



MARTIAL ART ACADEMY OF INDIA

Brown Belt 1 Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

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

Fitness Test (85 Marks)

170 Deeps	25 Marks
340 Keep up	25 Marks
30 Sit up	15 Marks
130 Side Sit up	20 Marks

Technique Test (335 Marks)

30 Hand Attacks (100)	60 Marks
30 Kicks (30)	60 Marks
30 Blocks (50)	60 Marks
9 Que	20 Marks
13 KATA	20 Marks
36 Lock Techniques	15 Marks
45 Throws	20 Marks
18 Gymnastic	20 Marks
Fight (Karate, Judo, MMA 3 Person)	20 Marks
Combinations	20 Marks
Weapon (Stick, Nunchaks, Sai, Kama, Tonfa)	20 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (520 Marks)