

# Demian Maia Jiu-jitsu

## GENERAL KNOWLEDGE

ZenQuest Martial Arts Center

Students should learn the information below as they progress through the rank levels of their training. Note that the rank systems for adults and children are different and are only shown together here for the purpose of learning.

<b>“A” - White Belt With 1-Stripe</b>		
1	What should students do when an instructor is teaching?	<b>Focus and listen carefully</b>
2	What should students do if they have a question or comment for the instructor?	<b>Raise their hand and wait until called upon.</b> They must also understand that they sometimes need to wait for the right time for comments or questions.
3	What should students do when an instructor provides instruction or guidance?	<b>They should listen carefully and make sure they understand. Afterward they should thank the instructor.</b>
4	How can students be good partners in partner drills?	When developing Jiu-jitsu skills students should cooperate to help each other learn. Instructors will let students know when to use resistance.
5	Should students (or their parents) ask about when they will be promoted?	<b>No.</b> Instead, they should focus on good attendance, training hard, and being positive about learning.
6	What do students wear for Jiu-jitsu classes?	<b>Students must wear a clean uniform with appropriate patches for each class.</b> They should wear a ‘rash guard’ and underwear, but no other clothing under their uniform. Clean and appropriate gear must also be worn for ‘No-Gi’ classes.
7	Should students lay on the floor or lean on the walls in class?	<b>Students should always maintain a respectful posture and stay focused in class.</b>
8	What are the levels of sparring and rolling at ZenQuest?	<b>Technical/Light, Regular, Pre-Competition, and Competition</b>
9	What is the “3 second rule” in Jiu-jitsu?	<b>When students finish a move in drilling, they should reset and begin again within 3 seconds.</b>
10	What should the student do at the beginning and end of each class?	<b>Participate in the team “Abracos” rituals (slapping hands and quick hugs.) At the end of classes the instructors will usually have some closing comments for the group.</b>
<b>“B” - 2-Stripe White Belt</b>		
1	What type of Jiu-jitsu are you studying?	<b>Demian Maia Jiu-Jitsu</b>
2	What are teachers in BJJ called?	<b>Head Instructors – Professor or Sensei Assistant Instructors – Coach</b>
3	What are the “keywords” in the first half of the <b>Dojo Code</b> of behavior?	<b>Respect, Self-defense, Perseverance, Honor, &amp; Responsibility</b>
4	What is a “Submission”?	<b>A submission is a lock or hold which can hurt a partner if applied too quickly, or the partner doesn’t tap at the right time.</b>
5	How should students apply submissions?	<b>Submissions should be “set-up” with an emphasis on attention to detail and finished SLOWLY.</b>

