

Object Control & Personal History

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. side breakfall with straightened/swept leg
 - ii. breakdance switching
 - iii. sprawl
- b. Intro speech
 - i. Nametags!
 - ii. Question of the day (if class is less than 15) or: just say your name.
 - 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 their 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**
After class: feedback on curriculum from transfem-bipoc/sw
 - vii. Show how to tap a partner to reset an exercise. Tap as soon as it's uncomfortable, either physically or emotionally.
 - viii. **Prevent injuries by going light and slow & take care with smaller people. *Injured students are at disadvantage when defending themselves out in the world.***
- c. Ask for social media filming opt-in
 - i. We will be divide the class into filming and non-filming areas.
- d. **Describe class structure:**
 - i. 15 min intros, rules, warmup
 - ii. 15 min training game
 - iii. 15 min "vegetables" technique lesson
 - iv. "dessert" techniques: break out groups with volunteer skillsharers
 - 1. **Who wants to lead a breakout group today?**
 - 2. **What martial art will you teach?**

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

- 1. Can help film, noting which students have given permissions.
- 2. During Game: Can be a non-physical coach, giving verbal directions.
- 3. During Technique:
 - a. Can do the technique without receiving the technique.
 - b. Can practice verbal component (Personal History) while doing basic tai-chi Push Hands.
 - c. Can drill breakfall/tech-stand/sprawl with an assistant coach.

1) Football Freeze Tag (15 minutes)

1. Form one big circle, with players volunteering by stepping in each round.
 - a. Use 5-10 players at a time.
 - b. A small, tight circle reduces crashing injuries by making it hard to run.
2. 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
 - d. **Can play 1 round of regular freeze tag as a warm up**
3. Introduce a tagging object (suggested: nerf football), 1 minute rounds.
 - a. "It" must touch other players with the ball, without throwing.
4. If after the first round, players haven't naturally started grappling the "it" to prevent being tagged by the ball, make this option explicit.
5. If players don't eventually start working together to grapple the "it", suggest using a teamwork strategy, with verbal coordination.
6. Introduce a non-physical coaching player, who helps coordinate the team players.
7. TALK
 - a. What worked and didn't work.
 - b. Ask "it" players for their feedback on what effectively foiled them.

- water break -

2) Technique Lesson (15 min)

Sacrifice Throw: Valley Drop (Tani Otoshi)

1. Demonstrate Personal History Fast Talk:
 - a. Tori talks about places they've been recently, or places they've lived.
2. Demo Valley Drop
 - a. Sacrifice Throw means a throw where the Tori falls first.
 - b. From side bear hug / body-lock (gable grips, no laced fingers)
 - c. Tori extends & straighten their leg behind the Uke in order to protect their own knee.
 - d. Sit straight down, no contact with Uke's legs.
 - i. Land on your straightened leg's hip.
 - ii. Do not hip thrust into Uke's knee! This could break their knee (MCL).
 - e. Use your weight + bear hug to drag Uke down into sit / fall backward.
 - i. Uke needs to breakfall.
 - ii. Uke will fall over Tori's straightened leg. If it remains straight during the sit, Uke will not crash into it.
 - f. Once Uke starts to fall, Tori begins to turn/pivot in order to come up to kneeling or sprawling.
 - g. Tori finishes on top, pinning Uke down in a sprawl or side-control.
 - h. *Competitors: retain the near arm for follow-up attacks.*
 - i. Also Demo: basic Push Hands w/ forearms.
3. Valley Drop Practice
 - a. Without touching your partner yet (no grips, no throw):
 - i. Stand to their side
 - ii. Straighten a leg behind them
 - iii. Sit straight down (don't take them with you)
 - iv. After Tori has sat, Uke squats and sits, with a backward breakfall.
 - b. Takedown with Opt-in Protocol: Separate into 2 groups, facing each other:
 1. People who want to execute the take down (Tori).
 2. People who want to be taken down (Uke).
 - c. Toris find a Uke and practice their takedown 5-10 times, rotating partners if there are not even groups.
 - d. For people who don't want to do the takedown at all:
 - i. Set up a bear hug, or forearm-to-forearm, or no contact.
 - ii. Practice giving Personal History either as a Fast-Talk or as a back-and-forth conversation.
 - e. Ask again for participants to separate into Toris and Ukes, with former Ukes having one more chance to become a Tori.
 - f. Toris find a Uke and practice their takedown 5-10 times.

3) Decompress (5 minutes)

- Butterfly Hugs and Box Breathing, while thinking about something from class.
- GROUP PICTURE

4) Break Out Groups

1. Re-announce who is volunteering to teach a skillshare breakout group, and what the martial art is.
2. People can also use the space to train 1-on-1 (open mat).
3. People can just socialize and talk about the class together.

Competition Training Week 2:

Practice an attack line using Valley Drop.

1. Rehearse this line for fluidity (2 minutes without switching Tori).
 - a. Start at fist bump / combate.
 - b. Engage and pummel.
 - c. Without pausing, do duck-under / slide-by into side body-lock.
 - d. Without pausing, immediate Valley Drop.
 - e. Get up first, retain the arm.
 - f. Pause and secure the arm.
 - g. Judo-style arm-bar (stay on top, or fall back).
2. Rotate partners.