

MARTIAL ARTS INSTRUCTOR COURSE (MAIC) TEST 2 PRACTICE (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Who is the risk decision authority for martial arts training in a unit?**
 - A. The safety officer
 - B. The Training NCO
 - C. The appropriate commander based on the level of training, such as the platoon or company commander.
 - D. The MAI
- 2. Define belt progression in martial arts training. What is a typical approach for testing and certification?**
 - A. Established criteria, clear practice standards, supervised testing, safety safeguards, feedback, integrity, records
 - B. Random criteria, no feedback, no safety
 - C. Use only senior students for testing
 - D. Belts awarded randomly without testing
- 3. Which statement best captures the difference between technique execution and application correctness?**
 - A. Technique execution focuses on form; application correctness focuses on intent and effectiveness
 - B. Technique execution and application correctness are the same
 - C. They are assessed only through the speed and power
 - D. They are unrelated
- 4. 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
- 5. How do you design objective benchmarks for sparring performance and safety?**
 - A. Use subjective impressions only after sparring.
 - B. No measurements; rely on memory.
 - C. Define measurable criteria (distance management, control, accuracy, safety), create rating scale, record results.
 - D. Focus only on technique execution, ignore safety.

- 6. What is best practice for incident documentation in MAIC programs?**
- A. Record only injuries requiring hospital visit
 - B. Document all incidents with date, people involved, actions taken
 - C. Avoid documenting minor incidents
 - D. Delete records after a year
- 7. What are your responsibilities when conducting a combat conditioning drill?**
- A. Lead the drill only and minimize safety checks.
 - B. Ensure safety after the drill ends.
 - C. Brief, participate, supervise, and monitor safety.
 - D. Record performance metrics for later review.
- 8. The official source for MCMAP learning material is which of the following?**
- A. Martial Arts Center of Excellence
 - B. MACE website / Martial Arts Center of Excellence
 - C. MCMAP Portal
 - D. MAI Knowledge Base
- 9. Which outcome is a direct result of dojo etiquette?**
- A. Increased safety and respect and a culture of discipline
 - B. Decreased discipline and more roughness
 - C. No impact on the learning environment
 - D. Increased competition at all costs
- 10. Why is documentation important for MAIC certification?**
- A. It is optional for only some programs.
 - B. It records marketing success.
 - C. It serves as a financial ledger for the club.
 - D. It ensures accountability and enables recertification.

Answers

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

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Explanations

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1. Who is the risk decision authority for martial arts training in a unit?

- A. The safety officer
- B. The Training NCO
- C. The appropriate commander based on the level of training, such as the platoon or company commander.
- D. The MAI

The decision about accepting and approving risk for martial arts training in a unit sits with the commander at the level responsible for that training, such as the platoon commander or the company commander. This is because risk decisions must align with the unit's mission, priorities, and overall risk tolerance, and the commander holds the ultimate accountability for both mission success and soldier safety. The safety officer provides hazard identification, risk assessments, and safety recommendations, serving as an important advisor, but does not unilaterally authorize the training's risk level. The martial arts instructor handles the training content, pedagogy, and safety procedures during instruction, while the Training NCO coordinates the training program and resources. Neither independently owns the risk decision for the event; that authority resides with the appropriate commander who reviews the input and makes the final call to proceed, modify, or cancel.

2. Define belt progression in martial arts training. What is a typical approach for testing and certification?

- A. Established criteria, clear practice standards, supervised testing, safety safeguards, feedback, integrity, records
- B. Random criteria, no feedback, no safety
- C. Use only senior students for testing
- D. Belts awarded randomly without testing

Belt progression in martial arts training is a structured process where advancing to the next belt depends on meeting clear, observable criteria that demonstrate skill, knowledge, and readiness for higher responsibility. A typical testing and certification approach uses established criteria, clear practice standards, supervised testing, safety safeguards, feedback, integrity, and records. This combination keeps progression fair and consistent, ensures safety, and creates a traceable history of a student's development. Random criteria or no feedback undermine learning and safety; relying only on senior students for testing introduces bias; belts awarded without testing erode trust and accountability.

3. Which statement best captures the difference between technique execution and application correctness?

- A. Technique execution focuses on form; application correctness focuses on intent and effectiveness**
- B. Technique execution and application correctness are the same
- C. They are assessed only through the speed and power
- D. They are unrelated

Technique execution is about how the movement is performed—the mechanics, posture, alignment, and precision of the form. Application correctness looks at whether that movement would work in a real situation—the intent behind it and its actual effectiveness against a target under realistic conditions, including timing, distance, and control. The best statement captures this: you judge technique by the quality of the form, while you judge application by whether the motion achieves its goal and works as intended in context. A perfectly executed form isn't automatically correct in application if it doesn't produce the desired outcome or work against a resisting opponent; likewise, a move that looks rough but lands effectively in a given situation isn't fully correct in application. In practice, aim for technique that is both clean in form and sound in its real-world use.

4. 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.

5. How do you design objective benchmarks for sparring performance and safety?

- A. Use subjective impressions only after sparring.
- B. No measurements; rely on memory.
- C. Define measurable criteria (distance management, control, accuracy, safety), create rating scale, record results.**
- D. Focus only on technique execution, ignore safety.

