**UKAF BOXING ASSOCIATION – SPARRING ACTIVITY LOG**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Srl** | **Rank Name** | **No of Rds & duration** | **Opponent 1** | **Opponent 2** | **Comments** | **Boxer Sig** |
| **0** | Pte Cooper | 4 x 2 mins | Pte Ali  2 Rds | Pte Frasier  2 Rds | Open Spar, Cooper cut above eye in 4th by elbow.  Sparring stopped. Cooper taken to A&E for treatment. | H Cooper |
| **1** |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |

**Date ……/……/ 2018 Name of Supervising Coach ………………………………………… Signature …………………………**