

# Teamwork Application

## (Hug Attack Game & Bear Hug Escape)

### 0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
  - i. mini breakfalls
- 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**
  - ix. **Prevent injuries by going light and slow & take care with smaller people. *Injured students are at disadvantage when defending themselves out in the world.***
- c. Ask for social media filming opt-in
  - i. **we will be divide the class into filming and non-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 film, noting which students have given permissions.
- 2. Hug Game: can be a "coach" to verbally distract the defender.
- 3. Technique Lesson: Practice Fast Talk back and forth with a partner (no physical technique).
  - a. Optional: add other verbal techniques we've covered.
  - b. Optional: add wrist grip breaks, but no clinch or hug.

## 1) 2v1 Hug Attack Game, *Dance Battle Style* (10 minutes)

If big class, everyone forms a big circle, like a dance battle arena.

If really big class, divide into filmed and non-filmed sections.

Demonstrate the Hug Attack Game (recommended: instructor is the Uke)

3 Volunteers step into the circle, and decide who is on a team of 2, and who is alone.

### *Hug Attack Game!*

#### 1. 2 Attackers, 1 Uke (Defender).

*Uke: don't fight back too hard, you're the training prop.*

- a. Both attackers start with hands behind their backs.
  - i. Attackers can talk to each other to coordinate, and can talk to the Uke to distract them.
- b. Attackers win: if one of them can hold a hand beneath Uke's chin (palm down) while saying "one-alligator."
- c. If *neither* teammate has hands behind their back:
  - i. Uke starts counting "1-alligator, 2-alligator..."
  - ii. Uke wins: If they get to "3 alligator."
  - iii. Either attacker can stop the count by returning their hands behind their back (the game continues).

\* One attacker should try to grapple the Uke, hold them in place, restrain their arms. **Constantly talk to your teammate in order to win!**

\* Uke can resist the hug using framing, grip breaks, verbal distraction, or slow footwork. Try not to just run around the ring (to discourage full speed tackling).

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

#### 2. OPTION for non-physical participants:

- a. Add a 3rd person to the attack team.
  - i. Folds their arms to show they're a non-physical participant.
  - ii. Can coach the team.
  - iii. Can talk directly to the defender to distract them.

#### 3. Advanced variation:

- a. Instead of hand-under-chin, use foot-under-neck (takedown required).
- b. Running away is allowed (still try not to tackle too hard).

- water break -

## 2) Technique Lesson: Framing (15 minutes)

1. Bear Hug *subtle* break:
  - a. Turning toward them, not away.
    - i. Can make this seem friendly/intimate with hand placement.
  - b. Work elbows inside the hug, and frame with forearms.
  - c. Pin one arm between you to keep it from re-hugging.
  - d. Keep turning, hunch back, frame away the second arm.
  - e. Keep turning, then back out.
2. Practice with a training partner, with Questions verbal practice:
  - a. Attacker begins a fast-talk stream-of-consciousness, then initiates hugs.
  - b. Defender practices framing and/or hug escape (ignoring the fast-talk).
  - c. Attacker starts asking questions, ideally a “clarifying question”
    - i. If the defender falters, attacker should close the hug.
    - ii. Defender can then restart the whole bear hug escape.
3. OPTION for non-physical students:
  - a. Practice Fast Talk back and forth with a partner (no physical technique).
    - i. Optional: add other verbal techniques we’ve covered.
    - ii. Optional: add wrist grip breaks, but no clinch or hug.

### 3) Decompress (5 minutes)

- shake it out
- **announce no class 12/27/24** (class still on for 12/20/24)
- 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. Arm Bars for competition
  - b. How to throw a punch
  - c. Intro to grappling sparring