Martial Reflexes Methodology:

Resources for the Experiment:

* The Websites: humanbenchmark.com and cognitivefun.net/test/6
* The YouTube video: <https://www.youtube.com/watch?v=Ahg6qcgoay4&edufilter=zGUy2baYqkDZkZN3MS9B7Q>
* Measuring tape
* Chalk
* A timer
* Excel to record data.

The subjects for this experiment will be humans from ages 16-50. You will need to get at least ten people from these types of groups:

* Gamers: People who play videogames at least 3 hours a week.
* Athletes: People who are involved with a sport.
* Martial Artists: People who are involved in a type of martial art.

The experiment was done in order of these steps to gather the most amount of data from the three different types of subjects:

* Gather the eligible people for the three different types of groups.
  + You must have at least 10 people of each group
* Plan dates to when they are ready to take the tests
* After planning the dates, gather the resources needed for the experiment
* Then on the planned dates, test the subject first with the visual reaction time test.
  + Make sure you use the same tablet or computer for everyone.
  + Make sure to keep the clicks consistent between either the mouse pad or the mouse. If not there will be error in the data.
  + Do this for the next steps.
* Then proceed to give the subjects the auditory reaction time test.
* After the reaction time tests, move on to the awareness section.
* Make sure the video is played and stopped before it tells the answer of the test.
* Record their answers to the visual awareness test.
* You can then show them the answer to the video after you record their data.
* Then move on to the next test which is the auditory awareness test.
* You have to draw a ten foot in diameter circle with the measuring tape.
* This should be done on a surface where chalk can be seen.
* Make sure each foot is marked on the four sides of the person.
* Then you will time one person to walk around the subject that is being tested for 20 seconds.
  + This extra person could be another subject you are testing
* After 20 seconds are over stop the person by saying stop.
* Then ask the subject where the other person is based on position and feet.
* Record the data and repeat these steps with all of the subjects form each group.
* Put it into excel and make a bell-curve chart out of the data
* Analyze and show off your results in any way you want.