



MARTIAL ART ACADEMY OF INDIA

Green Belt Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

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

Fitness Test (85 Marks)

65 Deeps	25 Marks
130 Keep up	25 Marks
30 Sit up	15 Marks
60 Side Sit up	20 Marks

Technique Test (275 Marks)

9 Hand Attacks	60 Marks
9 Kicks	60 Marks
9 Blocks	60 Marks
6 Que	20 Marks
4 KATA	20 Marks
13 Lock Techniques	15 Marks
10 Throws	20 Marks
3 Gymnastic	20 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (460 Marks)