

Burton Richardson's BATTLEFIELD KALI™

SINGLE STICK SPARRING LOG

FULL SPARRING ROUNDS

(LONG & MIDDLE, CLINCH & GROUND RANGES)

1	2	3	4	5	6	7	8	9	10	total
										10
										20
										30
										40
										50
										60
										70
										80
Once you have done 80 rounds of hand only sparring you are ready to take your Antas 8 test.										