

The purpose of Drill 4 is to assess your effectiveness against a resistant opponent while wearing a gi. Your performance wearing a gi will allow us to evaluate your escape and survival skills. It will also show us how effective you are at using your opponent's gi against them. Here are some guidelines for the Gi Sparring exercise:

- Both you and your partner will wear a gi while sparring for at least five minutes and no longer than six minutes.
- Sparring partner must be at least a blue belt.
- This is not a cooperative flow. We want both practitioners chasing victory so we can assess your offensive and defensive capabilities.
- Start from the bottom of the mount and if a submission takes place (regardless of who catches it) or the fight stagnates, we want you to restart from a DIFFERENT inferior position (bottom of side mount, bottom of the mount, defensive back mount) so that we can assess your escape/defensive strategies from there.
- As long as there is movement/progress by either person, keep sparring. But, if the fight stops or a submission happens, re-start from a new position to shuffle the deck and allow for more movement from a different position.
- We realize that when sparring with a knowledgeable opponent, technique often needs to be adapted to the circumstances and are often applied differently than how you learned them. Consequently, we will not deduct points if you modify moves during sparring.
- You are allowed to use techniques that are not covered in the Stripe 1 curriculum.
- Your score during Drill 4 score will not be determined by how many times you tap or get tapped (especially since your training partner might be more skilled than you) but by how comfortable, controlled, and confident you are throughout the sparring session.