

Adults

Rank Requirements

Uechi-Ryu Karate

ZenQuest Martial Arts Center

Students must satisfy requirements in dojo etiquette, attendance, and karate skills for each rank promotion. Good attitude and effort in the dojo are essential for qualifying for rank promotions. Students should focus on the **requirements** for each rank and not the timing. **The Chief Instructors will notify the student of the appropriate time for their rank test.**

RANK	BELT	TECHNIQUES	KATA	QUESTIONS & ESCAPES	KUMITE
JUKYU (10 th level)	White	---	---	---	---
KYUKYU (9 th level)	White with yellow stripe	A	---	A	Yakusoku 1
HACHIKYU (8 th level)	Yellow	A & B	Sanchin	A & B	Yakusoku 1 & 2
NANAKYU (7 th level)	Yellow with Blue stripe	B & C	Sanchin	A – C	Yakusoku 1 - 3
ROKKYU (6 th level)	Blue	C & D Kitae A	Sanchin Kanshiwa	A – D	Yakusoku 1 - 4 Jiyu (Sparring)
GOKYU (5 th level)	Blue with Green stripe	Hojo Undo Kitae A & B	Sanchin Kanshiwa	A – E	Yakusoku 1-5 Jiyu
YONKYU (4 th level)	Green	Hojo Undo Kitae A – C	Sanchin Kanshu	A – F	Yakusoku 1-6 Jiyu
SANKYU (3 rd level)	Green with Brown Stripe	Hojo Undo Kitae	Sanchin Kanshu Kanshiwa Bunkai	A – G	Yakusoku 1-7 Jiyu
NIKYU (2 nd level)	Brown	Hojo Undo Kitae	Sanchin Seichin Kanshiwa Bunkai	A – H	Yakusoku 1-8 Jiyu
IKKYU (1 st level)	Brown with Black Stripe	Hojo Undo Kitae	Sanchin Seisan Kanshiwa Bunkai	A – I	Yakusoku 1-10 Jiyu
SHODAN/ JUN SHODAN	Black ⁽⁵⁾	Hojo Undo Kitae	Sanchin Seisan Seisan Bunkai	A – J	Yakusoku 1-10 Jiyu

Notes:

- 1.) Additional details on rank requirements are on the back of this sheet.
- 2.) Students are required to wear **approved** sparring pads for *Jiyu Kumite* (free sparring) in *Rokkyu* (6th level) test and above. Students should acquire sparring pads as early as possible to begin preparing for this aspect of the rank requirements.
- 3.) Testing for *Kyukyu* (9th level) to *Rokkyu* (6th level) is performed informally during class, and testing for *Gokyu* (5th level) and above is performed formally by appointment.
- 4.) There are no fees for rank testing except for Dan or Black Belt levels. Test fees are due prior to formal tests.
- 5.) The Rank of *Jun Shodan* or Junior Black Belt is reserved for students age 13 and under who satisfy the requirements for *Shodan* (first degree Black Belt.)

TECHNIQUES

A	Dragon Stance (Sanchin Dachi) Spear Hand Position (Sanchin Kamae) Tiger Claw Guard (Hirate Kamae) Circle Block (Wa Uke) Palm Block (Shotei Uke) Horse Riding Stance (Kiba Dachi)	Cannon-Ball Fist Punch (Seiken Tsuki) Tiger Paw/ Flat Fist Punch (Hiraken Tsuki) Front Kick (Shomen Geri) Side Snap Kick (Sokuto Geri) Short Punch (Jun Tsuki) Long Punch/ Reverse Punch (Gyaku Tsuki)
B	Straddle Stance (Shiko Dachi) High Block (Jodan Hajiki Uke) Middle Block (Chudan Hajiki Uke) Low Block (Gedan Uke) Dragon Stepping (Sanchin Ashi) Sanchin Turning (Sanchin Mawatte)	Tiger Claw/ "Thumb-Fist" Punch (Boshiken Tsuki) One-knuckle Punch (Shoken Tsuki) Hook Punch (Mawashi Tsuki) Knee Block (Hiza Uke) Roundhouse Kick (Mawashi Geri) Back Kick (Ushiro Geri)
C	Tiger Stance (Neko Ashi Dachi) Crane Stance (Sagi Ashi Dachi) Slide Step (Suri Ashi) Shuffle Step (Tsugi Ashi) Spearhand Strike (Nukite Uchi)	Back-fist Strike (Uraken Uchi) Swinging Elbow Strike (Yoko Hiji Tsuki) Sword Hand Strike (Shuto Uchi) Inwards Crescent Kick (Naka Mikazuki Geri) Outwards Crescent Kick (Soto Mikazuki Geri)
D	Forward Stance (Zen Kutsu Dachi) Upwards Elbow Strike (Tate Hiji Tsuki) Cross Block (Watari Uke) Scoop Block (Sakui Uke)	Hammer Fist (Tetsui Uchi) Side Thrust Kick (Yoko Geri) Hook Kick (Mawashi Ushiro Geri) Spinning Back Kick (Mawashi Ushiro Geri)

HOJO UNDO (TECHNIQUE COMBINATIONS)

<p>Sokuto Geri (Circle-block/ Side Snap-Kick) Shomen Geri (Circle-block/ Front Snap-Kick) Mawashi Tsuki (Circle-block/ Hook-Punch) Hajike Uke Haraken Tsuki (High Block/ flat-fist Punch/ Middle Block/ Punch) Seiken Tsuki Shotei Uke (Circle-block/ Cannon-Ball Punch/ Palm Block/ Cannon-Ball Punch) Shuto Uchi Ura Uchi Shoken Tsuki (Circle-block/ Chop/ Backfist/ one-Knuckle Punch) Hiji Tsuki (Circle-block/ Elbow Strikes)</p>	<p>Tension Zensoko Geri (Tension-Step/ Circle-block/ Front Leg Kick) Tension Kosoko Geri (Tension-Step/ Circle-block/ Rear Leg Kick) Tension Shoken Tsuki (Tension Step/ Circle-block/ Single-Knuckle Punch) Shomen Hajike (Slide-Step/ Finger-Strike) Koi no Shippo Uchi Tata Uchi (Four-way Wrist-Strikes) Koi no Shippo Uchi Yoko Uchi (Fish-tail Wrist-Strikes) Hiza Uke Mawashi Geri (knee block/ round kick)</p>
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KITAE/ CONDITIONING DRILLS

A	Circle Block Drill (Wauke Kite)	B	Leg Conditioning (Ashi-Kite)	C	Arm Conditioning (Kote-Kitae)
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QUESTIONS & ESCAPES

(see **General Knowledge** Sheets)