

# Russian 2-on-1 Series, with Team Game

## 0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
  - i. side breakfall
  - ii. technical stand up
  - iii. meet the people next to you: ask about the vehicle they used to get here
- b. Highlight 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 warm up, 15 min training game, 15 min "vegetables" technique lesson
  - ii. "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. During Game: Just do verbal coaching, or just push people back into the mosh pit circle.
- 2. During Technique:
  - a. Can do the technique without receiving the technique.
  - b. Can just do the verbal exercise with a willing partner.
  - c. Can practice technical stand up using a kettlebell (with assistant coach).

## 1) Grappling Relay Game with Delayed Ball Start (15 minutes)

\* Dance battle style is for classes of 20+ people. For 50+ people, divide into 2 rings.

First demonstrate the game with 6 volunteers, ideally who have played before.

1. Form a ring with everybody (facing in, like a dance battle circle)
2. 10 volunteers step into the circle. Divide into 2 teams of 4, plus 1 coach.
3. Each team will have one colored ball. **The team's coach starts with the ball.**
4. Each player finds someone on the opposite team to grapple spar with, 1 on 1.
5. Start in some sort of grapple or grip (ie. holding hands).
6. Coaches start with arms folded, to indicate that they are non-physical participants.
7. RULES:
  - After grappling begins, the coaches slowly count down from 10, and then hand their ball to someone on their team. (If grapplers aren't sufficiently scattered around the ring by then, increase the countdown time for future rounds)
  - Players hand or toss their ball to their teammates.
  - Once everyone on your team has held their ball once, shout "BINGO" to declare victory (ball must be held, not just touched).
  - You can interfere with the other team's progress by using *grappling*.
  - You can't hold your opponent's ball.
  - *You'll need to constantly talk to your teammates in order to win.*
8. NOTES:
  - Advanced groups can use takedowns and ground fighting.
  - Sparring pairs with beginners should stay standing, and only use hand grips.
  - **Slow Down**, prioritize being clever, running is discouraged (for safety).
  - Creative cheating is encouraged.
9. Repeat the game a few times, with new or repeating players.
10. Try playing the game with uneven numbers (ie. 3 vs 4)

## 2) Technique Lesson (20 min)

1. Demo conversation technique:
  - a. interview each other
    - i. Understanding: try to get to know how they're feeling physically (injuries) and/or emotionally (mood in this moment).
    - ii. History: find out where they've lived or where they just came from.
2. Demo a complete Russian 2-on-1 takedown:
  - a. start in clinch
  - b. shrug off the clinch and pivot to capture Russian 2-on-1 arm hold, with good shoulder pressure
  - c. inner thigh reap takedown (assume failure)
  - d. far ankle-block trip
3. Students find a partner, and practice capturing the Russian 2-on-1 and pushing partner down into a sprawl.
  - a. While practicing, interview each other for Injuries, Mood, and Places they've been.
4. Advanced/confident students can move on to inner thigh reap takedown.
5. Casual Control:
  - a. Demonstrate how a friendly linked-elbow posture ("gossipy cheerleader" position) can effectively be a Russian 2-on-1.
  - b. Find a new partner.
  - c. Try guiding each other around the room ballroom-dance style, using this friendly linked elbow position.
  - d. Interview each other for Injuries, Mood, and Places they've been.
6. If people like this type of technique, tell them to consider regular sport grappling training (BJJ, Sambo, Wrestling).

### 3) Decompress (5 minutes)

- Shaking.
- 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 4:**

1. Rehearse your favorite attack line a few times with a partner (ie. arm drag > valley drop > knee on belly > judo arm bar).
2. Scrambling back to your attack line.
  - a. Sparring partners start in “awkward side control” with top person starfished belly-to-belly (starts with no control, no grips).
    - i. Bottom person scrambles to standing (and setting up their takedown) or immediately to their own preferred control position (ie. knee on belly, closed guard).
    - ii. Switch top and bottom and repeat, not pausing for technique drilling.
  - b. Modification: sparring partners start in tight side control.
    - i. Begin by top person voluntarily opening their side control by 1 inch.
    - ii. Bottom person immediately takes advantage of the space and scrambles up.
3. 2 minute fast rolls, with 2 minute breaks in between.