JKD Unlimited – MMA for the Street - Sparring Logs

INSTRUCTOR TEST PREP

PERFORMANCE GAMES

1a – **KNIFE VS. KNIFE SPARRING GAME** – 50 ROUNDS

										10
										20
										30
										40
										50

1b - **KNIFE VS. EMPTY HAND SPARRING GAME** (Knife attacker will be very aggressive, charging into range to attack.) - 50 ROUNDS

										10
										20
										30
										40
										50

2a - **STICK VS. STICK SPARRING GAME** - 50 ROUNDS

										10
										20
										30
										40
										50

2b – **STICK VS. EMPTY HAND SPARRING GAME** (Stick attacker will be very aggressive, charging into range to attack.) – 50 ROUNDS

										10
										20
										30
										40
										50

3 - **KICKBOXING WITH TAKEDOWNS GAME**
(Start Kickboxing, Move in for takedowns if you wish. Don't stay in clinch more than a few seconds.) - 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

4 - **CLINCH WITH TAKEDOWNS GAME**
(Start in the Clinch with strikes. Try to avoid the takedown while going for the takedown when you want to.) - 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

5 - **COMPLETE GROUND GAME - TOP**
(Start in opponent's guard, go from there. If a submission occurs, start again.) - 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

6 - **COMPLETE GROUND GAME – BOTTOM**
(Start with opponent in your guard, go from there. If a submission occurs, start again.) - 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

7 - **INTERVIEW GAME -** Start in the interview position and go wherever. If there is a submission, start again in the interview position. "Attacker" can do any type of attack, including drawing a weapon." – 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

REQUIREMENTS

These are the rounds required before a student can take the test to become a JKDU Level One Instructor. All rounds should be done with great precision, with an emphasis on technique and tactics. This will prepare the student well for the Instructor Exam.