

Subtle Grip Management

0) Warm Up (10 minutes)

- a. Mobility flow while people are arriving, include:
 - i. Gentle Push Hands, hand-to-hand, to feel subtle give and take, like partner dancing
- b. Intro and Rules
 - 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. Please talk to us.
 - 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.~~
 - i. **You Are On Camera: FYI Unicorn Jiu Jitsu and Misfit Combat run security cameras indoors. If you can't do that, we suggest forming a private training team.**
- d. **Respect the space, gyms are very hard to get. Clean it up for the next class.**
- e. **Volunteer staff is present for first aid and other support, and listening to feedback.**
- f. **Ask for fundraising help.**
- g. 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?

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

1. During Game:
 - a. Can stand in the outside ring and help protect players by reducing the size of the ring.
 - b. Can verbally coach the players from the outside ring.
2. During Technique:
 - a. Can do the technique without receiving the technique.
 - b. Can just do the verbal exercise with a willing partner.

1) Game: Football Freeze Tag (short - 10 minutes)

1. Form one big circle / ring, 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.
 - c. Encourage players to stay light and playful, **no full body tackling**.
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).
 - a. "It" must touch other players with the ball, without throwing.
 - b. **WARN VOLUNTEERS:** The player who is "IT" *could* get aggressively tackled, but they can also control the game's intensity by tagging less aggressively.
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. Encourage the outside crowd to verbally coach the 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: Subtle Grip Management (15 min)

1. Demo Subtle Grip Break & Clarifying Question:
 - a. Gently circle-out to open partner's grip, then reverse the grip to maintain controlled contact.
 - i. Try to be so gentle that your partner barely notices it.
 - ii. Try laying a second hand calmly over your re-grip.
 - b. Start a casual conversation, while gripped by your partner.
 - c. Ask questions, and watch partner's eyes for when they start thinking.
 - i. Gently reverse the grip in the moment they are thinking.
 - ii. Aim specifically for Clarifying Questions for best results, especially a topic your partner is already interested in.
 1. Simple Question (good): "do you like motorcycles?"
 2. Open-Ended Question (better): "what's it like riding a motorcycle?"
 3. Clarifying Question (best): "why do you like motorcycles?" "what is a motorcycle?"
 4. Act like you don't understand an insult, "what does that word mean?"
 - d. Students try this in pairs for 3 minutes.
2. Demo Controlling Positions
 - a. Collar Tie / Forearm Frame with limp wrist (casual/intimate), using one or both arms
 - b. "Gossipy Cheerleader" / Russian 2-on-1: friendly linked elbows arm-in-arm w/ second hand on wrist
 - c. One-Arm Hug / deep underhook, holding waist or far shoulder
 - i. Add head-in-the-jaw nuzzle
 - d. Have students rehearse these 3 positions with a partner for 2 minutes.
3. Bear Hug Brainstorm.
 - a. Everyone starts in a bear hug. Try to improve your situation (whatever that means to you) without running away.
 - b. Rules:
 - i. Must maintain contact with your partner.
 - ii. Only use gentle movements.
 - iii. Bear Hugger gives elastic resistance (let partner win, but don't just let go)
 - c. Have some students demonstrate their bear hug for the whole class.
 - d. Ask what "improved position" means to people, in technical terms:
 - i. Lower gravity?
 - ii. Control of their spine?
 - iii. Facing your partner?

4. Talk: Discuss Consequences. (5 minutes)
 - a. Ask: Why do we care about not alerting our partner that we're doing grip breaks or changing positions? Hints:
 - i. De-escalation (aggressive actions could cause more aggression).
 - ii. We might need the relationship to continue. Why? Hints:
 1. They're a client who hasn't paid yet.
 2. They're a partner who's just drunk.
 3. The bouncer here already hates you and would totally side with them.
 4. You're protecting someone else by distracting this person.

3) Decompress (5 minutes)

- Shake it out?
- Butterfly Hugs while thinking of 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 4:

1. Learn and rehearse one solid guard break & pass.