

Martial Arts Instructor Course (MAIC) Test 2 Practice (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Are RAWs required for all MCMAP training?**
 - A. No, RAWs are optional.**
 - B. Yes. MAIs use MACE baseline RAWs to make unit-specific RAWs; they may add but never take away hazards or controls.**
 - C. RAWs are created by students.**
 - D. RAWs apply only to off-hours training.**

- 2. What is the tested Marine's role during a belt test?**
 - A. Observe only and refrain from performing techniques.**
 - B. Explain tie-ins after the belt test concludes.**
 - C. Execute each technique and explain each tie-in without assistance.**
 - D. Assist partner and critique technique.**

- 3. What are the elements of effective sustainment?**
 - A. Practice previous-belt techniques, make drills dynamic, use sustainment drills, and incorporate weak-side training.**
 - B. Practice only new techniques with no variation.**
 - C. Rely on a single drill for all training.**
 - D. Ignore belt progression and safety.**

- 4. Obstacle course levels by belt: Brown belt has how many obstacles?**
 - A. 3**
 - B. 2**
 - C. 4**
 - D. 5**

- 5. According to PROVRBS, what should follow a hard workout?**
 - A. Immediate return to peak intensity.**
 - B. Recovery: allowing the body time to rest and repair.**
 - C. Skip hydration to speed up adaptation.**
 - D. Increase training volume the next day.**

- 6. How is muscular strength defined?**
- A. The body's endurance to sustain activity for extended periods.**
 - B. The level of flexibility in joints.**
 - C. The maximum rate at which the heart can pump.**
 - D. The body's maximum ability to move an object for one repetition.**
- 7. For physical technique reps/time by belt level, what are the Black/MAIT specifications?**
- A. 5 reps/30 sec**
 - B. 10 reps/1 min**
 - C. 20 reps/2 min**
 - D. 25 reps/2.5 min**
- 8. In PROVRBS, what does the first R stand for?**
- A. Reliability.**
 - B. Repeatability.**
 - C. Regularity: maintaining consistency with exercise.**
 - D. Rigidity.**
- 9. Which of the following statements correctly identifies the location of MCMAP learning material?**
- A. MAI training manual**
 - B. Belt test PECLs**
 - C. MACE website / Martial Arts Center of Excellence**
 - D. NAVMC 11743 Black**
- 10. Which statement best describes how MAIs use RAWs to plan training?**
- A. MAIs use MACE baseline RAWs to create unit-specific RAWs and may add hazards or controls but never remove hazards or controls.**
 - B. RAWs are optional and may be ignored.**
 - C. RAWs must be completely replaced by new hazards.**
 - D. RAWs only apply to demonstration drills.**

Answers

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1. B
2. C
3. A
4. C
5. B
6. D
7. C
8. C
9. C
10. A

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Explanations

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1. Are RAWs required for all MCMAP training?

- A. No, RAWs are optional.
- B. Yes. MAIs use MACE baseline RAWs to make unit-specific RAWs; they may add but never take away hazards or controls.**
- C. RAWs are created by students.
- D. RAWs apply only to off-hours training.

RAWs are required for all MCMAP training because they provide a formal, structured way to identify hazards, assess risk, and implement controls for every exercise. Instructors use the MACE baseline RAWs as the standard starting point to build unit-specific RAWs, tailoring them to local conditions. They can add hazards or additional controls to address what's unique to their environment, but they may not remove hazards or controls that are part of the baseline, since those protections are considered essential. This approach keeps safety consistent across units while allowing necessary customization for different training settings.

2. What is the tested Marine's role during a belt test?

- A. Observe only and refrain from performing techniques.
- B. Explain tie-ins after the belt test concludes.
- C. Execute each technique and explain each tie-in without assistance.**
- D. Assist partner and critique technique.

During a belt test, the Marine being evaluated must perform each technique and explain each tie-in without help. This shows both practical skill and understanding of how the techniques connect and flow in sequence, proving mastery under test conditions. Simply observing wouldn't demonstrate the ability to execute with precision, and explaining tie-ins after the fact wouldn't validate real-time application. Assisting a partner would defeat the purpose of testing independence and readiness.

3. What are the elements of effective sustainment?

- A. Practice previous-belt techniques, make drills dynamic, use sustainment drills, and incorporate weak-side training.**
- B. Practice only new techniques with no variation.
- C. Rely on a single drill for all training.
- D. Ignore belt progression and safety.

Sustainment in training means keeping skills sharp over time by reinforcing what you've already learned, not just chasing new moves. The best approach combines four elements: practicing techniques from earlier belts to maintain a solid foundation, making drills dynamic so skills stay usable under changing conditions, using drills specifically designed to preserve and refresh skills over time, and incorporating weak-side training to ensure balance and versatility. Together, these parts help you retain proficiency, adapt to real situations, and maintain safety and progression. Other options fall short because focusing only on new techniques with no variation neglects the foundation you've built and can lead to forgetting earlier skills. Relying on a single drill provides insufficient coverage for retention and transfer to real scenarios. Ignoring belt progression and safety undermines the structured, safe development that supports lasting skill sustainment.

