

Intro to Ground Sparring (with Verbal Histories)

Materials: a lot of headbands (can use students' socks if nothing else)

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. basic movements of shrimp / hip escape
- 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 / no-cruising zone, if you want to flirt with other students just do it outside after class**
 - vi. After class: feedback on curriculum from transfems who are BIPOC or sex-workers
After class: anybody can give feedback about how lessons are presented
 - vii. Show how to tap your partner to reset an exercise. tap as soon as it's uncomfortable, either physically or emotionally
 - viii. **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?****** write it on the whiteboard this time!**

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

- 1. Can film, noting which students have given permissions.
- 2. During Game: Can drill shrimping, perhaps with a bulgarian bag or dummy.
- 3. During Technique:
 - a. Can do the technique without receiving the technique.
 - b. Can practice verbal component (interviewing) without the physical.

1) Sock Wrestling, 1 vs 1 (12 minutes)

If really big class, form groups of 3 and trade off who is sitting out (and protecting from other groups).

Demonstrate Sock Wrestling game.

Ask students to choose whether to participate or not, and to find a partner.

1. Sock Wrestling, 1 minute:
 - a. From kneeling, attempt to remove a headband (or sock) from your partner's ankle.
 - b. Practice not using excessive force or speed, preference being clever.
 - c. Once someone has won, reset and repeat.
2. Sock Wrestling, 2 minutes:
 - a. While wrestling, practice having a conversation (about anything).

Ask students to find a new partner. If you've had enough, sit against the wall to sit out.

3. Sock Wrestling, 3 minutes:
 - a. While wrestling, interview your partner about where they've been today, or places where they've lived.
 - i. Partner can answer truthfully or make up fake answers.
 - ii. Make sure both partners get to practice interviewing.

- water break -

2) Technique Lesson: Arm Bar for Tournaments, with Interviewing (12 min)

* For instructors: in self-defense, preference learning positional control and chokes. This lesson is intended to introduce new grapplers to sport submissions, to encourage regular sparring training.

1. Demonstrate seated arm bar finish only, without the entry/setup.
 - a. *Tori interviews Uke about what they feel as the arm bar is being applied.*
2. Activity for non-physical students:
 - a. Find a partner. Spectate other groups and discuss what you see going on.
 - b. Simultaneously interview your partner to **find as many common acquaintances as you can.**
3. Proprioception Practice: an exercise for the person receiving the armbar.
 - a. Describe drill, and ask for interest:
 - i. In pairs, replicate the demonstration, focusing on having the Uke actively describing what they feel as their arm gets extended.
 - b. Students find a partner of **similar size**:
 - i. Both partners practice describing and tapping to an armbar.
 - ii. Tap when it feels tight, don't wait for pain.
4. No-resistance Practice: Posing a Mannequin, with Narration.
 - a. Demonstrate drill, and ask for interest.
 - b. Students find a partner of **different size**.
 - c. Drilling student (Tori) gently pushes or positions their partner (Uke) into an arm bar position, *while narrating to them everything you're doing.*
 - i. Uke should act like a posable puppet, not a floppy jellyfish.
5. Light Resistance Practice: repeat Sock Wrestling.
 - a. Describe drill, and ask for interest: both trying to get the arm bar.
 - b. Students find a partner of **similar size**.
 - c. Repeat the Sock Wrestling game, but instead of using socks, the goal of both partners is to find the arm-bar position
 - i. Use cleverness, not strength or speed.
 - ii. It's ok to lose, or to help your partner win.
 - d. *While wrestling, have a conversation to try to find a mutual common acquaintance.*
6. Demonstrate a BJJ guard-to-armbar flow (but don't teach it today).

3) Decompress (10 minutes)

- Individually talk to a partner about something from class and how you feel about it. (2 minutes)
- Together as a class, ask for a few volunteers to say one thing about class that was fun or difficult. (5 minutes)
- **announce no class 12/27/24** (class returns 1/3/25)
- 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.