



MARTIAL ART ACADEMY OF INDIA

Yellow Belt Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

2 K.M. Running	20 Marks
15 Min. Slow Jumps	15 Marks
Free Exercise	15 Marks

Fitness Test (85 Marks)

25 Deeps	25 Marks
50 Keep up	25 Marks
30 Sit up	15 Marks
40 Side Sit up	20 Marks

Technique Test (215 Marks)

3 Hand Attack	60 Marks
3 Kick	60 Marks
3 Block	60 Marks
2 Queue	20 Marks
3 Lock Techniques	15 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (400 Marks)