

# Battlefield Kali™ Sparring Log - STICK

## Hand Only

										10
										20
										30
										40
										50
										60
										70
										80

## Hand and Head Only

										10
										20
										30
										40
										50
										60
										70
										80

## Hand and Leg Only

										10
										20
										30
										40
										50
										60
										70
										80

## Complete Long and Middle Range Sparring

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100
										110
										120

# Battlefield Kali™ Sparring Log - STICK

## Clinch

										10
										20
										30
										40
										50
										60
										70
										80

## Complete Sparring Rounds (Long, Middle, and Clinch Ranges)

										10
										20
										30
										40
										50
										60
										70
										80

## Ground Rounds

Sc 1										10
										20
Sc 2										10
										20
Sc 3										10
										20
										30
										40
Sc 4										10
										20
										30
										40

## Full Sparring Rounds (Long, Middle, Clinch, and Ground Ranges)

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100
										110
										120