# MARTIAL ARTS INSTRUCTOR (MAI) EXAM 2 PRACTICE (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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# 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!

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# Questions

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**1. What should a MAI 2 module syllabus include?**

A. Random Topics Only

B. Module Objectives, Skill Progression, Assessment Milestones, Practice Opportunities, Recommended Materials, Safety Rules, and Evaluation Criteria

C. Only Fight Choreography

D. No Assessment

**2. Which of the following is a PROVRBS principle?**

A. Balance

B. Speed

C. Endurance

D. Power

**3. What is objective vs subjective evaluation in grading in martial arts?**

A. Objective uses observable criteria; subjective uses instructor judgment; combine both with standard rubrics and calibration.

B. Objective is opinion-based; subjective uses measurable criteria.

C. Both are identical; no difference.

D. Only subjective evaluation should be used.

**4. In safety by design, how should equipment checks be conducted?**

A. Before each session to identify defects and replace as needed.

B. Once a month.

C. Only when a student reports a problem.

D. Equipment checks are unnecessary if training is easy.

**5. What are the core components of a standard MAI code of ethics?**

A. Safety, respect, honesty, integrity, professionalism, confidentiality, non-discrimination, materials licensing.

B. Speed, strength, endurance, flexibility, balance, focus, teamwork.

C. Punctuality, wealth, fame, aggression, secrecy, rivalry, punishment, bonus.

D. Marketing, branding, customer service.

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**6. Which role is listed as needing a copy of NAVMC 11432?**

A. MAI

B. Student

C. S-3

D. S-4

**7. Which element is explicitly listed as part of a combat conditioning drill to develop mental and character discipline?**

A. Physical Conditioning

B. Leadership Skills

C. Mental and Character Disciplines

D. Team Communication

**8. Which statement best describes RM's overall application?**

A. It is used only for on-duty activities.

B. It is used only for off-duty activities.

C. It is used to identify and mitigate risk in all activities, both on and off duty.

D. It is used to document risks without taking action.

**9. Which element is listed as part of conducting the drill overall?**

A. Brief

B. Participate

C. Supervise

D. Safety

**10. Which piece of information is most critical to include in an incident report to support follow-up actions?**

A. Weather conditions

B. Mechanism of injury

C. T-shirt color

D. Snack choices

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# Answers

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

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# Explanations

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## 1. What should a MAI 2 module syllabus include?

A. Random Topics Only

B. Module Objectives, Skill Progression, Assessment Milestones, Practice Opportunities, Recommended Materials, Safety Rules, and Evaluation Criteria

C. Only Fight Choreography

D. No Assessment

*A solid MAI module syllabus should lay out a complete structure that guides learning, practice, and evaluation. The best choice includes the key elements: module objectives, skill progression, assessment milestones, practice opportunities, recommended materials, safety rules, and evaluation criteria. Module objectives give clear targets for what students should achieve in the module, aligning teaching activities with measurable outcomes. Skill progression shows how students move from foundational to more advanced abilities, ensuring learning builds logically and safely. Assessment milestones provide planned points to check mastery, give feedback, and guide any needed remediation. Practice opportunities ensure students have ample, purposeful time to apply and refine skills, not just encounter them sporadically. Recommended materials help students prepare, study, and practice effectively outside of formal instruction. Safety rules establish the standards and practices that protect students, instructors, and the training environment. Evaluation criteria specify how performance will be judged, making expectations transparent and fair. Why the other options don't fit: one that offers random topics lacks a coherent learning path and makes it hard to measure progress. Focusing only on fight choreography ignores broader competencies like safe practice, theory, and assessment. No assessment at all leaves progress uncertain and undermines accountability and improvement.*

## 2. Which of the following is a PROVRBS principle?

A. Balance

B. Speed

C. Endurance

D. Power

*PROVRBS includes Balance as a training principle, focusing on stability and control throughout movement. In martial arts, a solid balance base lets you maintain a proper stance, generate force efficiently, and recover quickly after contact or missteps. Training with balance in mind means including drills that challenge stability under different stances, directions, and loads, gradually increasing difficulty while you maintain correct form. This builds proprioception, posture, and coordination, which support all other skills and help prevent injuries as intensity rises. Speed, endurance, and power describe qualities you might develop, but they aren't the PROVRBS principle itself.*

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## 3. What is objective vs subjective evaluation in grading in martial arts?

A. Objective uses observable criteria; subjective uses instructor judgment; combine both with standard rubrics and calibration.

B. Objective is opinion-based; subjective uses measurable criteria.

C. Both are identical; no difference.

D. Only subjective evaluation should be used.

*The main idea is that grading in martial arts uses two kinds of evaluation: objective and subjective. Objective evaluation looks at observable, measurable criteria you can verify during performance—things like form accuracy, correct stances and alignment, the exact sequence of moves, timing, speed, power, control, consistency across reps, and safety. These are the parts you can quantify and reproduce. Subjective evaluation depends on the instructor's judgment of quality—how well you demonstrate intent, understanding of principles, fluidity, balance, rhythm, and the depth of your demonstration. This aspect draws on experience and can vary between judges, which is why having clear standards matters. In practice, you bring these together with standard rubrics that assign points to specific observable actions, and you run calibration sessions so judges interpret the rubric in a consistent way. That combination keeps scoring fair and reliable while still acknowledging advanced understanding and expressiveness that go beyond exact numbers. The other statements miss the balance: one reverses the definitions, another claims there's no difference, and another says to use only subjective evaluation. Neither supports a fair, reliable grading approach.*

## 4. In safety by design, how should equipment checks be conducted?

A. Before each session to identify defects and replace as needed.

B. Once a month.

C. Only when a student reports a problem.

D. Equipment checks are unnecessary if training is easy.

*Proactive gear integrity checks before every training session are essential in safety by design. Equipment can degrade from use, sweat, impact, or storage, and a defect discovered mid-session can cause injury. A quick pre-session check helps catch cracks, torn seams, broken straps, loose buckles, or worn mats and ensures they're replaced or repaired before anyone trains. This habit reinforces safety as a routine standard rather than something you do only after a problem arises. Waiting a month between checks or only inspecting when something is reported leaves a window for unnoticed damage to cause harm, and assuming safety because training feels easy isn't reliable. A practical approach is to perform a brief visual and functional check of all gear and mats at the start of each session, remove any equipment that fails, and keep a simple log to monitor wear over time.*

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## 5. What are the core components of a standard MAI code of ethics?

