

90min — Grappling Sparring

[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. mobility flow while people are arriving, include:
 - i. hip bridge
 - ii. elementary shrimp movements
 - iii. breakdance / hip switch
- c. intro speech
 - i. take names & pronouns (if class is less than 30)
 - ii. question of the day (if class is less than 15)
 - 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 her 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

1) Grip Sparring Review

1. Push Hands
 - a. basic lead-and-follow, just to warm up
 - b. set timer, to get used to hearing the bell
2. Advantageous Standing Positions
 - a. review control positions, student pairs follow along during demo:
(repeat opt-in touch consent w/ training partner)
 - i. russian 2-on-1
 - ii. underhook
 - iii. body lock (half body lock)
 - iv. collar tie
 - b. flow through the positions with a partner
 - i. no resistance, be helpful
 - ii. some resistance, swimming for counter-grips
3. introduce basic "fast talk"
 - a. one person talks regardless of if there is a response
(unlike conversational manipulation from our previous classes)
 - i. doesn't have to be fast
 - ii. practice not leaving gaps
 - iii. practice coming up with endless material
 - iv. stream of consciousness is ok, but try for these things:
 - simple questions that people instinctively answer
 - things you notice about the listener
 - things they would be interested in
4. overlay one-sided fast talk with grip sparring
 - a. one person is talking, both people gently try to get advantageous grips
 - b. silent person practices *not* responding, just keeps doing what they are doing

2) Ground Sparring Introduction

1. sock wrestling, 1 minute rounds
 - a. kneeling, attempt to remove a sock from your opponent's foot first
 - b. practice not using excessive force or speed, preference being clever
 - c. keep the fast-talk drill going (one person at a time)
2. introduce advantageous floor positions (without explanation or context)
 - a. side control
 - b. full mount
 - c. back mount
 - d. half guard
 - e. closed guard
3. introduce flowing
 - a. demo a structured flow of instructor's choice. examples:
 - i. full guard > hip bump sweep > mount > side control > re-guard
 - ii. full guard > double-under pass > side control > mount > bridge/roll sweep
 - b. option 1: take the different positions with a partner (no transitions) and see if you can remember all 5
 - c. option 2: do the structured flow between the 5 positions, no resistance
 - d. option 3: free spar (slowly) for position only (no submissions)
reset when someone gets mount or closed guard
 - e. keep the fast talk drill going (one person at a time)

5) Decompress

- circle up the class, do some freeform shaking or breathing
- any class announcements
- GROUP PICTURE

- begin open mat session