

60min — Teamwork w/ Bats

[read standard Transfighters introduction & guidelines]

0) Warm Up

- a. greeter
 - i. shoes off, masks on
 - ii. point out changing rooms & racks
- b. mobility flow while people are arriving, include:
 - i. technical stand
- 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) Ground Sparring (review)

*** demo the exercise, then ask students to sort themselves into: participating or watching**

*** ask student pairs to check with each other before touching**

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 a conversation going the whole time
 - i. mention: clarifying questions & fast talk

2) Hug Attack Game (review)

Hug Attack Game!

1. uncoordinated hug attack with teammate (2 Toris, 1 Uke)
 - a. both Toris start with hands behind their backs
 - b. either teammate can initiate a hug attack
 - i. team can switch their hugger mid stream
 - ii. *constantly talk to your teammate to coordinate*
 - iii. watch the hugging teammate's body language
 - c. if neither teammate has hands behind their back:
 - i. Uke starts counting "1-alligator, 2-alligator..."
 - ii. if Uke gets to "3 alligator", they win
 - iii. OPTIONAL: if Uke breaks free after initial contact, they win
 - iv. *Uke is allowed to use verbal distraction techniques*

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

2. Teamwork Sock Wrestling:
 - a. 1 round of sock wrestling with 2 vs 1
3. Talk:
 - a. ask what physical moves worked
 - b. have successful students demo what they found
 - c. ask what verbal techniques worked
 - d. have recipients of those verbal techniques describe how it felt

3) Bat Timing Exercise

1. Demo swing a bat (padded broomstick to start with)
 - a. slowly, repeatedly, with predictable rhythm
 - b. only use a right hand diagonal swing for now
2. Time step in & grab
 - a. demo: staying outside of bat range and watching the rhythm, then stepping inside the bat's swing where it's less powerful
 - b. have students line up single file if they want to participate
 - c. non-participating students watch from the side and note: distancing/timing
 - d. instructor swings bat rhythmically (slowly, softly)
 - e. students take turns timing a step-in, and try different things:
 - i. get hit with the bat on the shoulder (or forearm frame), at different ranges
 - ii. grab the bat/arm with both hands, at different ranges
 - iii. hug the instructor
 - iv. forearm-parry and grab the bat, at different ranges
 - v. any other ideas they want to try, but no disarms yet

4) Bat Teamwork Play

* for students who are comfortable with the bat, and want to play

* non-participating students should watch and take notes on what works

1. 2 Unarmed vs 1 Armed
 - a. instructor (or confident TA) moves around, swinging a bat at the 2 students, slowly but no longer predictably
 - b. the 2 students attempt to arrest the movement of the swinging bat, as a team
 - c. reset once the bat is grabbed (no disarm necessary)
 - d. TA increase speed and aggression as students become comfortable, to a reasonable level (stop play if it becomes too fast or heightened)
 - e. if students aren't working as a team, remind them to consider what worked in the Hug Game
2. Optional:
 - a. try 3 Unarmed vs 1 Armed
 - b. try 4 Unarmed vs 2 Armed
3. Optional:
 - a. replace baseball bat with a plastic water bottle

5) Talk

- What worked? What didn't work?
- What variations would students like to try in the future?

6) Decompress

- lead some shaking and breathing exercise
 - remind: watch emotional response over the next day and talk to friends about it
 - any class announcements
 - GROUP PICTURE
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- begin open mat session