

ARMY BOXING ASSOCIATION – SPARRING ACTIVITY LOG

**Annex C to Section 5
Army BA Handbook 2018**

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 4 th by elbow. Sparring stopped. Cooper taken to A&E for treatment.	<i>J Cooper</i>
1						
2						
3						
4						
5						
6						
7						
8						

9						

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