

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

LEVEL 2 TEST

Technical Precision

Answer the following questions in one minute or less.

1. Explain and demonstrate how being matched or unmatched leads affects trapping.
2. Explain and demonstrate the intercepting Pak Sau.

Isolated drilling- 1 minute round

1. Drill the Intercepting Pak Sau in an “alive” manner.

Sparring rounds- 1 minute round

1. Lead hand, lead leg only