

Basic Movement & Verbal

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. **do not show shrimp / butt scoot**
- b. Intro speech
 - i. Nametags!
 - ii. Question of the day (if class is less than 15) or: just say your name.
 - 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 their 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**
 - i. **Perhaps divide the class into filming areas**
- d. **Describe class structure:**
 - i. 15 min intros, rules, warmup
 - ii. 15 min training game
 - iii. 15 min vegetables technique lesson
 - iv. dessert techniques: break out groups with volunteer skillsharers
 - 1. **Who wants to lead a breakout group today?**
 - 2. **What martial art will you teach?**

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.
 - a. Optional: also engage in the verbal component of class, without physical.
- 3. Can film, noting which students have given permissions.

1) GAME: *Crab Evolution Race!* (10 minutes)

- Sit in two lines facing off against each other, about 15 feet apart.
- Find someone directly across from you. This is your teammate.
- GAME: High five your teammate and then return to where you started, without breaking any crab rules.
- First team back to position shouts: ARTHROPOD!

1. **Crab Walk rule: Your belly button must face the ceiling**

- a. (ie. no belly-down, no rolling, no standing-up)
- b. Mobility accommodation: butts don't *have* to be off the ground.
- c. ROUND 1: go!

2. New rule: 3-Legged Crabs: only 3 limbs may touch the ground at a time

- a. Shoulder/butt/head is ok to touch the ground.
- b. *Watch each other and steal ideas!*
- c. GAME ROUND 2: Crab-walk to the center, high five, return to start.
- d. **Ask what worked.** Which limbs are essential? Butt on ground?

3. New rule: 2-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?

4. New rule: 1-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 shrimps.
Bonus: Ask if anyone can execute a zero-legged crab for the class (lateral scoot)

5. DEMO the context:

- a. Push over a Teaching Assistant, and then have them try to stand up before you can tag their head.
- b. Have a Teaching Assistant hold you down with all their weight in Side-Control, and demonstrate:
 - i. shrimp > re-guard > technical stand

2) Technique Lesson: Conversational Grip Reversal (15 minutes)

1. Demonstrate having a conversation with a partner.
2. Demonstrate a wrist grip escape & reversal:
 - a. Circle your wrist out, ideally toward the thumb side.
 - b. Softly reverse the grip so that you are holding your partner's wrist now.
 - c. BONUS: Drape your 2nd hand over the grip, in a casual/caring gesture.
 - d. No death grips, keep it light to medium, not too much speed.
3. Practice for 2 minutes:
 - a. Go back and forth breaking the grip and reversing it, while keeping a conversation going.
 - b. If you can't think of anything, ask them what they had for breakfast, or where they were earlier that day.
4. **Add The Clarifying Question**
 - a. Examples:
 - i. "What does that word mean?"
 - ii. "Why did you feel that way?"
 - iii. "I don't know where that is?"
 - iv. Essentially: I don't understand, so the conversation can't proceed until you clarify.
5. Practice for 5+ minutes:
 - a. Let your partner keep their grip on your wrist.
 - b. Converse, and look for an opportunity to ask a Clarifying Question.
 - i. Right after you ask it, before they start answering:
 1. Softly break the wrist grip and reverse the grip.
 - c. Go back and forth reversing the grips whenever a Clarifying Question occurs.
 - d. **DEMONSTRATE this flow, before having students begin.**

3) Decompress (5 minutes)

- shake it out
- any class announcements
- **GROUP PICTURE**

4) Break Out Groups

1. Re-announce who is volunteering to teach a skillshare breakout group, and what the martial art is.
2. People can also use the space to train 1-on-1 (open mat).
3. People can just socialize and talk about the class together.
4. Ideas for break out groups:
 - a. How to throw a punch
 - b. Rear Naked Choke tune-up clinic
 - c. Intro to grappling sparring