

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

LEVEL 3 TEST

Technical Precision

Answer the following questions in one minute or less.

1. Explain and demonstrate the lead Jut Sau to lead hand strike from unmatched leads.
2. Explain and demonstrate the tactic of starting unmatched leads, throwing a rear hook kick to land forward in matched leads, to apply a double Jut Sau.

Isolated Drilling- 1 minute round

1. Drill the Double Jut Sau in an “alive” manner.

Sparring rounds- 1 minute each round

1. All hands only
2. Open hand full sparring