

Burton Richardson's SOLO SINGLE STICK PROGRAM  
Training on Equipment  
TESTS

**LEVEL 1**

Each demonstration should emphasize precision and attention to detail. You should have a good pop in your strikes.

Each section should take one minute or less. The entire test should not be over 5 minutes.

1. Why is attribute development so important for functional fighting?
2. Explain and demonstrate the Basic Triple E Fighting Protocol
3. On equipment, drill various single strikes (Jab, Circle, Slash) from open or closed.

Explain the following combinations then demonstrate each twice after the explanation:

4. Combo #1
5. Combo #2

## **LEVEL 2**

Each demonstration should emphasize precision and attention to detail. You should have a good pop in your strikes.

Each section should take one minute or less. The entire test should not be over 5 minutes.

1. Explain and demonstrate the value of 2-handed strikes
2. Explain and demonstrate the Intermediate Triple E Fighting Protocol

Explain the following combinations then demonstrate each twice after the explanation:

3. Combo #4
4. Combo #5
5. Combo #6

### **LEVEL 3**

Each demonstration should emphasize precision and attention to detail. You should have a good pop in your strikes.

Each section should take one minute or less. The entire test should not be over 5 minutes.

1. Explain and demonstrate exiting from close range.
2. Explain and demonstrate the Advanced Triple E Fighting Protocol

Explain the following combinations then demonstrate each twice after the explanation:

3. Combo #13
4. Combo #14
5. Combo #15

## INSTRUCTOR TEST

Each demonstration should emphasize precision and attention to detail. You should have a good pop in your strikes. Feel free to be creative and show your own discoveries.

Each section should take one minute or less. The entire test should not be over 10 minutes.

1. Explain and demonstrate some important elements that ensure your solo training translates to fighting proficiency.
2. Discuss a few attributes that you can only get from sparring/fighting.
3. Explain and demonstrate why the triple E protocol is so important for solo work.
4. Explain and demonstrate one of your favorite four count combinations from the program.

Explain the following combinations then demonstrate each twice after the explanation:

5. Combo #11
6. Combo #12
  
7. Perform a 20 second round of Jabs only from open and closed.
8. Perform a 20 second round of Circles only from open and closed.
9. Perform a 20 second round of Slashes only from open or closed.
10. Perform a 20 second round of Thrusts only from open or closed.
11. Perform a 30 second round of any single strikes.
12. Perform a 30 second round of two count combinations.
13. Perform a 30 second round of three count combinations.
14. Perform a one minute round of free flow training. Include feints and blocks.