



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 4

Gloves rounds: FULL SPARRING

Matched leads 25 rounds

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| | | | | | 5 |
| | | | | | 10 |
| | | | | | 15 |
| | | | | | 20 |
| | | | | | 25 |

Unmatched leads 25 rounds

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|--|--|--|--|--|----|
| | | | | | 5 |
| | | | | | 10 |
| | | | | | 15 |
| | | | | | 20 |
| | | | | | 25 |



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Sparring Logs
Open hand:
FULL SPARRING

25 rounds

| | | | | | |
|--|--|--|--|--|----|
| | | | | | 5 |
| | | | | | 10 |
| | | | | | 15 |
| | | | | | 20 |
| | | | | | 25 |