JKD Unlimited – MMA for the Street - Sparring Logs

QUICKSTART LEVEL 1-A

PERFORMANCE GAMES

1 - STREET KICKBOXING GAME (NO TAKEDOWNS) - 100 ROUNDS

		,	,		
					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

2 - STANDING HEADLOCK ESCAPE GAME- 50 ROUNDS

					10
					20
					30
					40
					50

3 - STREET CLINCH GAME (NO TAKEDOWNS) - 100 ROUNDS

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

4 - **GROUND HEADLOCK ESCAPE GAME**- 50 ROUNDS

					10
					20
					30
					40
					50

TRANSITION GAMES

1 - STAND FROM GUARD GAME- 100 ROUNDS

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

WEAPONRY TECHNIQUE

KNIFE DEFENSE- Two on one grab, disarm- 100 REPS

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

FOCUS MITTS

PERFORM 50 TWO- MINUTE ROUNDS on the focus mitts, working in all ranges.

					10
					20
					30
					40
					50

REQUIREMENTS

These are the rounds that you must complete before taking your QS Level 1-A test. Each round should be played at moderate intensity, utilizing proper safety equipment- helmets with face cage, gloves, mouth piece, cup, and shin guards. Always play the games in a safe manner, as injuries are detrimental to your well-being and to the process of improvement.

With diligent practice this level will take about 4 months. Don't rush through. Make sure to do each round with full attention to ingrain good combative habits. Enjoy your training and LOG YOUR ROUNDS!