

Moving Another Person (w/ Misinformation)

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. hip lateral rotator activation (see PDX Class Notes 12.3.2023)
- b. Intro speech, highlighting the rule in bold (other rules are just listed on whiteboard)
 - 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." Replicate this when working with a partner.
 - v. This class is a no-sexiness / no-cruising zone, if you want to flirt with other students just do it outside after class
 - vi. After class: feedback on curriculum from transfems who are BIPOC or sex-workers
After class: anybody can give feedback about how lessons are presented
 - vii. Show how to tap your 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: 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 / self defense topic will you teach?****** write it on the whiteboard this time!**

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 do Push Hands Lite (just forearms moving in a circle).
3. During Technique:
 - a. Can do the technique without receiving the technique.
 - b. Can practice lateral rotator exercises.
 - c. Can practice pushing and pulling a heavy bag, football-training style.

1) Push Hands, with no formal training (15 min)

Divide into filming and non-filming areas.

1. Stand with one of your feet touching one of your partners. Don't move your feet.
2. Try to push or pull each other over. If someone moves their feet, they lose.
 - a. Don't go too wild. Prioritize good balance and being clever.
3. After a few rounds, ask the class what is working and what isn't.
4. Add these hints if students didn't bring them up:
 1. If your partner is yanking or shoving aggressively or suddenly, use that momentum against them to win.
 2. Lower your center of gravity (bent knees, tucked pelvis, soft spine).
 3. Flow and absorb by twisting and sinking.
 4. Take advantage of the angle of your partner's stance.
 5. Sense your partner's core (spine, or lower belly). Bonus if you can control their core using a distal grip.

- water break -

2) Technique Lesson (15 min)

1. Demo conversation technique: Misinformation
 - a. converse casually about anything you like, while also:
 - b. *periodically include something that isn't true*
 - i. for demo purposes, instructors can cross their fingers behind their back to signal to half the class when they're lying
 - c. transfems: practice femme voice
 - d. try to keep this conversation going, without pauses
 - e. students who have done other conversation training topics can insert those as well (ie. personal history, clarifying questions, interviewing)
2. While doing Misinformation Conversation, drag your partner forward a few steps using far and close grips:
 - a. Handshake, wrist grip
 - b. Behind-the-elbow grip
 - c. Underhook, arm-around-waist
 - d. Overhook
 - e. Collar Tie
 - f. Ankle, Knee, or Hip grips
3. After some practice, add: Uke tries exaggerating getting moved.
 - a. Go with their force and add to it.
 - b. Misinformation: make a noise, fling your limbs.
 - c. Secret stability: stumbling, with quick/small footfalls.
4. Sport Push & Pull grips:
 - a. Overhook-Underhook, with head in the jaw.
 - b. Move your partner by sweeping your feet back in an arc, like waltzing.
 - c. Demo some Lifting Grips:
 - i. Ogoshi (get hips under theirs)
 - ii. Fireman's Carry (get shoulders under theirs)

3) Decompress (5 minutes)

- Shake it out.
- 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 3:

1. Rehearse the entries/setups to 3 takedowns, rapidly cycling between them in a loop.
 - a. Just rehearse the transitions between setups, not the takedowns themselves.
 - b. It's okay to not be good at all 3 takedowns, it can just be a threat that you use to set up a different, favorite takedown.
2. Practice Attack Lines.
3. Open Rolling.