

# Closest Shared Acquaintance / Outside Help While Grappled (version 1)

## 0) Warm Up (10 minutes)

- a. **No mobility flow today. Instead:**
  - i. **choose someone in the class that you don't know well**
  - ii. **find your closest shared acquaintance by asking each other questions**
  - iii. **discuss what that shared friend would think about this class** (or what they would think about any chosen topic, ie. your outfits)
- b. intro speech
  - i. take names & pronouns (if class is less than 30)
  - ii. question of the day (if class is less than 15)
  - iii. opt-in format
    - 1. after each demo, my default assumption is that you're sitting out, unless you step up
    - 2. partner ask: do you want to keep working together or switch it up
    - 3. partner ask: how did that demonstration look to you (scary/complicated/fun)
  - iv. if i don't remember your pronoun, i will default to definite articles, ie. "take the arm" instead of "take her arm"
  - v. this class is a no-sexiness zone, if you want to flirt with other students just do it outside after class
  - vi. after class: feedback about how lessons are presented
  - vii. after class: feedback on curriculum from transfem-bipoc/sw
  - viii. **show how to tap your partner to reset an exercise. tap as soon as it's uncomfortable, either physically or emotionally**
- c. **ask for social media filming opt-in**

For people not physically participating, or not working with a partner:

- 1. Can watch each exercise closely, taking notes about what works well (and what doesn't)
  - a. be the first to offer ideas when we all stop to review about an exercise
- 2. Can practice the physical technique on a practice dummy. Optional: also engage in the verbal component of class.

3. Can film, noting which students have given permissions.

## 1) more conversational warm up

1. ask the instructor a short direct question, any topic (ie. favorite food, favorite takedown)
  - a. instructor gives a brief answer and moves on
  - b. all students should try asking one question, if possible
2. set class goal: asking questions of someone you're not working with
  - a. instructor will show some complex physical techniques today, but
  - b. the goal of the class is not to learn the technique, it is to "practice asking questions of someone you're not working with"

## 2) Sock Wrestling warm up, 1 minute rounds

1. demonstrate Sock Wrestling
2. ask students to choose whether to participate or not, and to find a partner
3. Sock Wrestling, round 1:
  - a. kneeling, attempt to remove a sock from your partner's foot
  - b. practice not using excessive force or speed, preference being clever
4. Sock Wrestling, round 2:
  - a. while wrestling, also practice any verbal exercises from previous classes, examples:
    - i. find shared acquaintance & imagine their opinion
    - ii. interviewing
    - iii. personal histories
    - iv. clarifying questions
    - v. railroad (fast-talk) stream-of-consciousness
    - vi. femme voice

Ask for any clarifications or problems before proceeding to next technique.

Re-demonstrate submission tapping & strangulation safety.

Optionally, include additional hand signals for the person being choked:

1. flat hand "so-so" rocking gesture: the choke is not close
2. thumbs up: the choke is close, or moving in the right direction
3. firm double tap: stop the choke (the choke is set, or something went wrong)

### 3) Back Take + Rear Naked Choke technical sequence

1. quickly demonstrate an entire back take to RNC sequence, asking students to try to remember as much of it as they can, but not to worry if they can't
  - a. example: half guard, to "dogfight" position, to back take with seatbelt grip & foot hooks, to (optional) RNC headlock setup, to (optional) slowly finishing the choke and getting a tap
  - b. describe what the RNC feels like when it's set, and reiterate safe tapping protocol
  - c. divide the class into students who would like to attempt the **back take only**, who would like to do the **back take + the RNC**, and who would **just like to watch** and take notes (or film)
2. practice asking questions during training:
  - a. in pairs, students distribute around the room to practice the backtake/RNC
  - b. ask students to ask any and all questions of the instructors about how to do the technique.
  - c. reiterate that the real technique of the day is to practice asking questions of someone who is far away, while physically doing something difficult with your partner
  - d. instructors stay in the center of the room in a cluster, and answer questions without approaching the students
  - e. switch who is applying the choke, and repeat asking questions

### 4) Sock Wrestling while asking questions, with distracting conversation

1. find a sock wrestling partner
  - a. one partner will sock wrestle while talking to their wrestling partner
  - b. the other partner will try to ignore their partner's conversation while also asking the *instructors* questions
    - i. ask questions of the instructor to find the closest shared acquaintance
    - ii. discuss with the instructor what that friend would think about this class
  - c. any students who are sitting out can also try to ask the instructor(s) questions

## 5) Talk

1. What worked and what didn't?
2. Why find a shared acquaintance?
3. Why does it matter what that shared acquaintance would think of what's going on?  
(shaming / implied judgement as a de-escalation tactic)
4. What situations does sock wrestling train for?  
(bedroom / intimate partner, no overt violence for de-escalation)
5. Why ask the instructor for help during sparring?  
(involving a bystander without stopping physical engagement)

## 6) Decompress

- think about the choke, do butterfly hug tapping
- shake it out
- any class announcements
- **GROUP PICTURE**
- begin open mat session
- film open mat rolls