



# MARTIAL ART ACADEMY OF INDIA

## Brown Black Belt Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

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

Fitness Test (85 Marks)

185 Deeps	25 Marks
370 Keep up	25 Marks
70 Sit up	15 Marks
140 Side Sit up	20 Marks

Technique Test (335 Marks)

33 Hand Attacks	60 Marks
33 Kicks	60 Marks
33 Blocks	60 Marks
9 Que	20 Marks
14 Kata	20 Marks
38 Lock Techniques	15 Marks
50 Throws	20 Marks
21 Gymnastic	20 Marks
Fight (Karate, Judo, MMA 3 Person)	20 Marks
Combinations	20 Marks
Weapon (Stick, Nunchaks, Sai, Kama, Tonfa, Knife)	20 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Written Exam (50 Marks)

Total (520 Marks)