

WIKF Dan questions and information

A brief history of Wado (Who founded it and when also what makes it unique etc.)

A brief history of Suzuki and WIKF (When founded, why, mission etc.)

Principals of kata

Principles of kumite

Principles of Receiving (Nagasu, Noru, Inasu)

Principles of Initiation (Sen, Sen-No-Sen, Go-No-Sen)

Kata No Rokugensoku (Six Principles of Kata)

1. Ikita Kata. Kata must be alive and done with feeling and purpose.
2. Inen. Kata must be performed with spirit.
3. Chikara no Kyojaku. Kata should be done with changes in the application of power. The technique can be strong or yielding, hard then soft.
4. Waza no Kankyu. Kata should be done with variations in movement timing, sometimes fast, sometimes slow.
5. Kisoku no Donto. Kata must be done with a proper breathing rhythm when inhaling and exhaling.
6. Balance. A proper balance must be maintained in the performance of kata.

Kumite No Gogensoku (Five Principles of Kumite)

1. Kiwa Hayaku. Attack your opponent with a strong spirit, do not think about defense, only your attack.
2. Kokorowa Shizuka. Always maintain a calm mind and spirit.
3. Minwa Karuku. Your movement and your technique must be polished and smooth.
4. Menwa Akirakani. When you look at your opponent, see all of him. Do not fix your gaze on only one spot.
5. Wazawa Hageshiku. Your technique must be sharp.

Hironori Ōtsuka (大塚 博紀 Ōtsuka Hironori?) June 1, 1892 – January 29, 1982) was a Japanese master of karate who created the Wadō-ryū style of karate. He was the first Grand Master of Wadō-ryū karate and received high awards in Japan for his karate contributions.

Early life—Ōtsuka was born on June 1, 1892, in Shimodate City, Ibaraki, Japan. He was one of four children to Tokujiro Ōtsuka, a medical doctor. At the age of 5 years, he began training in the martial art of jujutsu under his great-uncle, Chojiro Ebashi (a samurai). Ōtsuka's father took over his martial arts

education in 1897. At the age of 13, Ōtsuka became a student of Shinzaburo Nakayama in Shindō Yōshin-ryū jujutsu.

In 1911, while studying business administration at Waseda University in Tokyo, Ōtsuka trained in various jujutsu schools. Before his studies were complete, his father died, and he could not continue studying; he commenced work as a clerk at the Kawasaki Bank. Although he wished to become a full-time instructor, he did not pursue this course out of respect for his mother's wishes. On June 1, 1921, Ōtsuka received the menkyo kaiden (certificate of mastery and license to teach) in Shindō Yōshin-ryū jujutsu and became the fourth master of that school. However, Jujutsu was not to become his primary art; in 1922, Ōtsuka began training in Shotokan karate under Gichin Funakoshi, a new arrival in Japan. In 1927, he established a medical practice specializing in treating martial arts training injuries.

By 1928, Ōtsuka was an assistant instructor at Funakoshi's school. He also trained under Chōki Motobu and Kenwa Mabuni, and studied kobudo, around this time. Ōtsuka began to have philosophical disagreements with Funakoshi, and the two men parted ways in the early 1930s. This may have come, in part, from his decision to train with Motobu. Funakoshi's karate emphasized kata, a series of movements and techniques linked by fighting principles. Funakoshi did not believe that sparring was necessary for realistic training. Motobu, however, emphasized the necessity of free application and created a series of two-person kumite called yakusoku kumite.

Wado-ryu karate - On April 1, 1934, Ōtsuka opened his karate school, the Dai Nippon Karate Shinko Kai, at 63 Banchi Suehiro-Cho, [Kanda](#), Tokyo. He blended Shotokan karate with his knowledge of Shindō Yōshin-ryū jujutsu to form [Wadō-ryū](#) karate, although the art would only later take on this name several years later. With the recognition of his style as an independent karate style, Ōtsuka became a full-time instructor. In 1940, his style was registered at the Butokukai, [Kyoto](#), for the demonstration of various martial arts, together with Shotokan, [Shitō-ryū](#), and [Gōjū-ryū](#).

Following World War II, martial arts practice in Japan was banned. After a few years, however, the ban was lifted; through the 1950s, Ōtsuka held various karate competitions. In 1964, three of Ōtsuka's students ([Tatsuo Suzuki \(1928-2011\)](#), Toru Arakawa, and Hajime Takashima) from [Nihon University](#) toured Europe and the United States of America, demonstrating Wadō-ryū karate.

