# JKD Unlimited – MMA for the Street - Sparring Logs

# **QUICKSTART LEVEL TWO-A**

## PERFORMANCE GAMES

# 1 - KNIFE SPARRING GAME - 50 ROUNDS

					10
					20
					30
					40
					50

## 2 - INTERVIEW GAME - 100 ROUNDS

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

## 3 - STREET KICKBOXING GAME - 100 ROUNDS

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

# 4 - STANDING GUILLOTINE DEFENSE GAME - 50 ROUNDS

					10
					20
					30
					40
					50

# TRANSITION GAMES

## 1 - AVOID THE CLINCH GAME- 100 ROUNDS

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100

# WEAPONRY TECHNIQUES RECOGNIZE THE DRAW- 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 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!