



# MARTIAL ART ACADEMY OF INDIA

## Sr. Blue Belt Exam

**Discipline (10 Marks)**

**Stamina Test (50 Marks)**

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

**Fitness Test (85 Marks)**

95 Deeps	25 Marks
190 Keep up	25 Marks
40 Sit up	15 Marks
80 Side Sit up	20 Marks

**Technique Test (315 Marks)**

15 Hand Attacks	60 Marks
15 Kicks	60 Marks
15 Blocks	60 Marks
8 Que	20 Marks
8 KATA	20 Marks
23 Lock Techniques	15 Marks
20 Throws	20 Marks
9 Gymnastic	20 Marks
Fight (Karate)	20 Marks
Combinations	20 Marks

**Stance Test (20 Marks)**

**Oral Test (20 Marks)**

**Total (500 Marks)**