



MARTIAL ART ACADEMY OF INDIA

Orange Belt Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

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

Fitness Test (85 Marks)

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

Technique Test (235 Marks)

6 Hand Attacks	60 Marks
6 Kicks	60 Marks
6 Blocks	60 Marks
8 Lock Techniques	20 Marks
KATA	20 Marks
4 Queue	
2 KATA	
5 Throws	15 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (420 Marks)