4. Obstacle course levels by belt: Brown belt has how many obstacles?

- A. 3
- B. 2
- C. 4**
- D. 5

Obstacle courses are scaled to belt rank to test increasing control, balance, and technique as students progress. For brown belt, four obstacles provide enough challenge to evaluate coordination and safety without exceeding what this rank is meant to test. This count sits between the simpler setups of earlier belts and the more demanding challenges of higher ranks. So four is the standard number for brown belt. Three would be too few for the expected progression, while five would go beyond the typical brown-belt requirement.

5. According to PROVRBS, what should follow a hard workout?

- A. Immediate return to peak intensity.
- B. Recovery: allowing the body time to rest and repair.**
- C. Skip hydration to speed up adaptation.
- D. Increase training volume the next day.

After a hard workout, recovery should come next. The effort causes muscle micro-tears, energy stores to deplete, and temporary fatigue across systems. Recovery—rest, proper nutrition, hydration, and sleep—gives the body time to repair those tissues, replenish glycogen, and rebalance hormones. This repair process is when adaptations occur, leading to greater strength, endurance, and resilience in future sessions. Jumping back into high intensity right away interrupts repair and can raise injury risk and hinder progress. Skipping hydration or cranking up training volume the next day without adequate recovery also undermines restoration. So, prioritizing recovery after a hard workout is the best approach.

6. How is muscular strength defined?

- A. The body's endurance to sustain activity for extended periods.
- B. The level of flexibility in joints.
- C. The maximum rate at which the heart can pump.
- D. The body's maximum ability to move an object for one repetition.**

Muscular strength is the maximum amount of force a muscle or muscle group can generate in a single effort. This is usually measured as a one-repetition maximum — the heaviest weight you can lift, push, or move for one repetition with proper form. This definition focuses on peak force in one move, not how long you can sustain something or how many repetitions you can perform afterward. The other concepts describe different capacities: endurance refers to sustaining activity over time, flexibility concerns the range of motion in joints, and maximal heart-pumping rate reflects cardiorespiratory capacity. So the definition aligns with the idea of the body's maximum ability to move an object for one repetition.

7. For physical technique reps/time by belt level, what are the Black/MAIT specifications?

- A. 5 reps/30 sec**
- B. 10 reps/1 min**
- C. 20 reps/2 min**
- D. 25 reps/2.5 min**

Reps and time at the Black/MAIT level are set to test endurance while keeping technique solid under fatigue. Twenty repetitions in two minutes provides enough volume to show consistent form across multiple cycles, yet it's short enough to maintain control and accuracy without rushing. This balance ensures you can sustain proper technique as conditioning comes into play, which is essential at higher levels. The other options would either be too easy for this level (too few reps in too short a time) or extend the duration beyond what's typically required, making it harder to keep the technique flawless throughout.

8. In PROVRBS, what does the first R stand for?

- A. Reliability.**
- B. Repeatability.**
- C. Regularity: maintaining consistency with exercise.**
- D. Rigidity.**

Regularity means maintaining a consistent training schedule and sticking with the exercise plan over time. In PROVRBS, this consistency provides the repeated, predictable stimulus the body needs to adapt. Without regularity, progress stalls because the body doesn't receive a steady buildup of training stress across days and weeks. Reliability and Repeatability are terms from measurement and testing, not how you structure training, so they don't fit as the meaning of the R in this framework. Rigidity implies inflexibility, which contradicts the idea of steady, ongoing training that still allows progression and variation. Regularity is the best fit because it anchors the entire training process with consistent effort and frequency.

9. Which of the following statements correctly identifies the location of MCMAP learning material?

- A. MAI training manual**
- B. Belt test PECLs**
- C. MACE website / Martial Arts Center of Excellence**
- D. NAVMC 11743 Black**

Access to MCMAP learning material is centralized on the Martial Arts Center of Excellence website. This site is the official hub for MCMAP curriculum, lesson plans, testing standards, and reference documents, so it is the authoritative place to find and study the materials you need. Other options may be part of the program in some way, but they are not the primary online repository for the learning content: one is a manual, another is an evaluation checklist, and the last is a form or document not used as the main source for learning materials.

10. Which statement best describes how MAIs use RAWs to plan training?

- A. MAIs use MACE baseline RAWs to create unit-specific RAWs and may add hazards or controls but never remove hazards or controls.**
- B. RAWs are optional and may be ignored.**
- C. RAWs must be completely replaced by new hazards.**
- D. RAWs only apply to demonstration drills.**

RAWs provide the safety framework used to plan training. MAIs start with the standard MACE baseline RAWs and then develop unit-specific RAWs by adding hazards or controls that reflect their particular environment, equipment, and personnel. The emphasis is on expanding coverage to address local conditions, not shrinking it. Removing hazards or controls from the baseline would weaken safety protections, so the correct approach is to preserve what's already identified and build on it by adding new ones as needed. This keeps safety standards consistent while allowing tailoring to the unit's reality. RAWs are not optional and apply to planning all training, not just demonstration drills.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://maic2.examzify.com>

We wish you the very best on your exam journey. You've got this!

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