6	When should a student tap in training?	<b>Any time they're uncomfortable they should tap on their partner if possible.</b> If caught in a submission, they should tap when they feel discomfort, NOT try to see how long they can resist.
7	Why are the fundamentals or basics important?	They: <b>1) help warm the body up, 2) provide strength and conditioning for grappling, and 3) are the basis for most strategies in Jiu-jitsu.</b>
8	Should students talk in class?	<b>Although a little chatting is OK, students need to stay focused on the instruction and drills in their classes.</b>
9	How can students be successful in their training?	<b>By staying focused, having a positive attitude, and doing their best in every class.</b>
10	What is the proper way to tie the belt?	<b>The student must demonstrate</b>
<b>"C" - 3-Stripe White Belt</b>		
1	What does the word " <i>Jiu-jitsu</i> " mean?	The <b>Gentle Art</b> (or <i>Arte Suave</i> )
2	What does "Base" or "Stance" mean?	<b>Standing ready to move with strength and balance</b>
3	How can each student help to make the dojo a clean and pleasant place to learn?	<b>By keeping themselves and their equipment neat and clean.</b>
4	How do students qualify for a rank/belt promotions?	They must: <b>1) learn skills and knowledge, 2) demonstrate development of mind, body, and spirit, and 3) attend a minimum number of classes.</b>
5	What is the uniform and belt called in Brazil?	<b><i>Gi</i> or <i>Kimono</i></b> (Uniform), and <b><i>Faixa</i></b> (Belt)
6	What are the main adult Jiu-jitsu Belt ranks?	<b>White, Blue, Purple, Brown, Black &amp; Red</b>
7	What are the main youth Jiu-jitsu Belt ranks?	<b>White, Grey, Yellow, Orange, &amp; Green</b>
8	Should students do drills differently from the way the instructor shows and explains?	<b>No.</b> Students should do moves exactly the way the instructor shows. Advanced students may do variations if the instructor Oks it.
<b>"D" - 4-Stripe White Belt (or White/Grey for Youth)</b>		
1	Where does DMJJ come from?	<b><i>Sao Paulo, Brazil</i></b>
2	How do you say hello in Portuguese?	<b><i>Bom Dia</i></b> (pronounced <i>bome gee-ah</i> )
3	What do the keywords in first half of the <b>Dojo Code</b> of conduct mean?	<b>Respect</b> - Treating everyone and everything in the dojo with courtesy and consideration. <b>Self-defense</b> - Developing self-control to use martial arts skills for protection ONLY. <b>Perseverance</b> - Succeeding through dedication, hard work and doing your best in training. <b>Honor</b> - Developing a sense for right and wrong and choosing what is right. <b>Responsibility</b> - Learning to take action when something needs to be done and accepting the results.
4	What does " <b>Obrigado</b> " mean?	<b>Thank you</b>
5	Who are the Owners and Chief Instructors of the ZenQuest Martial Arts Center?	<b>Professors Mark and Connie Flynn</b>

6	What are "Dominant" positions in Jiu-jitsu?	<b>Mount, Back Mount, Side Mount, S-Mount, North/South &amp; Guard</b>
7	What three elements are students judged on in rank testing?	<b>Self-defense skills, Knowledge of Jiu-jitsu strategies, and Effectiveness in Rolling.</b>
<b>"E" – Blue Belt (or 1-Stripe White/Grey)</b>		
1	What are the "keywords" in the second half of the <b>Dojo Code</b> of behavior?	<b>Dedication, Patience, Courage, Self-Control, &amp; Humility</b>
2	How do you say Master in Brazilian?	<b>Mestre</b> (pronounced mass-tree)
3	How can the student be courteous in the dojo?	<b>By using good manners and consideration for the instructors and other students.</b>
4	What is the purpose of "Rolling"?	<b>To learn to use Jiu-jitsu strategies and strength intelligently.</b>
5	Where did Jiu-jitsu originally come from?	<b>Japan</b>
6	What are Professor Connie's and Mark's Jiu-jitsu Ranks?	<b>Professor Connie - Black Belt 1<sup>st</sup> Grade Professor Mark - Black Belt 2<sup>nd</sup> Grade</b>
7	Who is Professor Connie's and Mark's teacher?	<b>Demian Maia</b>
<b>"F" – 1-Stripe Blue Belt (or 2-Stripe White/Grey)</b>		
1	At what age do students begin to receive adult ranks in Jiu-jitsu?	<b>16 years old</b>
2	What does "Abraços" mean?	<b>Hugs</b>
3	How do you say "please" in Brazilian?	<b>Por Favor</b>
4	What are Master Demian Maia's major accomplishments?	<b>He is a 5-time world Jiu-jitsu Champion, ADCC Champion, and one of the best Jiu-jitsu fighters in the history of Mixed Martial Arts.</b>
5	What do the keywords in second half of the <b>Dojo Code</b> of conduct mean?	<b>Dedication</b> - Commitment to prompt and consistent class attendance, and following instructions. <b>Patience</b> - Understanding that important achievements require time and hard work. <b>Courage</b> - The ability to stay calm, focus and perform under pressure. <b>Self-Control</b> - The ability to control behavior and emotions to achieve goals. <b>Humility</b> - Being modest and respectful towards others.
<b>"G" – 2-Stripe Blue Belt (or 3-Stripe White/Grey)</b>		
1	How do you say goodbye in Brazilian?	<b>Tchau</b>
2	What does " <b>Muito Bom</b> " mean?	<b>Very Good</b>
3	Who are the Gracies?	<b>A Brazilian family who learned Jiu-jitsu from Mitsuo Maeda and created Brazilian Jiu-jitsu or BJJ</b>
4	Who was Rolls Gracie?	<b>A member of the Gracie family who combined Brazilian Jiu-jitsu with American Wrestling.</b>
5	Who was Helio Gracie?	<b>A student of Mitsuo Maeda who used Jiu-jitsu to become a famous MMA fighter in Brazil.</b>
6	What does the name ZenQuest signify?	<b>The pursuit of self-improvement through martial arts training.</b>

