

# 60min — Subtle Standing Grips

[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. note: high covid season
  - i. working with a single partner is ok
  - ii. people working solo will be: shadowing other groups, mimicking movements
- c. mobility flow while people are arriving, include:
  - i. shrimp precursor movements
  - ii. roly-poly-doll exercise (push each other over from seated)

## 1) Arm Grip-escape / Re-grip

### 1. Conversation Training

- a. today's highlight is Clarifying Questions
- b. keep a casual conversation going with your training partner whenever you're doing a technique today; ask and answer questions
- c. look for opportunities to ask clarifying questions specifically
  - i. watch for the pause this creates in your partner's physicality
  - ii. if appropriate, exploit this pause when practicing grip techniques

### 2. Fawning grip breaks

\* continue the conversation training exercise during these techniques

- a. in pairs, practice sticky-hands, with walking
  - i. one partner gently pushes the other across/around the room
  - ii. position options, from easiest to hardest: arm-in-arm, pummelling/ballroom stance, palm-to-palm, or forearm-to-forearm
  - iii. think of it like partner dancing, with the "follow" giving enough resistance to be neither alarmingly absent, nor aggressively stiff
- b. arm grip break
  - i. show a generic circle-out grip-break for a wrist or arm grab
  - ii. practice breaking the grip slow and gentle
  - iii. don't get caught: practice being so gentle as to escape notice / not raise an alarm
  - iv. defender should re-grip gently to maintain "intimacy" and reverse control
  - v. remind students to try using Clarifying Questions for the grip transition

## 2) Hug Escape

### 1. bear hug

- a. show arm-around-waist & hug grip breaks via turning toward hugger
  - i. defender keeps elbows inside attacker's
  - ii. turns to face them
  - iii. expands their size using forearm frames & curling spine
  - iv. controls an arm to prevent re-grip
  - v. exits by stepping backward
- b. defender practices re-grip afterwards, maintaining "intimacy"
- c. try partners of different heights than yourself
  - i. can look for forehead-to-jaw position on a taller person
  - ii. try underhooks (pummeling) to deal with a shorter person
- d. practice doing this casually/subtly, without aggression
  - i. defender should ask attacking partner if it felt subtle

### 2. advancing position

- a. DEMO desirable grips:
  - i. reversing an arm grip (as above)
  - ii. collar tie
  - iii. underhook
  - iv. body lock
  - v. 2-on-1, pinning arm into their torso
  - vi. russian 2-on-1
- b. DEMO throws for illustration purposes (students won't do these throws):
  - i. lateral drop (yoko otoshi)
  - ii. valley drop (tani otoshi), careful of uke's knee
- c. working from inside the arm (with a partner)
  - i. start from a push-hands stance (forearms, palms, or ballroom)
  - ii. pummel to underhook (think: nuzzling half-hug)
  - iii. move underhook to arm-around-waist (like an unsecured body-lock)
- d. working outside the arm (with a partner drill)
  - i. Arm-Drag to Russian-2-on-1 (think: girly arm-in-arm gossiping)
  - ii. optional: Slide-By to Russian-2-on-1
- e. practice smooth, force-less transitions, and "intimate" versions of the final positions
- f. when in each final position, have uke push back, or walk around the space
  - i. find your posture (head, spine, hips, etc) to make yourself into a unbreakable frame
  - ii. resist the urge to use muscle force, or to push uke around, just follow them with good posture
- g. use Clarifying Questions to create openings for the transitions

If time, continue to shin shield lesson.

If out of time, just demonstrate a re-guard, and move the following ground work to a future class

### 3) Ground Shin Shield

1. ground-based re-guards
  - a. side control to shin shield
    - i. from side control, Tori (on bottom) uses shrimp & conversation skills to regain a shin shield / z-guard
    - ii. ask for moderately tight pressure from Uke (think crawling forward more than a tight side-control)
    - iii. Tori is not allowed to use force to get back to shin-shield
  - b. mount to shin shield
    - i. no bucking, only use shrimp & knee wedge (and conversation)
    - ii. regain a half- or full-butterfly guard without using force
  - c. back-mount to full guard
    - i. Tori forcelessly clears hooks & rotates toward Uke
    - ii. Uke gives light resistance, no submissions, no preventative arm grabs
2. DEMO some BJJ flowing using advanced students
  - a. show difference between an aggro resistance vs. a flowy roll

### 4) Talk

1. Ask:
  - a. Why not use force? Why would you want to use subtlety?
  - b. Why would you want to not let your attacker know you're defending?
  - c. Anything else that was odd from today, and why do you think it was included or taught that way?

### 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
  
- begin open mat session