

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

**LEVEL 4 TEST**

**Technical Precision**

Answer the following questions in one minute or less.

1. Explain and demonstrate the usage of the pressing Lop Sau.
2. Explain and demonstrate the usage of the pulling Lop Sau.

**Isolated Drilling- 1 minute round**

1. Drill the Pressing Lop from unmatched, Pulling Lop from matched in an “alive” manner.

**Sparring rounds- 1 minute round**

1. Full sparring