



WORLD MARTIAL ARTS COMMITTEE

Examination Requirements: 3rd DAN

- 1.) **Examination Commission:**
The examination commission consists of three international DAN- Carrier
(see [WMAC Exam Directives](#))

- 2.) **Admission Requirements:**
see [WMAC Exam Directives](#)

- 3.) **Clef:**
To pass the examination, every part of it needs to be absorbed with not less than 51 percent..
for an excellent success a grade point average of 1,5 needs to be achieved!
1 = very good (100%), 2 = good, 3 = satisfactory, 4 = adequate, 5 = inadequate (50% or less)

Part 1	Part 2	Part 3*	Part 4
<p>Theory</p> <p>The questionnaire contains 60 questions. You need to answer 40 questions correct to pass the test.</p> <p>Time limit: 30 min.</p>	<p>Physical</p> <p>(reduction of 10% for 40 years and older or female)</p> <p>+45 pushups timing: 1 min.</p> <p>+45 situps timing: 1 min</p> <p>+90 squats timing: 1 min.</p> <p>+boxing techniques punchbag timing: 90 sec.</p> <p>+kick techniques punchbag timing: 45 sec.</p>	<p>Praxis</p> <p>+ training organisation (warm up and stretching)</p> <p>+naming and showing boxing and kick techniques</p> <p>+showing combinations of boxing and kick techniques</p> <p>+ fighting pointfight (at least 2x2min.)</p> <p>+ fighting light contact or kick light (at least 2x2min.)</p> <p>+ fighting K1 or fullcontact (at least 2x2min.)</p> <p>+ 12 self defense techniques (with at least two weapons)</p> <p>+ reaction test (attacks)</p>	<p>Technique</p> <p>+naming and showing boxing and kick techniques</p> <p>+showing combinations of boxing and kick techniques</p> <p>+various dynamic martial arts techniques</p> <p>+ verbal presentation of training structure for endurance (max. 10min)</p>

** REMARK (Part 3): The contender's respective regular discipline has to be fought by 3x2min!
(e.g. pointfight 3x2min)*