



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*.

Level 1

Gloves rounds:
JAB ONLY SPARRING

Matched leads 25 rounds

					5
					10
					15
					20
					25

Unmatched leads 25 rounds

					5
					10
					15
					20
					25



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Open hand:

FULL SPARRING

25 rounds

					5
					10
					15
					20
					25