

HOW TO DEFEND YOURSELF

Page	Scene	Violence or Intimacy	What	Embodied or described	Characters	Text	Notes
Throughout	Various	Violence	Self-defense moves, grappling, simulated violence, discussion of sexual assault	Both – dialogue and choreographed movement	All	Various	May be modified to adapt to physical abilities of actors
Throughout	Various	Intimacy	Sexuality, sexual acts, sexual assault	Dialogue	All	Various	
7, 8	Scene 1	Violence	Shadow-boxing	Embodied	Modj, Diana	MOJDEH: Bio. James Preston. <i>Through</i> DIANA (playing the hypewoman) <i>My girl's gonna get her cherry POPPED!</i>	
9		Violence/Intimacy	Fall, straddling	Embodied	Modj, Diana	<i>Mojdeh falls to the ground.</i> MOJDEH: You are such an asshole. <i>Diana approaches her, a playful straddle</i>	
9		Intimacy	Straddling, simulated sex	Embodied	Modj, Diana	DIANA (sex noises) Uh uh uh uh uh uh James uh uh Jaaaaames	Played for comedy
10		Intimacy	Straddling, touch, lick	Embodied	Modj, Diana	<i>After popping zit</i> DIANA (touched and a little embarrassed) Oh, Mojz. Same. <i>Diana licks her finger, dabs saliva on Mojdeh's wound.</i>	
20		Violence	Demo of stabbing neck	Embodied	Modj, Diana, Brandi, Kara	BRANDI Side of the neck is better. Do you mind if I? MOJDEH Go for it <i>She demos on Mojdeh. Mojdeh giggles.</i>	
26		Violence	Demo of attacks	Embodied	Modj, Diana, Brandi, Kara, Nikki	Kara will you demo with me? <i>Kara joins her</i> Side of neck – you know this one – <i>She slow mo karate chops the side of Kara's neck.</i> Please be careful, you can make someone pass out like that, <i>Kara laughs</i> And here <i>She slow mo bumps the heel of her palm in Kara's nose.</i> <i>Kara acts like OW!</i> (You don't need to do that) And here <i>She knees Kara's groin with an exhale.</i> Step into your attacker.	

27 - 30		Violence	Practice attacks	Embodied	Modj, Diana, Brandi, Kara, Nikki	Entire choral section	
31 - 35		Violence	Throwing punches, hitting a bag	Embodied	Brandi, Modj, Diana, Kara, Nikki	Starting at: <i>Brandi gets in fighting stance. The others line up with her.</i>	
46 - 52	Scene 2	Intimacy	Breathing together, touching hands, licking arm	Embodied	Brandi, Modj, Diana, Kara, Nikki, Andy, Eggo	Choral section	
69		Intimacy	Mojdeh reveals her bra	Embodied	Mojdeh, Diana		
81 - 82	Scene 3	Intimacy	Diana kisses Mojdeh	Embodied	Mojdeh, Diana	but because I'm - me. Specifically me. Really just - me... [?] <i>Diana kisses Mojdeh. After a second, Mojdeh recoils.</i> MOJDEH Whoa DIANA I'm - MOJDEH Whoa -	
94 - 96	Scene 4	Violence	Wrist escapes practice	Embodied	All	Choral section	
97 - 101		Violence	Straddling each other, bucking off practice	Embodied	All		
105 - 106		Violence	Diana punches the wall, Brandi deflects Kara violently	Embodied	Diana, Brandi, Kara	KARA This is our window. This is, This is. This is our window. <i>Kara grabs onto Brandi's wrist. Brandi deflects her, violently.</i> KARA B! BRANDI Muscle memory.	
106 - 108		Violence	Kara and Diana spar with boxing gloves, wrestle	Embodied	Kara, Diana	KARA You wanna go fight club? GO FIGHT CLUB. DO IT. DO IT. HIT ME. HIT ME! Or do you only like it when your little girlfriend hits you? <i>Diana socks Kara.</i> <i>Kara stumbles back. Diana goes to get her stuff to leave. Kara drags her onto the mats. Kara goes to strike her. They wrestle. They roll. Diana bucks Kara off of her. Diana gets up. She yells at Kara. Kara pushes her. She pushes Kara. They lock horns. They yell. They yell. They yell. Diana pushes Kara.</i>	

						<p>KARA Hit me. Diana pushes Kara. KARA I wanna feel it. Hit me. <i>Diana pushes Kara.</i> KARA Hit me. <i>Diana pushes Kara with both hands.</i> KARA I wanna feel it. <i>Diana punches Kara in the face.</i></p>	
111	Scene 5	Physical	Eggo dances by himself		Eggo		
114		Physical	Warmups, punching		Eggo, Kara, Brandi, Nikki enters at end	<p>DIANA Let's do it. <i>They do a physical warmup. They count ten jumpsquats. As they do, Brandi coaches their form.</i> BRANDI Hips back Shoulders dropped And try it without your arms DIANA That is harder KARA Oh shit BRANDI And punches They get in formation to punch. BRANDI 4 right crosses – 4 left crosses – 4 – 4 – 2 – 2 – 2 – 2 – 1 – 1 – 1 And we're just gonna keep switching. Keep it crisp! <i>As they're doing the punching warmup, Nikki runs in breathless.</i></p>	
115 - 16		Violence	Nikki pours water on Brandi		All	<p>BRANDI Have a water <i>Brandi hands Nikki a glass of water. Nikki pours the glass of water on Brandi.</i> NIKKI The poster. The poster said: HOW TO DEFEND YOURSELF. I didn't learn how to defend myself. I didn't learn shit.</p>	
120 - 121		Physical/Intimacy	Wild party		All	<p><i>She begins speaking in gibberish, the gibberish echoes and expands.</i> <i>A pop song of the moment bursts in, VERY LOUD.</i> <i>Nikki and Eggo stumble in with solo cups</i> <i>Suddenly,</i> <i>We're in a HUGE WILD party.</i> <i>Brandi keeps speaking in gibberish but we can't hear her any more under the</i></p>	

					<p><i>music. Her mouth keeps moving. Someone approaches with a red solo cup and pours a drink down her throat. She exits to clean herself up. Someone throws up. People grind, play beer pong. Music shifts — something that was popular in 2015 We're in a high school party. Someone's playing spin the bottle. Someone's getting fingered in the corner. Someone is telling an amazing story. The bottle lands, Kara and Nikki share a kiss. Nikki enjoys herself, joyful. Kara is kind of awkward. The bystanders cheer. Kara smiles performatively. A pop song from 2011. A middle school party. There's pizza. They eat. They play darts. They flirt. They separate by gender.</i></p>	