

60min — Technical Stand

[read standard Transfighters introduction & guidelines]

0) Warm Up

- a. greeter
 - i. shoes off, masks on
 - ii. point out changing rooms & racks
 - iii. point out foot wash bucket
- b. note: high covid season
 - i. working with a single partner is ok
 - ii. people working solo will be: shadowing other groups, mimicking movements
- c. mobility flow while people are arriving, include:
 - i. breakdance / hip switch / kneeling moment of Turkish Get-Up

1) Arm Grip-escape / Re-grip

ideas:

inquire about heroes/respected people, to exploit authority

just interview your training partner

help them identify some person or institution or principle that they would obey

figure out why, to what extent

identify as many of these people as u can, big and small

1. Conversation Training

- a. today's highlight is Clarifying Questions
- b. keep a casual conversation going with your training partner whenever you're doing a technique today; ask and answer questions
- c. look for opportunities to ask clarifying questions specifically
 - i. watch for the pause this creates in your partner's physicality
 - ii. if appropriate, exploit this pause when practicing grip techniques

2. Fawning grip breaks

* continue the conversation training exercise during these techniques

- a. in pairs, practice sticky-hands, with walking
 - i. one partner gently pushes the other across/around the room
 - ii. position options, from easiest to hardest: arm-in-arm, pummelling/ballroom stance, palm-to-palm, or forearm-to-forearm
 - iii. think of it like partner dancing, with the "follow" giving enough resistance to be neither alarmingly absent, nor aggressively stiff
- b. arm grip break
 - i. show a generic circle-out grip-break for a wrist or arm grab
 - ii. practice breaking the grip slow and gentle
 - iii. don't get caught: practice being so gentle as to escape notice / not raise an alarm
 - iv. defender should re-grip gently to maintain "intimacy" and reverse control
 - v. remind students to try using Clarifying Questions for the grip transition

2) Hug Escape

1. bear hug

- a. show arm-around-waist & hug grip breaks via turning toward hugger
 - i. defender keeps elbows inside attacker's
 - ii. turns to face them
 - iii. expands their size using forearm frames & curling spine
 - iv. controls an arm to prevent re-grip
 - v. exits by stepping backward
- b. defender practices re-grip afterwards, maintaining "intimacy"
- c. try partners of different heights than yourself
 - i. can look for forehead-to-jaw position on a taller person
 - ii. try underhooks (pummeling) to deal with a shorter person
- d. practice doing this casually/subtly, without aggression
 - i. defender should ask attacking partner if it felt subtle

2. advancing position

- a. DEMO desirable grips:
 - i. reversing an arm grip (as above)
 - ii. collar tie
 - iii. underhook
 - iv. body lock
 - v. 2-on-1, pinning arm into their torso
 - vi. russian 2-on-1
- b. DEMO throws for illustration purposes (students won't do these throws):
 - i. lateral drop (yoko otoshi)
 - ii. valley drop (tani otoshi), careful of uke's knee
- c. working from inside the arm (with a partner)
 - i. start from a push-hands stance (forearms, palms, or ballroom)
 - ii. pummel to underhook (think: nuzzling half-hug)
 - iii. move underhook to arm-around-waist (like an unsecured body-lock)
- d. working outside the arm (with a partner drill)
 - i. Arm-Drag to Russian-2-on-1 (think: girly arm-in-arm gossiping)
 - ii. optional: Slide-By to Russian-2-on-1
- e. practice smooth, force-less transitions, and "intimate" versions of the final positions
- f. when in each final position, have uke push back, or walk around the space
 - i. find your posture (head, spine, hips, etc) to make yourself into a unbreakable frame
 - ii. resist the urge to use muscle force, or to push uke around, just follow them with good posture
- g. use Clarifying Questions to create openings for the transitions

If time, continue to shin shield lesson.

If out of time, just demonstrate a re-guard, and move the following ground work to a future class

3) Ground Shin Shield

1. ground-based re-guards
 - a. side control to shin shield
 - i. from side control, Tori (on bottom) uses shrimp & conversation skills to regain a shin shield / z-guard
 - ii. ask for moderately tight pressure from Uke (think crawling forward more than a tight side-control)
 - iii. Tori is not allowed to use force to get back to shin-shield
 - b. mount to shin shield
 - i. no bucking, only use shrimp & knee wedge (and conversation)
 - ii. regain a half- or full-butterfly guard without using force
 - c. back-mount to full guard
 - i. Tori forcelessly clears hooks & rotates toward Uke
 - ii. Uke gives light resistance, no submissions, no preventative arm grabs
2. DEMO some BJJ flowing using advanced students
 - a. show difference between an aggro resistance vs. a flowy roll

4) Talk

1. Ask:
 - a. Why not use force? Why would you want to use subtlety?
 - b. Why would you want to not let your attacker know you're defending?
 - c. Anything else that was odd from today, and why do you think it was included or taught that way?

5) Decompress

- circle up the class, do some freeform shaking or breathing
- mention that feelings may come up, and to ask friends to talk about it
- any class announcements
- GROUP PICTURE

- begin open mat session