

Burton Richardson's BATTLEFIELD KALI™

EMPTYHAND vs. KNIFE SPARRING LOG

ANTAS ANIM/ FULL SPARRING ROUNDS

Full sparring starting outside (FSO)

Full sparring starting with the 2 on 1 grip (FS2/1)

Attacker uses mainly hammer grip, but use icepick grip as well

	1	2	3	4	5	6	7	8	9	10	total
FSO											10
FSO											20
FSO											30
FSO											40
FSO											50
FS2/1											60
FS2/1											70
FS2/1											80

Once you have done those 80 rounds of sparring you are ready to take your Antas 6 test.

Burton Richardson's BATTLEFIELD KALI™ EMPTYHAND vs. KNIFE SPARRING LOG

FULL SPARRING ROUNDS (continues...)

You must complete another 80 rounds as part of the requirements to take the Guro Dalawa- 2nd degree instructor test.											
FSO											10
FSO											20
FSO											30
FSO											40
FS2/1											50
FS2/1											60
FS2/1											70
FS2/1											80