



# MARTIAL ART ACADEMY OF INDIA

## Black Belt Exam

**Discipline (10 Marks)**

**Stamina Test (50 Marks)**

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

**Fitness Test (85 Marks)**

200 Deeps	25 Marks
400 Keep up	25 Marks
75 Sit up	15 Marks
150 Side Sit up	20 Marks

**Technique Test (335 Marks)**

36 Hand Attacks	60 Marks
36 Kicks	60 Marks
36 Blocks	60 Marks
9 Que	20 Marks
15 KATA	20 Marks
40 Lock Techniques	15 Marks
55 Throws	20 Marks
21 Gymnastic	20 Marks
Fight (Karate, Judo, MMA 4 Person)	20 Marks
Combinations	20 Marks
Weapon (Stick, Nunchaks, Sai, Kama, Tonfa, Knife, Samurai)	20 Marks

**Stance Test (20 Marks)**

**Oral Test (20 Marks),**

**Written Exam (50 Marks)**

**Total (570 Marks)**