To design objective benchmarks for sparring performance and safety, you need measurable, observable criteria and a system to rate and record them. In sparring, define clear criteria such as distance management (maintaining safe spacing and controlling range), control (conducting actions with appropriate force and precision), accuracy (landing within designated target zones or scoring areas with consistency), and safety (adherence to protective rules, proper gear use, and avoidance of dangerous techniques). Create a rating scale for each criterion—such as a simple 0–3 or 0–5 rubric—and require evaluators to record results for every session. This turns performance into data you can compare over time, across students, and to identify safety risks quickly. For distance management, specify what safe spacing looks like in practice and how you will measure it (e.g., consistent distance, reaction time to closing or opening gaps). For control, define what controlled contact and return-to-neutral positioning look like. For accuracy, set target areas or scoring patterns and judge consistency and precision. For safety, lay out the required safety protocols, gear checks, and rule adherence, and how violations are documented and addressed. This approach provides reliability and actionable feedback, enabling fair assessments and progress tracking. Relying on subjective impressions, memory, or focusing solely on technique while ignoring safety would produce inconsistent evaluations, biased judgments, and higher risk to participants.

6. What is best practice for incident documentation in MAIC programs?

- A. Record only injuries requiring hospital visit
- B. Document all incidents with date, people involved, actions taken**
- C. Avoid documenting minor incidents
- D. Delete records after a year

Thorough incident documentation is about capturing a complete, verifiable record of every safety event in the MAIC program. The best practice is to document every incident with the date, people involved, and actions taken, along with details such as location, any injuries or property damage, witnesses, and follow-up steps. This provides a full picture for safety review, trend analysis, and accountability, helps guide timely corrective actions, and supports legal defensibility if needed. Consistent records also enable you to evaluate training practices and refine safety protocols over time. In practice, use a standard form, document promptly and accurately, keep records secure, and retain them for an appropriate period. Recording only injuries requiring a hospital visit misses near misses and minor injuries that can reveal underlying risks. Avoiding documentation of minor incidents hides patterns that could lead to preventable problems. Deleting records after a year eliminates valuable historical data for trend analysis and can create compliance issues.

7. What are your responsibilities when conducting a combat conditioning drill?

- A. Lead the drill only and minimize safety checks.
- B. Ensure safety after the drill ends.
- C. Brief, participate, supervise, and monitor safety.**
- D. Record performance metrics for later review.

In combat conditioning drills, the essential duty is to manage the session with clear briefing, active participation, vigilant supervision, and constant safety monitoring. Briefing sets the objectives, rules, and potential hazards so everyone starts on the same page. Participating helps the instructor model proper technique, tempo, and effort, providing immediate demonstrations and feedback. Supervising means guiding technique, enforcing spacing and equipment use, and keeping the drill within safe limits. Monitoring safety involves watching for signs of fatigue, poor form, or risky behavior and being ready to pause or adjust the drill to prevent injuries. Focusing only on leading without ongoing safety checks, or prioritizing safety only after the drill ends, or concentrating on recording metrics, leaves safety and real-time guidance insufficiently addressed.

8. The official source for MCMAP learning material is which of the following?

- A. Martial Arts Center of Excellence
- B. MACE website / Martial Arts Center of Excellence**
- C. MCMAP Portal
- D. MAI Knowledge Base

The official source for MCMAP learning material is the Martial Arts Center of Excellence website. This site serves as the authoritative hub for the MCMAP curriculum, standard procedures, updates, and instructor resources, maintained by the program's governing body. Materials published there are the approved, current references used across units, ensuring consistency and safety in training. While the MCMAP Portal may provide access to courses and records, the actual content comes from the MACE site, making it the primary place to obtain official learning materials and the latest revisions.

9. Which outcome is a direct result of dojo etiquette?

- A. Increased safety and respect and a culture of discipline**
- B. Decreased discipline and more roughness
- C. No impact on the learning environment
- D. Increased competition at all costs

Dojo etiquette establishes how people behave during practice, shaping safety, respect, and self-control. When students greet instructors, listen attentively, take turns, bow to show respect, and keep the training area orderly, interactions stay respectful and focused. This reduces distractions, prevents accidental injuries, and reinforces responsible behavior, fostering a culture of discipline that supports effective learning. That direct result—safer training, mutual respect, and a disciplined environment—fits best. The other options describe outcomes that etiquette specifically helps prevent, such as chaos, roughness, or a purely competitive mindset, which etiquette is designed to counter.

10. Why is documentation important for MAIC certification?

- A. It is optional for only some programs.
- B. It records marketing success.
- C. It serves as a financial ledger for the club.
- D. It ensures accountability and enables recertification.**

Documentation is crucial because certification bodies rely on verified evidence that a practitioner has met required training and assessment standards. When records show what was taught, who taught it, the outcomes of evaluations, and the dates of completion, there is a clear, auditable trail. This creates accountability: training activity is traceable, standards are consistently applied, and gaps can be identified and addressed. It also makes recertification possible, since ongoing proof of continuing practice, updated knowledge, and compliance with evolving guidelines can be reviewed to determine continued eligibility. Documentation supports safety, quality control, and fairness across programs, providing a stable reference point for evaluations and decisions. It's not about marketing or financial records, and in most MAIC programs it isn't optional; it's the mechanism that ties training activity to certification and renewal.

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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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