

60min — Teamwork w/ Knives

PROPS:

- foam “nerf” balls/footballs, about 4”
- option: empty plastic water bottles (small, thin plastic that crunches easily)

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
- d. ask for social media filming opt-in

1) Ground Sparring (review) with Verbal Interviewing

1. take turns interviewing a training partner
 - a. keep the conversation constant, no silence
 - b. ask questions about their situation, plans, projects
 - c. give them time to answer & ask follow up questions
 - d. *goal: make your partner feel heard & validated*
2. while interviewing: play Sock Wrestling, 2x 2-minute rounds
 - a. kneeling, attempt to remove a sock from your opponent's foot
 - b. practice not using excessive force or speed, preference being clever
 - c. *goal: practice interviewing while being physical*

2) Freeze Tag w/ Object

1. play a round of normal Freeze Tag if people need a refresher on the playground game rules:
 - a. one person is "it" for a 1 minute round
 - b. if players are tagged by "it", they freeze in place
 - c. a frozen player can be unfrozen by being tagged by another free player
2. introduce a tagging object (suggested: nerf ball), 1 minute rounds
 - a. "it" must touch other players with the ball, without throwing

IF after the first round, players haven't naturally started grappling the "it" to prevent being tagged by the tennis ball, make this option explicit

IF players don't start working together to grapple the "it", suggest using teamwork strategy

3. TALK
 - a. what worked and didn't work
 - b. ask "it" players for their feedback on what effectively foiled them

3) 1 vs 1 Object Sparring

1. DEMO a two-handed grab/control of someone holding an object (suggested: disposable water bottle)
 - a. demo moving your body toward a more controlling position where you are strongest
 - i. try using straight arm (locked out elbows, lats engaged)
 - ii. try using elbows-into-your-ribs framing
 - iii. keep the water bottle in front of you, in your control zone
 - iv. it's ok to move closer to opponent if it means better control
 - b. demo isolating the opponent's hand away from their body, so they are weak
 - i. use your body to interpose between them and their hand
 - ii. face the water bottle, not the person (keep the bottle in your control zone)
 - iii. because the bottle is the tagging object it is your true opponent, so it's ok to turn your back to your training partner's body
 - c. breathe & prepare for a long endurance wrestle for the bottle
2. Points Game w/ Cheating
 - a. form groups of 3, with one person sitting out at a time
 - i. the person sitting out is the Judge
 - b. remind players to use conversation (particularly interviewing) during the game
 - c. 1 minute rounds:
 - i. one person uses water bottle (or foam ball) to try to tag their training partner (who is unarmed) in the torso
 - ii. if the tagger can tag 5 times within the 1 minute round, they win
 - iii. tags are counted out loud by the person sitting out (the Judge), who's decision is final
 - iv. RULES:
 1. **the tagger can tag anyone to earn points**
 2. **the Judge may choose to count or not count any tags** (ie. if they were unclear, grazes, or just because they feel like it)
 3. **the combatants may verbally persuade the Judge to count points in their favor** (ie. "that totally didn't hit!" or "that wasn't solid enough to count")
 4. **the Judge is allowed to interfere physically** (ie. if bribed or otherwise sympathetic)
 - d. keep repeating the game until the Judges intervene regularly

5) Talk

- What worked? What didn't work?
- Was anybody successful with using talking to their advantage? Either as a distraction, or by influencing the Judge.
- What is the purpose of interviewing as a self-defense strategy, especially concerning small weapons? Hints:
 - when someone chooses to show you their knife, they are doing it for a reason that is separate from actually using the knife (ie. they want to be respected aka heard)
 - The Weapon Effect (a person holding a weapon leads them to more aggressive behavior than they otherwise intended) can be de-escalated through interview

6) Decompress

- lead some shaking and breathing exercise
- do Butterfly Hugs (bilateral tapping) while thinking about the tennis ball / water bottles
- remind: watch emotional response over the next day and talk to friends about it
- any class announcements
- GROUP PICTURE
- begin open mat session