

Cobras

Rank Requirements

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 and parents 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	GENERAL KNOWLEDGE	TECHNIQUES	KATA	KUMITE	FEE
JUKYU (10 th level)	White	---	---	---	---	---
KYUKYU (9 th level)	White with yellow stripe	A	A	---	Yakusoku 1	\$10
HACHIKYU (8 th level)	Yellow	A & B	A & B	Sanchin	Yakusoku 1 & 2	\$15
NANAKYU (7 th level)	Yellow with Blue stripe	A – C	B & C	Sanchin	Yakusoku 1 - 3	\$20
ROKKYU (6 th level)	Blue	A – D	C & D Kitae A	Sanchin Kanshiwa Mijikai	Yakusoku 1 - 4 Jiyu (Sparring)	\$25
GOKYU (5 th level)	Blue with Green stripe	A – E	Hojo Undo A Kitae A & B	Sanchin Kanshiwa	Yakusoku 1-5 Jiyu	\$30
YONKYU (4 th level)	Green	A – F	Hojo Undo A & B Kitae A – C	Sanchin Kanshu Mijikai	Yakusoku 1-6 Jiyu	\$35
SANKYU (3 rd level)	Green with Brown Stripe	A – G	Hojo Undo Kitae	Sanchin Kanshu Kanshiwa Bunkai	Yakusoku 1-7 Jiyu	\$40
NIKYU (2 nd level)	Brown	A – H	Hojo Undo Kitae	Sanchin Seichin Mijikai Kanshiwa Bunkai	Yakusoku 1-8 Jiyu	\$45
IKKYU (1 st level)	Brown with Black Stripe	A – I	Hojo Undo Kitae	Sanchin Seichin Kanshiwa Bunkai	Yakusoku 1-10 Jiyu	\$50
SEMPAI	Brown and Black	A – J	Hojo Undo Kitae	Sanchin Seisan Kanshiwa Bunkai	Yakusoku 1-10 Jiyu	\$60

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* (5th level) is performed informally during class, and testing for *Yonkyu* (4th level) and above is performed formally by appointment.
- 4.) Test fees are due immediately following informal tests and prior to formal tests.
- 5.) The Rank of *Sempai* is reserved for students over the age of 12 who exhibit exemplary dojo conduct and leadership among their peers.

GENERAL KNOWLEDGE

(see **General Knowledge** Sheets)

TECHNIQUES

A	Dragon Stance (Sanchin Dachi) Spear Hand Position (Sanchin Kamae) Tiger Claw Guard (Hirate Kamae) Circle Block (Wa Uke) Palm Block (Shotei Uke) Dragon Stepping (Sanchin Aruite)	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)
B	Straddle Stance (Shiko Dachi) Low Block (Gedan Uke) Middle Block (Chudan Hajiki Uke) High Block (Jodan Hajiki Uke) Hook Punch (Mawashi Tsuki) Sanchin Turning (Sanchin Mawatte)	"Thumb-Fist" Strike (Boshiken Tsuki) Sword Hand Strike (Shuto Uchi) Reverse Punch (Gyaku Tsuki) One-knuckle Punch (Shoken Tsuki) Knee Block (Hiza Uke) Inwards Crescent Kick (Naka Mikazuki Geri)
C	Tiger Stance (Neko Ashi Dachi) Crane Stance (Sagi Ashi Dachi) Spearhand Strike (Nukite Uchi) Swinging Elbow Strike (Yoko Hiji Tsuki)	Back-fist Strike (Uraken Uchi) Round Kick (Mawashi Geri) Outwards Crescent Kick (Soto Mikazuki Geri) Back Kick (Ushiro 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) Slide Step (Suberu Ashi) Hook Kick (Mawashi Ushiro Geri) Side Thrust Kick (Yoko Geri)

HOJO UNDO (TECHNIQUE COMBINATIONS)

A	<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>Seiken Tsuki Shotei Uke</i> (Circle-block/ Cannon-Ball Punch/ Palm Block/ Cannon-Ball Punch) <i>Shomen Hajike</i> (Slide-Step/ Finger-Strike) <i>Koi no Shippo Uchi Tata Uchi</i> (Four-way Wrist-Strikes)
B	<i>Hajike Uke Haraken Tsuki</i> (High Block/ flat-fist Punch/ Middle 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 Leg Kick) <i>Tension Kosoko Geri</i> (Tension-Step/ Circle-block/ Rear Leg Kick) <i>Tension Shoken Tsuki</i> (Tension Step/ Circle-block/ Single-Knuckle Punch) <i>Koi no Shippo Uchi Yoko Uchi</i> (Fish-tail Wrist-Strikes)

KITAE/ CONDITIONING DRILLS

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