

Intro to Teamwork + Technical Stand

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. butt scoot and shrimp review
 - ii. technical stand hip switch moment
- 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. **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. For the game: there will be a verbal-only player option.
- 2. Can practice the "technical stand" technique with a kettlebell instead of a resistance partner.
- 3. Can film, noting which students have given permissions.

1) Grappling Relay Game — *Dance Battle Style* (20 minutes)

* Dance battle style is for classes of 20+ people.

* For really large classes: **Divide class into two sections: filmed and non-filmed.**

First demonstrate the game with 6 volunteers, ideally who have played before.

1. Form a ring with everybody (facing in, like a dance battle circle)
2. 6 volunteers step into the circle. Divide into 2 teams of 3.
3. Each team will have one ball (use different colors); one teammate starts with that ball.
4. Each player finds someone on the opposite team to grapple spar with, 1 on 1.
5. Start in some sort of grapple or grip (ie. holding hands).
6. RULES:
 - Hand or toss your ball to your teammates.
 - Once everyone on your team has held their ball once, shout “BINGO” to declare victory (ball must be held, not just touched).
 - You can interfere with the other team’s progress by using *grappling*.
 - You can’t hold your opponent’s ball.
 - *You’ll need to constantly talk to your teammates in order to win.*
7. NOTES:
 - Advanced groups can use takedowns and ground fighting.
 - Sparring pairs with beginners should stay standing, and only use hand grips.
 - **Slow Down**, prioritize being clever, running is discouraged (for safety).
 - Creative cheating is encouraged.
8. After the first round: Ask for 6 more volunteers and play again and again.
9. Teammates should use verbal cues to effectively pass the ball. if teams don’t naturally start doing this, give these examples before the next iteration:
 - i. “hey you, i’m throwing this to you now!”
 - ii. “i haven’t had the ball yet, give it to me!”
 - iii. “don’t throw it yet, i don’t have a hand free”
 - iv. “they’re almost winning, lock that player down!”
 - v. “our ball went wide! can someone break free and get it?”
 - vi. “who on Team Blue hasn’t had the ball yet? did we win??”
10. After the second round, add: **Verbal Teammate (Coach)**
 - Add a coach to each team, who participates verbally.
 - i. This coach will likely be giving directions to their teammates, to help them keep track of who has had the ball.
 - ii. The coach keeps their arms crossed/folded, so everyone can see they’re a non-physical participant.
11. Talk as a group about what techniques worked and what didn’t.

- water break -

2) Technique Lesson: Technical Stand w/ Fast Talk (15 minutes)

1. In partners, one person will be practicing the verbal technique, one person is practicing the physical technique.
2. Verbal:
 - a. Demonstrate a basic Fast-Talk/Railroading: stream-of-consciousness one-sided conversation. The resistance partner will be doing this constantly throughout the drill.
 - i. It doesn't have to be fast, it just can't have any pauses.
 - ii. If you can't think of anything, list what your partner is wearing, narrate what they're doing, or describe anything you see around you.
3. Physical:
 - a. Show Technical Stand, facing away from class so people can mimic.
 - b. Demo option for working solo: Turkish Get Up using a small kettlebell.
 - c. Demonstrate Technical Stand with partner resistance.
 - i. Light resistance: with a hand on your shoulder, partner pushes you down with even pressure.
 - ii. Optional heavy resistance: partner planks over you to hold you down.
 - iii. Keep pressure until they're fully standing, don't stop at kneeling.
4. Practice (2 minutes each)
 - a. Practice the technical stand over and over, with the resisting partner doing a stream-of-consciousness fast-talk the whole time.
 - b. At 2 minutes, switch roles.

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