

# Ground Sparring [review of 4/7/24 class]

## 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) Verbal Practice

1. Describing the Environment
  - a. In pairs, one person describes things they see around the room (that are not their training partner). After a minute, switch partners. Examples:
    - i. what other people in the room are wearing, doing, saying
    - ii. events or objects outside on the street
    - iii. describing posters, furniture, anything around the room

## 2) Sock Wrestling

1. 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
- a. sock wrestling, 1 minute rounds
  - i. kneeling, attempt to remove a sock from your opponent's foot first
  - ii. practice not using excessive force or speed, preference being clever
  - iii. keep the Description verbal drill going (one person at a time)

## 3) Controlling Positions

1. Introduce controlling floor positions (without explanation or context)
  - a. side control
  - b. full mount
  - c. knee-on-belly
  - d. back mount
  - e. half guard
  - f. closed guard
2. Practice the controlling positions:
  - a. take the different positions with a partner (no transitions) and see if you can remember all 6
  - b. suspend the Description verbal drill so that you can verbally navigate the positions with your partner
3. Wrestle
  - a. reprise the Sock Wrestling game, but now the win condition is when one partner gets one of the 5 controlling positions
  - b. practice not using excessive force or speed, preference being clever
  - c. try several 1 minute rounds, switching partners periodically
  - d. continue the Description verbal drill going, but now both partners talk at the same time (talk over each other, have fun with it)

## 5) Talk

- What worked? What didn't work?
- What were the easiest positions to get to, to win the positional sparring game?
- Where in life does ground grappling come up? ie. bedroom, couch, car
- Which of the controlling positions would upset or cause panic in an adversary?
- What is the benefit of using a less threatening position (that still gives you control)?

## 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
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- begin open mat session