

Tigers/ Jr. Tigers

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 COLOR | TECHNIQUES | KATA | QUESTIONS & ESCAPES | KUMITE | MINIMUM CLASSES |
|--|--------------------------|---|------------------------------|---------------------|--|-----------------|
| JUKYU (10th level) | White | --- | --- | --- | --- | --- |
| KYUKYU (9th level) | White with yellow stripe | A | --- | A | --- | 8 |
| HACHIKYU (8th level) | Yellow | B | Sanchin Mijikai (short form) | A & B | --- | 10 |
| NANAKYU (7th level) | Yellow with Blue stripe | C | Sanchin | A - C | --- | 12 |
| ROKKYU (6th level) | Blue | D | Sanchin Kanshiwa Mijikai | A - D | Yakusoku 1 Jiyu Kumite (Free Sparring) | 15 |
| GOKYU (5th level) | Blue with Green stripe | E | Sanchin Kanshiwa | A - E | Yakusoku 1-2 Jiyu Kumite | 20 |
| YONKYU (4th level) | Green | Hojo-undo A Kitae A | Sanchin Kanshu Mijikai | A - F | Yakusoku 1-3 Jiyu Kumite | 30 |
| SANKYU (3rd level) | Green with Brown Stripe | Hojo-undo B Kitae A & B | Sanchin Kanshu | A - G | Yakusoku 1-4 Jiyu Kumite | 40 |
| NIKYU (2nd level) | Brown | Students transition into the ZenQuest Dragons program (See Dragons Rank Requirements.) | | | | |

Notes:

- 1.) Additional details for 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 *Gokyu* (5th level) is performed informally during class, and testing for *Yonkyu* (4th level) and above is performed formally.
- 4.) 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.



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) |
| B | Dragon Stepping (Sanchin Ashi) Low Block (Gedan Uke) High Block (Jodan Hajiki Uke) Hook Punch (Mawashi Tsuki) Short Punch (Jun Tsuki) | Tiger Claw/ "Thumb-Fist" Punch (Boshiken Tsuki) Long Punch/ Reverse Punch (Gyaku Tsuki) One-knuckle Punch (Shoken Tsuki) Knee Block (Hiza Uke) Roundhouse Kick (Mawashi Geri) |
| C | Dragon Turning (Sanchin Mawatte) Tiger Stance (Neko Ashi Dachi) Crane Stance (Sagi Ashi Dachi) Straddle Stance (Shiko Dachi) | Middle Block (Chudan Hajiki Uke) Back-fist Strike (Uraken Uchi) Sword Hand Strike (Shuto Uchi) Spearhand Strike (Nukite Uchi) |
| D | Swinging Elbow Strike (Yoko Hiji Tsuki) Forward Stance (Zen Kutsu Dachi) Upwards Elbow Strike (Tate Hiji Tsuki) Slide Step (Suri Ashi) | Shuffle Step (Tsugi Ashi) Back Kick (Ushiro Geri) Inwards Crescent Kick (Naka Mikazuki Geri) Outwards Crescent Kick (Soto Mikazuki Geri) |
| E | 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)

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|---|--|--|
| A | Circle block, Front Snap-Kick Circle block, Side-Snap Kick Palm Block, Cannon-Ball Punch Upper Block, Flat-fist Punch | Circle block, Hook Punch Slide-Step, Finger-Strikes Four-way Wrist Strikes Knee Block, Roundhouse Kick |
| B | <i>Sokuto Geri</i> (Circle block, Side Snap-Kick) <i>Shomen Geri</i> (Circle block, Front Snap-Kick) <i>Mawashi Tsuki</i> (Circle block, Hook-Punch) <i>Hajike Uke Haraken Tsuki</i> (High Block, flat-fist Punch, Middle Block, Punch) <i>Seiken Tsuki Shotei Uke</i> (Circle-block, Cannon-Ball Punch, Palm Block, Punch) <i>Shuto Uchi Ura Uchi Shoken Tsuki</i> (Circle-block, Chop, Backfist, one-Knuckle Punch) <i>Hiji Tsuki</i> (Circle-block, Elbow Strikes) | <i>Tension Zensoko Geri</i> (Tension-Step, Circle block, Front Kick Forward Leg) <i>Tension Kosoko Geri</i> (Tension-Step, Circle-block, Front Kick Rear Leg) <i>Tension Shoken Tsuki</i> (Tension Step, Circle-block, Single-Knuckle Punch) <i>Koi no Shippo Uchi Yoko Uchi</i> (Fish-tail Wrist-Strikes) <i>Shomen Hajike</i> (Slide-Step, Finger-Strike) <i>Koi no Shippo Uchi Tata Uchi</i> (Four-way Wrist-Strikes) |

KITAE/ CONDITIONING DRILLS

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

(see **General Knowledge** Sheets)