

# Burton Richardson's BATTLEFIELD KALI™

## SINGLE STICK SPARRING LOG

### HAND & LEG ONLY ROUNDS

1	2	3	4	5	6	7	8	9	10	total
										10
										20
										30
										40
										50
										60
										70
										80
<p>Once you have done 80 rounds of hand &amp; leg only sparring you are ready to take your Antas 3 test. You must complete another 20 rounds of hand &amp; leg only sparring as part of the requirements to take the Guro Isa- 1<sup>st</sup> degree Instructor test</p>										
										90
										100