

Pythons & Anacondas

Rank Requirements

ZenQuest Martial Arts Center

Students must satisfy requirements in etiquette, attendance, and Jiu-jitsu skills for each rank. Good attitude and effort in the dojo are essential for qualifying for rank promotions. Students and parents should focus on the requirements and training for each rank and not the timing of their promotion.

BELT	QUESTIONS	TECHNIQUES/ SELF-DEFENSE	GRAPPLING	FEE
White	---	Beginner Level	---	---
White 1-stripe	A	Forward Roll, Back Fall, Technical Stand-Up, Sprawl, Samurai Walk, Jellyfish. Wrist Grab Defense	---	---
White 2-stripes		Back Roll, Side Falls, Standing Roll Shrimps, Sit-Throughs. 2-on-1 Wrist Grab Defense	---	---
White 3-stripes		Front Choke Defense	---	---
White/Grey	B	Mount Position, Bump Escape, "Shrimp" Escape, Guard Control. Sucker Punch Defense (Body Lock TD)	3 Minutes	\$10
W/Grey 1-stripe		Double Wrist Grab Defense (Russian Leg trip)	---	---
W/Grey 2-stripes		Front Bear Hug Defense (Arms Out)	---	---
W/Grey 3-stripes		Rear Choke Defense (Drop Throw)	---	---
Grey	C	Leg Trip. Side Control & "Shrimp" Escape. Guard Scissors Sweep. 1 st Guard Pass. Rear Bear Hug Def. (Arms In)	3 Minutes	\$15
Grey 1-stripe		Headlock Defense (Posture & Step back)	---	---
Grey 2-stripes		Dragging Rear Choke Defense	---	---
Grey 3-stripes		Full Nelson Defense	---	---
Grey/Black	D	Inside Leg Trip. Mount Americana & Kimura. Backwards "Shrimp" Side Escape. "Divide & Conquer" Pass. Front Bear Hug Defense (Arms In)	4 Minutes	\$20
Grey/B 1-stripe		Rear Bear Hug Defense (Arms Out)	---	---
Grey/B 2-stripes		Double Wrist Grab Defense (circle arms out)	---	---
Grey/B 3-stripes		Single Lapel Grab Defense (slap elbow)	---	---
White/Yellow	E	Guard X-Choke & Arm Bar. Double-Under Pass. Sucker Punch Defense (Clinch/Sit), " Push Down " Defense	4 Minutes	\$25
W/Y 1-stripe		Shoulder Grab Defense (arm bent)	---	---
W/Y 2-stripes		Shoulder Grab Defense (arm straight)	---	---
W/Y 3-stripes		Standing Guillotine Defense (Knee Bump)	---	---
Yellow	F	Double-Leg TD, Side to Mount (Foot Hop & Knee Slide), Mounted Arm-Bar & X-choke, Sucker Punch (Hip throw)	5 Minutes	\$30
Yellow 1-stripe		Arm Bar Defense (Sit-up & Stack)	---	---
Yellow 2-stripes		Front Choke Against Wall (Grab Finger, Bend SLOWLY)	---	---
Yellow 3-stripes		Guard Arm Bar Defense (Secure wrist & Stack)	---	---
Yellow/Black	G	Mounted Paper-Cutter, Transition to Rear-Choke. Jab Def. (Side Clinch/Leg Trip), Headlock w/Punches	5 Minutes	\$35
Y/B 1-stripe		Double Front Choke Against Wall	5 Minutes	---
Y/B 2-stripes		Single Wall Choke w/Punch Defense	5 Minutes	---

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Y/B 3-stripes		Double Lapel Grab Against Wall (Palm Elbows & Turn)	5 Minutes	---
White/Orange	H	Single Leg TD, Guard Kimura & Guillotine, Arm-Triangle & Triangle; Twist Pass. Shot Defense (Sprawl, Back Take & Clock Choke)	4 Minutes X 2	\$40
W/O 1-stripe		Front Kick Defense	4 Minutes X 2	---
W/O 2-stripes		Standing Guillotine Def. (Lift, Side, Shoulder-Pressure)	4 Minutes X 2	---
W/O 3-stripes		Cross Choke Defense	4 Minutes X 2	---
Orange	I	High Double, Inside Foot Sweep, Side Americana, Kimura & Straight Arm Bar. "Cross" Punch Defense ("Bianna" to Side), Head Lock Defense (Drop)	4 Minutes X 2	\$45
Orange 1-stripe		Double Lapel Grab Defense (elbow drop)	4 Minutes X 2	---
Orange 2-stripes		Head Lock Roll	4 Minutes X 2	---
Orange 3-stripes		Guard Guillotine Defense	4 Minutes X 2	---
Orange/Black	J	Snap Down, Inside leg Throw/"Ouchi Gari", Side Bow & Arrow & Jacket Chokes, Kimura Sweep & Flower Sweep. Guard Kimura Defense	5 Minutes X 2	\$50
O/B 1-stripe		Back Roll Throw (Lion King)	5 Minutes X 2	---
O/B 2-stripes		Standing Guillotine (Drop)	5 Minutes X 2	---
O/B 3-stripes		Scarf-Hold Head Lock Defense (Frame & Back Take)	5 Minutes X 2	---
White/Green	---	Outside Foot Sweep, Ankle Pick TD; Open Guard Hip/Knee Sweep & Sickie Sweep, S-mount collar choke, Arm Bar & Arm Triangle	5 Minutes X 2	\$55
W/Green 1-stripe		Scarf-Hold Head Lock Defense (Sweep)	5 Minutes X 2	---
W/Green 2-stripes		Wall Kick Defense	5 Minutes X 2	---
W/Green 3-stripes		Arm Bar Defense (Trap leg & Hitchhiker)	5 Minutes X 2	---
Green	---	Single w/Treetop, Knee Mount, Baseball Choke, Chop Choke. Guard Razor Arm Bar & "Oma Plata". Triangle Defense. Knee Slide Pass.	6 Minutes X 2	\$60
Green 1-stripe		Overhead Stick Attack Defense	6 Minutes X 2	---
Green 2-stripes		Side Stick Attack Defense	6 Minutes X 2	---
Green 3-stripes		Double Lapel Grab Defense (hip throw)	6 Minutes X 2	---
Green/Black	---	Scissors Counter to Treetop Single, Side Chicken Wing & Triangle, Mounted triangle, Guard Back Take/Sweep & Back Roll Sweep, Toreando Guard Pass	6 Minutes X 2	\$65
Green/B 1-stripe		"Uchi Mata" Shoulder Throw	6 Minutes X 2	---
Green/B 2-stripes		"Uchi Mata" Counter to Single	6 Minutes X 2	---
Green/B 3-stripes		Twist throw/"Taiatoshi"	6 Minutes X 2	---

Notes: 1) All students are required to wear protective gear (mouthpiece and cup) for freestyle grappling.
 2) Test fees are due immediately following promotions.