





## **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 Two-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!