



## **Zen DO Kai 3rd Degree GRADING FORMAT**

1. "LIGHTENING STRIKES TWICE" (SAIFA) FORM
2. DELTA APPLICATION FORM THE ABOVE FORM
3. "EYE OF THE TORNADO" (SANSERU) FORM
4. DELTA APPLICATION OF THE ABOVE FORM
5. "WRATH OF THE PYTHON" (SEISAN) FORM
6. DELTA APPLICATION OF THE ABOVE FORM
7. FREEFORM
8. DELTA APPLICATION OF THE ABOVE FORM