



MARTIAL ART ACADEMY OF INDIA

Brown Belt 3 Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

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

Fitness Test (85 Marks)

140 Deeps	25 Marks
280 Keep up	25 Marks
55 Sit up	15
110 Side Sit up	20

Technique Test (335 Marks)

24 Hand Attacks	60 Marks
24 Kicks	60 Marks
24 Blocks	60 Marks
9 Que	20 Marks
13 KATA	20 Marks
32 Lock Techniques	15 Marks
35 Throws	20 Marks
15 Gymnastic	20 Marks
Fight (Karate, Judo, MMA 2 Person)	20 Marks
Combinations	20 Marks
Weapon (Stick, Nunchaks, Sai)	20 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (520 Marks)