

Although all three Sparring Drills are very important, the one that carries the most weight in the eyes of the evaluators is drill 6, the Fight Simulation Sparring. If you don't have the "distance management skills" to identify and neutralize the dangerous striking angles from every position in the fight, then your "street readiness" is questionable and your chances of qualifying for promotion are slim.

In this drill, you and your partner will spar using no-gi attire, and both of you will wear mouth guards. Your partner will wear 16-18oz. Fight Simulation Gloves (boxing gloves) while you will spar without gloves. Your "bad guy" will attempt to strike you, standing and on the ground, while trying to advance their position. When on the bottom of the fight, the "bad guy" should attempt to escape, move to a more dominant position, or get back to his feet. After each submission, restart from the standing position.

- Have your testing partner wear 16-18oz Fight Simulation Gloves (or boxing gloves) while you wear no gloves. Both you and your partner are required to wear mouth guards.
- You will start standing and spar for five minutes. After each submission, restart from the standing position.
- Safety is the number one concern, but the number two concern is for your bad guy to attack you in the most realistic way possible. More specifically, even though the punch power shouldn't exceed 15-20%, the angles of attack should be 100% real. The more real they keep it, the more credit you will be given.
- When the "bad guy" is on top, they are looking to strike and advance their position.
- When the "bad guy" is on the bottom, they are looking to push you off, escape, or get back to their feet, even if this means giving up their back (a VERY common behavior on the streets).
- Unlike the first two sparring exercises, during Fight Simulation, you don't have to be advancing at all times. In this drill, if your neutralizing punches, you're making progress in the fight.
- Your goal is to control the pace of the fight and avoid punches at all costs. With the punches neutralized, look to advance your position, and if the opportunity presents itself, go for the finish.