

Burton Richardson's BATTLEFIELD KALI™

SINGLE STICK SPARRING LOG

COMPLETE LONG & MIDDLE RANGES SPARRING ROUNDS

1	2	3	4	5	6	7	8	9	10	total
										10
										20
										30
										40
										50
										60
										70
										80
										90
										100
										110
										120
Once you have done 120 rounds of complete sparring in long & middle ranges, you can take your Antas 4 test										

COMPLETE LONG & MIDDLE RANGES SPARRING ROUNDS (continues...)

You must complete another 80 rounds as part of the requirements to take the Guro Isa- 1 st degree Instructor Test.										
1	2	3	4	5	6	7	8	9	10	Total
										10
										20
										30
										40
										50
										60
										70
										80