - iv. her favorite move was a knee bar from deep half guard
 - v. rollers: she is with you on the mat, always
- e. GROUP PICTURE

7. open mat

- a. announcements
- b. invite questions, socializing
- c. describe open mat structure