

Teamwork Lesson (90 min)

[read standard Transfighters introduction & guidelines]

0) 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. foot position exercise
 - ii. hip balance exercise (engage lateral rotators)
 - iii. turn on / turn off engaged stance
- c. mention:
 - i. "Tori" is the person attempting a technique
 - ii. "Uke" is the training partner who receives the technique in a helpful way

BONUS DEMO

- if 3 experienced rollers are present, have them demonstrate:
 1. a 30-second 1-vs-1 submission-only no-gi roll, from standing
 2. a 2-vs-1 submission-only roll, from standing
 - a. set stopwatch, to compare later
 - b. go relatively slow/careful/light, tap early
 - * assume the team of 2 will both be trying to get a submission, which is inefficient
 - c. stop the match if it goes over 60 seconds

* take this slow! if the only BJJ rollers available aren't good at slow/soft, skip this demo!

1) Hug Defenses (light contact)

*** mention Light Contact coming up.**

*** ask students to check with each other before touching**

*** it's ok to sit out**

- review forearm framing (one- or two-handed no-gi clinch)

DEMO and then practice in pairs:

1. clasping/handshake their hands before they close the hug
2. framing with forearms inside their biceps, limp wrists
3. Optional Additional Techniques:
 - a. *Arm Drag*
 - b. *Slide By*
 - c. Bear Hug subtle break:
 - i. turning toward them, not away
 - * can make this seem friendly/intimate with hand placement
 - ii. get inside frames with the forearms
 - iii. pin one arm between you to keep it from re-hugging
 - iv. keep turning, hunch back, frame away the second arm
 - v. keep turning, then back out

*** mention that this was just to develop defensive vocabulary for the next step. the objective of this lesson will be on Offensive Teamwork against a solitary Uke.**

2) Hug Offenses w/ Teamwork (medium contact)

1. Practice this Tip in groups of 2:

- getting past a hug defense:
 - a. start a conversation with Uke
 - b. ask questions to acquire information for:
 - c. ask clarifying question, to derail their mind
 - d. bonus: approaching non-aggressively, or getting an angle
- **ask students to sit/stand to indicate if they would like to watch or participate**

*** make it clear that the team of 2 are the Toris, and the solitary person is the Uke. the Uke should give helpful resistance, but not feel obligated to win**

[recompose class into groups of 3]

practice for Hug Attack Game **with** a teammate (2 Toris, 1 Uke)

1. Tori #1 is hugger, tries to control Uke's arms
2. Tori #2 puts their hand beneath Uke's chin (palm down)
 - a. counts "one-alligator" for win condition & reset
3. Uke may use framing, grip breaks, footwork
4. *verbal techniques encouraged for all parties*
 - **ask students to sit/stand to indicate if they would like to watch or participate**

Hug Attack Game!

1. uncoordinated hug attack with teammate (2 Toris, 1 Uke)
 - a. both Toris start with hands behind their backs
 - b. either teammate can initiate a hug attack
 - i. team can switch their hugger mid stream
 - ii. *constantly talk to your teammate to coordinate*
 - iii. watch the hugging teammate's body language
 - c. if neither teammate has hands behind their back:
 - i. Uke starts counting "1-alligator, 2-alligator..."
 - ii. if Uke gets to "3 alligator", they win
 - iii. OPTIONAL: if Uke breaks free after initial contact, they win
 - iv. *Uke is allowed to use verbal distraction techniques*

* if students aren't talking to each other during the hug game, pause class to reiterate that the lesson objective is to practice communicating while action is happening

3) BONUS DEMO: if experienced BJJ rollers are present

1. 2 vs 1 spar from standing, submissions-only
 - set stopwatch
 - encourage team of 2 to communicate who is hugging and who is submitting

NOTE: this really ruins the game of BJJ because hugger doesn't need to worry about setting up a submission, which is the point

2. briefly ask the BJJ rollers how the spar felt
3. BONUS BONUS DEMO (foot stomp)
 - 2 vs 1 spar from standing
 - i. team's win condition is now a foot cradling back of defender's head (a stand-in for the lethal techniques of "soccer kick" or "stomp")
 - ii. at least one teammate at a time must have hands behind their back
 - iii. if the solo defender submits just one of their opponents, they win
 - iv. solo defender can count to 3-alligator if neither opponent has hands behind their back

4) Talk

*** give **WARNING** about **Heavy Topics**, allow people to walk out ***

1. Ask: What's something very specific from today, and why do you think it was included?
2. 3 difficult parts of team grappling:
 - a. the bravery to be the initial hugger
 - b. the anxiety of the 2nd person to assist
 - c. communicating to the 2nd person when/how to act
3. the strongest martial art isn't Kung Fu or BJJ or Muay Thai, it's team tactics [when warned people have left, continue]
4. mention Club-Q nightclub strategy
 - a. 1st person tackled, used verbal crowd control which caused:
 - b. 2nd person removed weapon
 - c. 3rd person stomped
5. mention proud boy tactics:
 - a. how teamwork is used against us
 - b. there is little effective defense to teamwork, besides responding with bigger teamwork

NON-PHYSICAL TEAM STRATEGY

1. brainstorm with the class about other areas where they already employ team strategies. examples:
 - asking to be walked back to your car
 - **watching friend's drinks at parties**
2. further examples, if students can't come up with any. don't move on without covering all items in bold:
 - scheduled phone check-ins
 - **letting people know where you are going**
 - compulsively telling people u got home
 - **buddy system when doing jobs for strangers**
 - use location data privileges
 - **sharing money & resources**
 - carpool / designated drivers
 - organized suicide watches
 - manipulating cis coworkers to run interference
 - team grappling practice
 - social-media-based search & rescue teams
 - calling people a cab
 - trip-sitting, doing drugs w/ help
 - **stay in touch with friends who are in exclusive relationships**
 - i. (because isolation is the big abuse strategy)
 - supporting friends who don't want to go home

5) Decompress

- circle up the class, do some freeform shaking or breathing
 - mention that feelings may come up, and to ask friends to talk about it
 - any class announcements
 - GROUP PICTURE
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- begin open mat session