

Burton Richardson's BATTLEFIELD KALI™

KNIFE vs. KNIFE SPARRING LOG

ANTAS APAT/ COMPLETE SPARRING ROUNDS (LONG AND MIDDLE RANGES)

90 Hammer grip vs. Hammer grip (HH)/ 10 Hammer grip vs. Icepick grip (HI)

10 Icepick grip vs. Hammer grip (IH)/ 10 Icepick grip vs. Icepick grip (II)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | total |
|---|---|---|---|---|---|---|---|---|----|-------|
| HH | | | | | | | | | | 10 |
| HH | | | | | | | | | | 20 |
| HH | | | | | | | | | | 30 |
| HH | | | | | | | | | | 40 |
| HH | | | | | | | | | | 50 |
| HH | | | | | | | | | | 60 |
| HH | | | | | | | | | | 70 |
| HH | | | | | | | | | | 80 |
| HH | | | | | | | | | | 90 |
| HI | | | | | | | | | | 100 |
| IH | | | | | | | | | | 110 |
| II | | | | | | | | | | 120 |
| Once you have done 120 rounds, you are ready to take your Antas 4 test. | | | | | | | | | | |

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KNIFE vs. KNIFE SPARRING LOG

COMPLETE SPARRING ROUNDS
(LONG AND MIDDLE RANGES)

continues...

| You must complete another 80 rounds as part of the requirements to take the Guro Isa- 1st degree Instructor test. Use whatever grips you want. | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|----|
| | | | | | | | | | | 10 |
| | | | | | | | | | | 20 |
| | | | | | | | | | | 30 |
| | | | | | | | | | | 40 |
| | | | | | | | | | | 50 |
| | | | | | | | | | | 60 |
| | | | | | | | | | | 70 |
| | | | | | | | | | | 80 |