



# MARTIAL ART ACADEMY OF INDIA

## Maroon Belt Exam

**Discipline (10 Marks)**

**Stamina Test (50 Marks)**

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

**Fitness Test (85 Marks)**

110 Deeps	25 Marks
220 Keep up	25 Marks
45 Sit up	15
90 Side Sit up	20

**Technique Test (315 Marks)**

18 Hand Attacks	60 Marks
18 Kicks	60 Marks
18 Blocks	60 Marks
9 Que	20 Marks
10 KATA	20 Marks
28 Lock Techniques	15 Marks
25 Throws	20 Marks
12 Gymnastic	20 Marks
Fight (Karate, Judo)	20 Marks
Combinations	20 Marks
Weapon (Stick)	20 Marks

**Stance Test (20 Marks)**

**Oral Test (20 Marks)**

**Total (520 Marks)**