

Demian Maia Jiu-jitsu

GENERAL KNOWLEDGE

ZenQuest Martial Arts Center

“A” - White Belt With 1-Stripe		
1	What should the student do when an instructor is teaching?	Focus and listen carefully
2	What should the student do if they have a question or comment for the instructor?	Raise their hand and wait until called upon. They must also understand that they must wait sometimes until the right time for comments or questions.
3	Should a student resist or make it difficult for their partner to learn a new move?	No. Students should work together to help each other learn. They should only provide resistance appropriate for their partner’s abilities.
4	Should students (or their parents) ask about when they will be promoted?	No. Instead, they should focus on good attendance, training hard, and being positive about learning.
5	What should the student do at the end of each class?	Listen to the Instructor’s closing comments and participate in the team “Abracos” ceremony.
6	Do students need to wear a Gi or uniform for Jiu-jitsu classes?	Yes. Students need to wear a clean Gi or “No-Gi” gear for each class. Students should not “street” clothing under a uniform.
7	What is a “Tap”?	A Tap is a signal performed with the hand, or by saying “Tap”, that signals for your partner to stop what they are doing.
8	What is a “Submission”?	A submission is a lock or hold which can hurt an opponent or partner if they don’t tap at the right time.
9	What is the “3 second rule” in Jiu-jitsu?	Once students finish a move in drills, they should begin again within 3 seconds.
“B” - White/Grey Belt		
1	What type of the Jiu-jitsu are you studying?	Demian Maia Jiu-Jitsu
2	What are teachers in BJJ called?	Head Instructors - Professor Assistant Instructors - Coach
3	What is the uniform and belt called in Brazil?	Gi or Kimono (Uniform), and Faixa (Belt)
4	What are the “keywords” in the first half of the Dojo Code of behavior?	Respect, Self-defense, Perseverance, Honor, & Responsibility
5	How can the student be successful in their training?	By having a positive attitude and doing their best in every class.
6	How should students apply submissions?	Submissions should be “set-up” with an emphasis on technique, and finished SLOWLY (so that a training partner can tap before they will be hurt.)

7	When should a student tap in training?	Any time a student is uncomfortable in drills they should tap (on their partner if possible.) If caught in a submission, they should tap when they feel discomfort. THEY SHOULD NOT WAIT UNTIL THEY FEEL PAIN OR "POPPING."
8	What is the proper way to tie the belt?	The student must demonstrate
"C" - Grey Belt		
1	What does the word " <i>Jiu-jitsu</i> " mean?	Gentle Art (or Arte Suave)
2	What does " <i>Base</i> " mean?	Standing with strength and balance
3	How can each student help to make the dojo a clean and pleasant place to learn?	By keeping themselves and their equipment neat and clean.
4	How do students qualify for a rank promotion test?	They must: 1) know the required skills and knowledge 2) demonstrate development of mind, body and spirit, 3) attend the required minimum number of classes.
5	What are the basic Youth Belt colors?	White, Grey, Yellow, Orange & Green
6	What do the keywords in first half of the Dojo Code of conduct mean?	Respect - Treating everyone and everything in the dojo with courtesy and consideration. Self-defense - Developing self-control to use martial arts skills for protection ONLY . Perseverance - Succeeding through dedication, hard work and always doing your best. Honor - Developing a sense for right and wrong and choosing what is right. Responsibility - Learning to take action when something needs to be done and accepting the results of your actions.
"D" - Grey/Black Belt		
1	Where does DMJJ come from?	Brazil
2	How do you say hello in Portuguese?	Bom Dia (pronounced <i>boam gee-ah</i>)
3	What does " Obrigado " mean?	Thank you
4	Should students do drills differently from the way the instructor shows and explains?	No. Students should do techniques exactly the way the instructor demonstrates. Advanced students may do variations if the instructor indicates so.
5	Who are the Owners and Chief Instructors of the ZenQuest Martial Arts Center?	Professors Mark and Connie Flynn
6	What are "Dominant" positions in Jiu-jitsu?	Mount, Back Mount, Side Mount, North/South & Guard
7	What three elements are students judged on in rank testing?	Self-defense skills, Technical Knowledge and Rolling/Sparring
"E" - White/Yellow Belt		
1	What are the "keywords" in the second half of the Dojo Code of behavior?	Dedication, Patience, Courage, Self-Control, & Humility
2	How do you say Master in Brazilian?	Mestre (pronounced mass-tree)
3	How can the student be courteous in the dojo?	By using good manners and consideration for the instructors and other students.

