

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

**LEVEL 1 TEST**

**Technical Precision**

Answer the following questions in one minute or less.

1. Explain and demonstrate the difference between “alive” functional trapping drilling and inefficient static drilling.
2. Explain and demonstrate the usage of the Fook Sau.

**Isolated Drilling- 1 minute round**

1. Drill the Fook Sau in an “alive” manner.

**Sparring rounds- 1 minute round**

1. Jab only