

**WIKF Dan Practice questions:**

**Kata No Rokugensoku  
(Six Principles of Kata)**

Ikita Kata.

\_\_\_\_\_

Inen.

\_\_\_\_\_

Chikara no Kyojaku

\_\_\_\_\_

Waza no Kankyu

\_\_\_\_\_

Kisoku no

Donto.

\_\_\_\_\_

Balance

\_\_\_\_\_

**Kumite No Gogensoku  
(Five Principles of Kumite)**

Kiwa Hayaku.

\_\_\_\_\_

—

Kokorowa Shizuka.

\_\_\_\_\_

Minwa Karuku.

\_\_\_\_\_

—

Menwa Akirakani.

\_\_\_\_\_

Wazawa Hageshiku.

\_\_\_\_\_

**Principles of Receiving**

**Nagasu**

\_\_\_\_\_

**Inasu**

\_\_\_\_\_.

**Noru**

\_\_\_\_\_

**Principles of Initiative**

**Sen**

---

---

**Go no**

**Sen**

---

**Sen no**

**Sen**

---

**Sen sen no**

**sen**

---

**Brief history of WADO to include but not limited to the following**

**Who founded it ?**

**When was it established?**

**What does WADO mean?**

**What makes Wado unique?**

**When did he die?**

**Other details as contained in the Green WIKF Passport**

**Brief History of WIKF to include but not limited to the following**

**Who founded it?**

**When was it established?**

**Why was it founded?**

**When did he die?**

**Current World Chief Instructor?**