

Burton Richardson's BATTLEFIELD KALI™

KNIFE vs. KNIFE SPARRING LOG

ANTAS ISA/ HAND ONLY ROUNDS

50 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
HI											60
IH											70
II											80
<p>Once you have done 80 rounds of hand only sparring, you are ready to take your Antas 1 test. You must complete another 20 rounds of hand only sparring as part of the requirements to take the Guro Isa- 1st degree instructor test. Use whatever grips you want.</p>											
											90
											100