

Battlefield Kali Sword™ Sparring Log

Level 1 - Antas Isa

HAND ONLY SPARRING

										10
										20
										30
										40

HEAD ONLY SPARRING

										10
										20
										30
										40

HAND AND HEAD ONLY SPARRING

										10
										20
										30
										40

Level 2 - Antas Dalawa

HAND AND LEG ONLY SPARRING

										10
										20
										30
										40

THRUST ONLY SPARRING

										10
										20
										30
										40

FULL SPARRING

										10
										20
										30
										40

Level 3 - Antas Tatlo

INSIDE BIND POINT UP SPARRING *Be sure to spar from high and low bind points

										10
										20
										30
										40

INSIDE BIND POINT DOWN SPARRING *Be sure to spar from high and low bind points

										10
										20
										30
										40

FULL SPARRING

										10
										20
										30
										40

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Level 4 - Antas Apat

OUTSIDE BIND POINT UP SPARRING *Be sure to spar from high and low bind points

										10
										20
										30
										40

OUTSIDE BIND POINT DOWN SPARRING

										10
										20
										30
										40

FULL SPARRING

										10
										20
										30
										40

Instructor Test

FULL SPARRING *Don't just stay at long range. Move into middle and close range too.

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