



MARTIAL ART ACADEMY OF INDIA

Brown Belt 2 Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

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

Fitness Test (85 Marks)

155 Deeps	25 Marks
310 Keep up	25 Marks
60 Sit up	15
120 Side Sit up	20

Technique Test (335 Marks)

27 Hand Attacks	60 Marks
27 Kicks	60 Marks
27 Blocks	60 Marks
9 Que	20 Marks
13 KATA	20 Marks
34 Lock Techniques	15 Marks
40 Throws	20 Marks
18 Gymnastic	20 Marks
Fight (Karate, Judo, MMA 2 Person)	20 Marks
Combinations	20 Marks
Weapon (Stick, Nunchaks, Sai, Kama)	20 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (520 Marks)