Later life- On April 29, 1966, [Emperor Hirohito](#) awarded Ōtsuka the [Order of the Rising Sun, Fifth Class](#). The Emperor later also awarded him the Soko Kyokujitsu-Sho medal for his contributions to karate.^[1] In the next few years, Ōtsuka wrote two books on karate: *Karate-Do, Volume 1* (1967, focused on *kata*) and *Karate-Do, Volume 2* (1970, focused on *kumite*). On October 9, 1972, the Kokusai Budo (International Martial Arts Federation) awarded Ōtsuka the title of *Shodai Karate-do Meijin Judan* (first-generation karate master 10th *dan*); this was the first time this honor had been bestowed on a karate practitioner.

Hironori Ōtsuka died on January 29, 1982.

Tatsuo Suzuki (鈴木達夫 *Suzuki Tatsuo*, April 27, 1928 – July 12, 2011) [Yokohama](#), Japan was an 8th Dan Japanese [karateka](#) instrumental in spreading the martial art of [Wadō-ryū karate](#) to Europe and the United States.

Early life - Tatsuo Suzuki as a child had a keen interest in [kendo](#) and [judo](#), and at the age of 14, he began studying karate, under [Hironori Ōtsuka](#), the founder of [Wado Ryu karate](#). After six years of studying karate Tatsuo Suzuki obtained his 3rd Dan, and in 1951 he was awarded 5th Dan, the top grade in Wado Ryu at that time. Complementing the karate he was a 2nd Dan in Tenshin Horyu [Bojutsu](#) and 1st Dan in [judo](#). He also studied Zen doctrine with the high priest Genpo Yamamoto and Soyen Nakagawa.

In 1975 he received the 8th dan, the highest grade of the All- Japan Karate-Do Federation [Wadōkai](#). In that year, he also received the highest the title "Hanshi". In Wado-ryu; the only other person with that title was Hironori Ōtsuka.

In 1963, Hironori Ōtsuka dispatched Suzuki, along with Toru Arakawa and Hajime Takashima, to spread Wadō-ryū around the world.

From 1956-1964, Suzuki Sensei formed the first Wado-Ryu Federation in England and from his base in London expanded throughout Europe. He brought students from Japan, taught them how to be instructors, and sent to various countries in Europe. In a few years, Wado-Ryu became a very popular karate style in Europe.

In 1991 Suzuki Sensei decided to form his own federation to safeguard the essence of Wado Ryu as he was taught by his teacher Ohtsuka. He thus formed the Wado International Karate-do Federation (WIKF).

Tatsuo Suzuki died on July 12, 2011

Wado Principles

Principles of Receiving

Nagasu is parrying, or moving with the attack, to evade a blow, often while countering. The body is moved slightly off of the line of attack so that the attacking technique is evaded, but at a close enough angle that the power of the opponent's attack can be used to increase the force of the counterattack.

Inasu is dodging and or deflecting, often dropping the body to move under, inside, or around an attacker's technique.

Noru is "riding," or moving in contact with the opponent to control the opponent's technique or body movement.

San-mi-Ittai

San mi-ittai are three kinds of body shifting movement which typify Wado-Ryu. The Kihon Kumite provide perhaps the best examples of san mi-ittai.

Ten-i, "to move the position" or move away from the attack.

Ten-tai, twisting and realigning the body to change the relationship of the body to the attack and further

reduce the exposed target area.

Ten-gi, executing techniques while letting the attack pass through.

Principles of Initiative

Sen

This is the process of taking the initiative to attack, not waiting.

Go no Sen

This is the process of receiving an opponent's attack and immediately countering or seize the initiative back.

Sen no Sen

To receive the attack and attack the opponent at the same time. This can be seen for example in Kihon Gumite #1

Sen sen no sen

To initiate an attack at the same moment your opponent has committed to his intention to attack. You have to sense your opponent's intention to attack and attack at that moment.

Other Wado Concepts

- **Chu Shin Sen:** The central body axis most times must be kept straight (vertical), and not sway or break when you move in any direction. In most cases, your head and body should stay at the same height (level) from stance to stance. Keeping your eyes fixed forward and don't look down. If you keep your Chu Shin Sen vertical your punches will snap and your balance will hold. This is the key fundamental to all movement and balance.
- **Sei Chu Sen**, the zone or area of force in front of you according to a straight line from your solar plexus towards your opponent's. This can be thought as a contact zone that is marked by a triangle from each of your shoulders out to a point at the length of your arms with your hands together. All action should take place within this zone, not outside of it. When you punch forward it has to be exactly on the **the centerline** or it will not be strong.

For the Kihon Gumite:

- **Three Elements of Kihon Gumite:**

1)Maai; distance according to the timing to strike an opponent,

(May use iri, nagashi or inashi with noru according to the distance. Example would be with the first movement of Kihon Gumite 10).

2)Kiai; bring forth your spirit, not just a yell.

3)Kokyu; timing according to your opponent and their breathing (opening). Remember Hiki komi so that you are not moving at the same time.