

Mount Escapes

by Lirael & Emerson

0) Warm Up (10 minutes)

- a. greeter
 - i. shoes off, masks on
 - ii. point out changing rooms & racks
- b. mobility flow while people are arriving, include:
 - i. shrimp / hip escape
- 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**

For people not physically participating, or not working with a partner:

- 1. Can watch each exercise closely, taking notes about what works well (and what doesn't)
 - a. be the first to offer ideas when we all stop to review about an exercise
- 2. Can practice shrimping down the mat. Advanced: shrimp while carrying a medicine ball or bulgarian bag on their stomach.

Can film, noting which students have given permissions.

1) Sock Wrestling with Verbal Interviewing (5 minutes)

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) Trap & Roll Escape (15 minutes)

1. practice bridging to the side
2. from mount (bottom)
 - a. guard your face, bring heels toward your butt
 - b. hip bump once to bring top person down
 - c. clamp one of their elbows to your chest using both your arms
 - d. trap their ankle using your foot
 - e. bridge and roll to the side, your eyebrow to the mat
 - f. sit back on your heels, or break the guard and stand

3) Shrimp Escape (15 minutes)

1. practice shrimping to the side
2. from mount (bottom)
 - a. shrimp hard to spread their knees apart
 - b. wedge under the shin that you're now facing
 - c. turn hips and shrimp the opposite way, sliding under their leg
 - d. claim half guard, or technical stand

5) Talk

1. Skip talking today, go ahead to open mat rolling.

6) Decompress

- any class announcements
- **GROUP PICTURE**
- begin open mat session