



Burton Richardson's
JKD FOR FIGHTERS
Hand Trapping For Self-Defense and MMA
Sparring Logs

Safety first! Take care of your training partner and yourself.

A high quality mouthpiece and groin protector is highly recommended for all rounds.

Using a high quality helmet, MMA sparring gloves, and shin guards are highly recommended for the gloves rounds.

Each round is 2 minutes. Rounds using protection should be *moderate intensity*. Open hand rounds with no protection should be *light intensity*.

Instructor Level
Gloves rounds:

FULL SPARRING:

Switch between matched and unmatched leads as you prefer.

					5
					10
					15
					20
					25
					30
					35
					40
					45
					50
					55
					60
					65
					70
					75