A. Safety, respect, honesty, integrity, professionalism, confidentiality, non-discrimination, materials licensing.

B. Speed, strength, endurance, flexibility, balance, focus, teamwork.

C. Punctuality, wealth, fame, aggression, secrecy, rivalry, punishment, bonus.

D. Marketing, branding, customer service.

*In martial arts instruction, ethical practice centers on how instructors safeguard students, maintain trust, and operate within professional and legal standards. The core elements are safety, respect, honesty, integrity, professionalism, confidentiality, non-discrimination, and materials licensing. Safety means training methods, equipment, and the training environment minimize risk. Respect involves treating every student and fellow instructor with dignity, creating an inclusive atmosphere. Honesty and integrity require truthful communication, keeping commitments, and avoiding deception. Professionalism covers consistent, responsible conduct, appropriate boundaries, and a commitment to ongoing learning. Confidentiality protects personal information shared in the dojo and is shared only with consent or when legally required. Non-discrimination ensures fair, unbiased treatment regardless of background, identity, or beliefs. Materials licensing emphasizes using licensed, accurate, and safe instructional content while respecting copyrights. Together, these elements form the ethical framework guiding MAI practice. Other options focus on athletic traits, personal gain, or marketing, which aren't about professional ethics.*

## 6. Which role is listed as needing a copy of NAVMC 11432?

A. MAI

B. Student

C. S-3

D. S-4

*The form NAVMC 11432 is the official training record used to document a student's progress and qualifications in the program. The person who administers and maintains that training record is the instructor delivering the program—the Martial Arts Instructor. This role needs a copy to verify that the student has met all curriculum requirements, to sign off on milestones, and to provide a complete record for inspections or future reference. Staff in S-3 or S-4 handle broader operations and logistics and aren't the ones responsible for maintaining individual training documentation. A student would not typically keep the official record themselves.*

## 7. Which element is explicitly listed as part of a combat conditioning drill to develop mental and character discipline?

A. Physical Conditioning

B. Leadership Skills

C. Mental and Character Disciplines

D. Team Communication

*Combat conditioning drills aim to train more than just the body; they deliberately weave in aspects that build inner strength—self-control, focus, perseverance, and integrity—so a drill that explicitly targets mental and character discipline is signaling that the inner, non-physical traits are the primary objective. This makes mental and character disciplines the best fit because it directly addresses the mindset and ethical steadiness needed under pressure, not just how hard you can push physically. Physical conditioning is essential for fitness, but it doesn't by itself develop those mental traits. Leadership skills and team communication can grow from training but aren't the explicit focus when the drill is described as developing mental and character discipline.*

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## 8. Which statement best describes RM's overall application?

A. It is used only for on-duty activities.

B. It is used only for off-duty activities.

C. It is used to identify and mitigate risk in all activities, both on and off duty.

D. It is used to document risks without taking action.

*Risk management is a continuous, proactive process that identifies hazards, assesses how risky they are, puts controls in place to reduce that risk, and then monitors how well those measures work. Because hazards can show up in any activity, RM isn't limited to workouts or competitions or to times when you're "on duty;" it applies to everything you do, both in training and in daily life. It's about taking real actions to reduce risk, not just recording hazards. So the statement that best describes RM's overall application is that it is used to identify and mitigate risk in all activities, both on and off duty. For example, adjusting a drill to reduce injury risk or planning safer travel to events are RM actions in both contexts.*

## 9. Which element is listed as part of conducting the drill overall?

A. Brief

B. Participate

C. Supervise

D. Safety

*Starting a drill with a clear briefing is the essential framing step. The briefing communicates the drill's objective, outlines the scenario, assigns roles or responsibilities, explains the sequence and timing, and covers safety rules and emergency procedures. This preparation ensures everyone knows what to do, what success looks like, and what actions are off-limits, which keeps the drill coherent and safe. While participation, supervision, and safety are important parts of running a drill, they rely on that initial briefing to be meaningful and aligned. Without it, participants may act in ways that don't match the goals, risks rise, and evaluation becomes inconsistent. If you're prepping a drill, a concise, thorough briefing sets the stage for everything that follows.*

## 10. Which piece of information is most critical to include in an incident report to support follow-up actions?

A. Weather conditions

B. Mechanism of injury

C. T-shirt color

D. Snack choices

*The most critical detail to capture is how the incident happened—the mechanism of injury—because it shows the exact sequence of actions and forces involved. This information directly informs follow-up actions by highlighting what went wrong, which safety measures or equipment checks are needed, and what training or process changes should be implemented to prevent recurrence. Weather conditions can matter in certain cases if they contributed to the hazard, but they're usually not the driver of the follow-up plan. Details like clothing color or snack choices don't influence safety outcomes and aren't useful for guiding corrective actions.*

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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://mai2.examzify.com

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

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