

Cobras

Rank Requirements

ZenQuest Martial Arts Center

Students must satisfy requirements in developing karate skills, dojo etiquette, and attendance for each level. Good attitude and effort are essential for qualifying for rank promotions. Students should focus on the requirements for each rank. **The Chief Instructors notify students of the timing for their rank test.**

RANK	BELT	TECHNIQUES	KATA	QUESTIONS & ESCAPES	KUMITE	Minimum Classes
JUKYU (10 th level)	White	---	---	---	---	---
KYUKYU (9 th level)	White with yellow stripe	A	---	A	---	8
HACHIKYU (8 th level)	Yellow	A & B	Sanchin	A & B	Yakusoku 1	8
NANAKYU (7 th level)	Yellow with Blue stripe	B & C	Sanchin	A – C	Yakusoku 1&2	10
ROKKYU (6 th level)	Blue	C & D Kitae A	Sanchin Kanshiwa Mijikai	A – D	Yakusoku 1-3 Jiyu (Sparring)	12
GOKYU (5 th level)	Blue with Green stripe	Hojo Undo A Kitae A & B	Sanchin Kanshiwa	A – E	Yakusoku 1-4 Jiyu	20
YONKYU (4 th level)	Green	Hojo Undo Kitae A – C	Sanchin Kanshu Mijikai	A – F	Yakusoku 1-5 Jiyu	25
SANKYU (3 rd level)	Green with Brown Stripe	Hojo Undo Kitae	Sanchin Kanshu Kanshiwa Bunkai	A – G	Yakusoku 1-6 Jiyu	30
NIKYU (2 nd level)	Brown	Hojo Undo Kitae	Sanchin Seichin Mijikai Kanshiwa Bunkai	A – H	Yakusoku 1-7 Jiyu	35
IKKYU (1 st level)	Brown with Black Stripe	Hojo Undo Kitae	Sanchin Seichin Kanshiwa Bunkai	A – I	Yakusoku 1-8 Jiyu	55
SEMPAI	Brown and Black	Hojo Undo Kitae	Sanchin Seisan Kanshiwa Bunkai	A – J	Yakusoku 1-10 Jiyu	75 12 y/o
JR. BLACK BELT (JUN SHODAN)	Black Belt w/ White Bar	Hojo Undo Kitae	Sanchin Seisan Seisan Bunkai	A – J	Yakusoku 1-10 Jiyu	75 13 y/o

- Notes:
- Additional details for rank requirements are on the back of this sheet.
 - Students are required to wear **approved** sparring gear 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.
 - 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.
 - Minimum classes shown are those required since obtaining the previous level. Students should be motivated to focus on good behavior and learning the other test requirements, so that they are ready when the time requirements are met. Students (and parents) should avoid inquiring about testing based on the minimum class requirements.
 - The Rank of *Sempai* is reserved for students over the age of 12 who exhibit exemplary dojo conduct and leadership among their peers. There are no fees for rank testing except for Dan or Black Belt levels.

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)		
A	Sokuto Geri (Circle-block/ Side Snap-Kick) Shomen Geri (Circle-block/ Front Snap-Kick) Mawashi Tsuki (Circle-block/ Hook-Punch)	Seiken Tsuki Shotei Uke (Circle-block/ Cannon-Ball Punch/ Palm Block/ Cannon-Ball Punch) Shomen Hajike (Slide-Step/ Finger-Strike) Koi no Shippo Uchi Tata Uchi (Four-way Wrist-Strikes)
B	Hajike Uke Haraken Tsuki (High Block/ flat-fist Punch/ Middle Block/ Punch) Shuto Uchi Ura Uchi Shoken Tsuki (Circle-block/ Chop/ Backfist/ one-Knuckle Punch) Hiji Tsuki (Circle-block/ Elbow Strikes)	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) Koi no Shippo Uchi Yoko Uchi (Fish-tail Wrist-Strikes)

KITAE/ CONDITIONING DRILLS			
A	Circle Block Drill (Wauke Kite)	B	Leg Conditioning (Ashi-Kite)
C	Arm Conditioning (Kote-Kitae)		

QUESTIONS & ESCAPES	
(see General Knowledge Sheets)	