4	What is the purpose of “ <i>Rolling</i> ”?	To develop techniques and strategies with a partner.
5	Where did Jiu-jitsu originate?	Japan
6	Who was Mitsuo Meada?	A Japanese Jiu-jitsu Master who moved to Brazil
7	Who is Professor Connie’s and Mark’s teacher?	Demian Maia
“F” - Yellow Belt		
1	What are the adult Jiu-jitsu Belt colors?	White, Blue, Purple, Brown, Black & Red
2	At what age do students begin to receive Adult ranks in Jiu-jitsu?	16 years old
3	What are Professor Mark’s and Professor Connie’s Ranks?	Brown Belt
4	How do you say “please” in Brazilian?	<i>Por Favor</i>
5	What does the name ZenQuest signify?	The pursuit of self-improvement through martial arts training.
6	What are Master Demian Maia’s major accomplishments?	He is a 5 time world Jiu-jitsu Champion, ADCC Champion, and a UFC contender.
“G” - Yellow/Black Belt		
1	How do you say goodbye in Brasileiro?	<i>Chao</i>
2	What do the keywords in second half of the Dojo Code of conduct mean?	Dedication - Commitment to prompt and consistent class attendance, and following instructions Patience - Understanding that important achievements require time and hard work Courage - The ability to stay calm, focus and perform under pressure Self-Control - The ability to control behavior and emotions in order to achieve goals Humility - Being modest and respectful towards others
3	What does “Abracos” mean?	Hug or Embrace
4	Who are the Gracies?	A Brazilian family who learned Jiu-jitsu from Mitsuo Maeda.
5	Who was Helio Gracie?	A member of the Gracie family who modified Japanese Jiu-jitsu to be effective for anyone.
6	What was Helio Gracie famous for?	He was a very successful Mixed Martial Arts or “Vale Tudo” fighter (even though he was a smaller person.)
“H” - White/Orange Belt		
1	What are the youth rank colors in Portuguese?	<i>Cinzento</i> (Grey), <i>Amarelo</i> (Yellow), <i>Laranja</i> (Orange), and <i>Green</i> (Verde)
2	What was the original name of our school?	<i>The Okinawan Karate School</i>
3	When did the Okinawan Karate School first open?	1972
4	When did the Okinawan Karate School become the ZenQuest Martial Arts Center?	2010

5	Who created the UFC or Ultimate Fighting Championships?	Rorion Gracie
6	What Jiu-jitsu fighter was the first UFC Champion?	Royce Gracie
7	What is the "Brasa" team?	The Brasa team is a group of Jiu-jitsu schools that train and compete together to advance the quality of their Jiu-jitsu
"I" - Orange Belt		
1	Where is Demian Maia's gym/dojo?	Sao Paulo, Brazil
2	What two aspects of developing a "Zen" mind?	Zanshin and Mushin
3	What does <i>Zanshin</i> mean?	Total awareness
4	What does <i>Mushin</i> mean?	Complete clarity of the mind
5	Who was Demian Maia's teacher?	Fabio Gurgel
6	How do you say "excuse me" in <i>Brasilero</i> ?	Con Lisensa
7	What rank represents Grandmaster level in Jiu-jitsu?	Red or Koral Belt
"J" - Orange/Black Belt		
1	Who was Fabio Gurgel's teacher?	Romero Cavalcanti
2	Who was Romero Cavalcant teacher?	Rolls Gracie
3	Who was Rolls Gracie's Teacher?	Helio Gracie
4	What was Rolls Gracie famous for?	He was a great Jiu-jitsu Master who blended Wrestling into the Brazilian Jiu-jitsu
5	When was the Brasa Team formed?	2002
6	What is the meaning of <i>Bushido</i> or the Warrior Spirit?	To train the mind, body and spirit to be pure and strong
7	What are the Adult rank colors in Portuguese?	Branco (White), Azul (Blue), Roxo (Purple), Marrom (Brown), Preto (Black)
8	How would you say "Black Belt" in <i>Brazilero</i> ?	Faixa Preto
9	What does " Muito Bom " mean?	Very Good
10	How do you say "right" and "left" in Portuguese?	Direita and Esquerda
11	How do you count to ten in Portuguese or <i>Brazilero</i> ?	Um, dois, três, quatro, cinco, seis, sete (setchee), oito, nove, dez

Note: 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) helpful.