7	What was the original name of the ZenQuest Martial Arts Center?	<i>The Okinawan Karate School</i>
8	What are the minimum time requirements for each stripe/belt level advancement in Jiu-jitsu?	<b>Children</b> – 3 months <b>Adults</b> – For Blue - 3 months. For Purple, Brown & Black - 8 months.
<b>“H” - 3-Stripe Blue Belt (or Grey)</b>		
1	What are the adult rank colors in Portuguese?	<b>White</b> – Branco, <b>Blue</b> – Azul, <b>Purple</b> - Roxo, <b>Brown</b> - Marrom, and <b>Black</b> - Preto
2	What are the main youth rank colors in Portuguese?	<b>White</b> – Branco, <b>Grey</b> - Cinzento, <b>Yellow</b> - Amarelo, <b>Orange</b> - Laranja, and <b>Green</b> - Verde
3	How would you say “Black Belt” in Brasileiro?	<b>Faixa Preto</b>
4	When did the Okinawan Karate School first open?	<b>1972</b>
5	When did the Okinawan Karate School become the ZenQuest Martial Arts Center?	<b>2010</b>
6	Who was Mitsuo Meada?	<b>A Japanese Jiu-jitsu Master who started Brazilian Jiu-jitsu by teaching in Brazil.</b>
7	Who is Royce Gracie?	<b>One of Helio Gracie’s sons who was the first UFC Champion, and Professor Connie’s and Mark’s 1<sup>st</sup> Jiu-jitsu teacher.</b>
<b>“I” – 4-Stripe Blue Belt (or 1-Stripe Grey)</b>		
1	Where is Demian Maia’s gym/dojo?	<b>Sao Paulo, Brazil</b>
2	What are the three aspects of developing a “Zen” mind in martial arts?	<b>Mushin, Zanshin and Fudoshin</b>
3	What does <i>Mushin</i> mean?	<b>Clarity of the mind</b>
4	What does <i>Zanshin</i> mean?	<b>Awareness</b>
5	What does <i>Fudoshin</i> mean?	<b>Calmness and stability</b>
6	Who was Demian Maia’s main teacher?	<b>Fabio Gurgel</b>
7	Who is Rorion Gracie?	<b>One of Helio Gracie’s sons, he who created the Ultimate Fighting Championships or UFC</b>
<b>“J” - Purple Belt (or 2-Stripe Grey)</b>		
1	Who was Fabio Gurgel’s teacher?	<b>Romero Cavalcanti</b>
2	Who was Romero Cavalcanti’s teacher?	<b>Rolls Gracie</b>
3	Who was Rolls Gracie’s Teacher?	<b>Helio Gracie</b>
5	What is the meaning of <i>Bushido</i> or the Warrior Spirit?	<b>To train the mind, body, and spirit to be pure and strong</b>
6	How do you count to ten in Portuguese or Brasileiro?	<b>Um, dois, três, quatro, cinco, seis, sete (setchee), oito, nove, dez</b>
7	What rank represents Grandmaster level in Jiu-jitsu?	<b>Red or Koral Belt</b>

Advanced ranks should research additional history, terminology, and understanding through independent study. Students may also find past newsletter articles and the “History of Jiu-jitsu” on the dojo website ([www.zenquestmac.com](http://www.zenquestmac.com)) helpful.