



Zen DO Kai

1st Degree Black Belt GRADING REQUIREMENT

The grading requirement is as follows:

1. IRON HORSE FORM
2. THREE BATTLE FORM (SANCHIN) (revision)
3. ROTATING PALMS FORM (TENSHO) (revision)
4. LULL BEFORE THE STORM FORM (SEINCHIN) (revision)
5. LIGHTNING STRIKES TWICE FORM (SAIFA)
6. FREEFORM (WITH NAME)
7. ESSAY PRESENTATION (250 words or less & artistic presentation)