

**BURTON RICHARDSON'S
JKD FOR FIGHTERS
FUNCTIONAL HAND TRAPPING FOR SELF DEFENSE AND MMA
CERTIFICATION PROGRAM TESTING REQUIREMENTS**

INSTRUCTOR TEST

Technical Precision

Answer the following questions in one minute or less.

1. Explain and demonstrate why hand trapping is valuable for functional fighting.
2. Explain and demonstrate one of your favorite trapping techniques from matched leads.
3. Explain and demonstrate one of your favorite trapping techniques from unmatched leads.
4. How has this program changed your understanding and application of trapping?

Isolated Drilling

1. Perform a one minute round of isolated matched leads drilling. Drill any techniques you like. Perform a one minute round of isolated unmatched leads drilling. Drill any techniques you like.

Sparring

1. Attempt to apply hand trapping during a one minute round of moderate intensity jab only sparring.

30 seconds matched, 30 seconds unmatched.
2. Attempt to apply hand trapping during a one minute round of moderate intensity lead hand lead leg only sparring.

30 seconds matched, 30 seconds unmatched.
3. Attempt to apply hand trapping during a one minute round of moderate intensity hands only sparring.

30 seconds matched, 30 seconds unmatched.
4. Attempt to apply hand trapping during a one minute round of moderate intensity full sparring.

Go matched or unmatched as you prefer.