

Brawling (with Verbal Distraction)

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. breakfalls
 - ii. talking to yourself (describe something in the room)
- 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
 - vii. After class: feedback on curriculum from transfem-bipoc/sw
 - viii. Show how to tap your partner to reset an exercise. tap as soon as it's uncomfortable, either physically or emotionally
 - ix. **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 (Describing) while doing basic tai-chi Push Hands.
 - c. Can drill breakfalls with an assistant coach.

1) Grappling Relay Game — 5v5 *Dance Battle Style* (15 minutes)

* Dance battle style is for classes of 20+ people.

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. 8 volunteers step into the circle. Divide into 2 teams of 3.
3. Each team will have one ball (use different colors); one teammate starts with that 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. RULES:
 - Hand or toss your ball to your 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.*
7. 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.
8. Repeat the game a few times, with new or repeating players.
9. After the second round, add: **Verbal Teammate (Coach)**
 - Add a coach to each team, who participates verbally.
 - i. This coach will likely be giving directions to their teammates, to help them keep track of who has had the ball.
 - ii. The coach keeps their arms crossed/folded, so everyone can see they’re a non-physical participant.
10. If the game is still easy:
 - add another physical player (5 v 5 + coaches)
 - if teams have settled into a handoff order, change which teammate starts with the ball
 - **scatter grappling pairs around the field / don’t let teams start in a line**

- water break -

2) Technique Lesson (12 min)

Arm Drag to Bear Hug / Sacrifice Throw with Verbal Distraction

1. Demonstrate Distraction Fast Talk:
 - a. One partner describes something else they see in the room
 - b. Other partner tries to ignore them.
2. Demo Arm Drag
 - a. Shoot a cross-elbow grip, while passing Uke's arm across using the same-side hand.
 - b. Step at an angle (close leg first), ending hip to hip
 - c. Pivot around to Bear Hug, with your head safe behind Uke's back.
 - d. Demo basic Push Hands w/ forearms.
3. Arm Drag Practice
 - a. Start in Tai Chi Push-Hands position (forearms together)
 - b. Tori begins a fast talk, describing other things they see in the room.
 - c. When ready, Tori changes their grips and executes an arm drag.
 - d. Tori ends with a side bear hug (body lock), with Gable Grip
 - e. For people who want to do a verbal-only drill (Distraction Fast Talk), just do the forearm push-hands without the Arm Drag technique.
4. Demo Valley Drop Sacrific Throw (but don't teach it today)

3) Decompress (10 minutes)

- Shake it out as a group.
- 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 1:

1. Learn Duck-under / Slide-by.