

# KICK BOXING BOUT SHEETS

NAME: \_\_\_\_\_

WT: \_\_\_\_\_

LAST 4: \_\_\_\_\_

<b>Knockdowns:</b>	BOUT #1	<b>FIGHTER:</b> _____
1		
2	SUSTAIN 1:	
3		
<b>TOTAL:</b>	SUSTAIN 2:	

IMPROVEMENT 1: \_\_\_\_\_

IMPROVEMENT 2: \_\_\_\_\_

<b>Knockdowns:</b>	BOUT #2	<b>FIGHTER:</b> _____
1		
2	SUSTAIN 1:	
3		
<b>TOTAL:</b>	SUSTAIN 2:	

IMPROVEMENT 1: \_\_\_\_\_

IMPROVEMENT 2: \_\_\_\_\_

<b>Knockdowns:</b>	BOUT #3	<b>FIGHTER:</b> _____
1		
2	SUSTAIN 1:	
3		
<b>TOTAL:</b>	SUSTAIN 2:	

IMPROVEMENT 1: \_\_\_\_\_

IMPROVEMENT 2: \_\_\_\_\_

A student is considered knocked down if: (a) any portion of the students body other than the feet touches the floor after receiving a blow or series of blows; (b) the student hangs helplessly on the ropes as the result of a blow or a series of blows; (c) the student is outside or partly outside the ropes as the result of a blow or series of blows; (d) following a hard punch, a student has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the referee, continue the bout; or (e) the student cannot intelligently defend himself. If a student is knocked down three times in one bout, or four times during the day the student will not be allowed to train anymore that day.