



Kata Examination Questions

For

WKF Coaches' Licenses

Effective from 1st Of January **2024**

Date: 1st of January 2024

KATA EXAMINATION QUESTIONS FOR COACHES' LICENSES

TRUE OR FALSE

1. The minimum certification required to perform as coach in all Karate 1 events (Premier League, Series A and Youth League) is Accredited Coach certification.
2. The minimum certification required to perform as coach in Premier League events, and World Championships, is the Kumite or Kata Coach certification.
3. During the Round-Robin rounds, the coach does not have to wear a tracksuit.
4. The coach must know and understand the Anti-Doping rules.
5. It is permitted for the coach to take pictures while coaching.
6. During the match, the coach does not have to seat in the box provided.
7. During medal bouts, male coaches must wear a dark suit, shirt and tie.
8. Any discourteous behavior from a coach can cause the disqualification of a competitor, the entire team or delegation from the tournament.
9. During medal bouts, female coaches can wear a tracksuit.
10. The red and blue belts must be without any personal embroideries or markings.
11. The competitor's fair play manners are not the responsibility of the coach.
12. It is permitted for the coach to wear a hat or sunglasses while coaching.
13. It is Okay to sit as coach wearing a Karate-gi.
14. The coach must know and understand the rules of competition.
15. It is not acceptable for the coach to have a note pad and a pencil while coaching.
16. Coaches must show respect for other coaches, competitors, and officials.
17. Coaches can interfere in the match at any time.
18. The competitor must wear tracksuit or karate-gi at the prize ceremony.
19. According to the Olympic Charter all kinds of political, religious or racial propaganda are not permitted in any Olympic sites, venues or other areas.
20. Jackets without ties may be used.
21. The only religiously mandated attire that can be used by competitors is the WKF homologated black headscarf.



22. The competitor can wear jeans and t-shirt at the prize ceremony.
23. The WKF adheres to the principles of the Olympic Charter.
24. If a competitor arrives at the Tatami with unregulated equipment or Karate-gi, he/she is given five (5) minutes to correct matters.
25. It is not the responsibility of the coach if the athlete's Karate-gi is not according to the rules.
26. One Karate-gi is considered "WKF approved" if it's brand is published in the WKF official website.
27. A Kumite coach can direct a Kata competitor from the box.
28. The use of karate-gi with embroidery brands on the shoulders in white is allowed in all the WKF Official competitions.
29. The use of karate-gi with embroidery brands on the shoulders in red and blue is mandatory in all the WKF Official competitions.
30. Athletes' behavior are very important, and part of the values and spirit of the sport of Karate, and the reputation of their National Federation and the WKF.
31. The use of bandages, padding or supports because of injury must be approved by the referee and done or approved by the tournament doctor.
32. Ribbons, beads and other decorations are permitted.
33. CTE (Chronic Traumatic Encephalopathy) is a progressive degenerative disease of the brain found in athletes with a history of repetitive brain trauma and other hard impacts to the head. Generally, its effects appear in patients in their 70's and 80's.
34. WKF follows the WADA Anti-Doping program and regulations.
35. WADA has an Anti-Doping e-learning site that provides education and resources in multiple languages targeted at different audiences called ADel.
36. Coaches should cooperate with athlete testing programs only if it is convenient for them.
37. The list of prohibited substances only mentions substances that are prohibited out of competition.
38. TUEs (Therapeutic Use Exemptions) ensure that you can obtain treatment for a legitimate medical condition— even if that treatment requires a prohibited substance or method.



39. A TUE (Therapeutic Use Exemption) application must be made at least 30 days before taking part in an event.
40. You can report Safe Sport incidents and suspicions via 2 methods: the official WKF complaint form, or at WKF competitions, you can speak directly to the event safeguarding officer.
41. In Safe Sport Policy, the 5 categories of any non-accidental violence that will be tolerated is Psychological, physical, sexual abuse, sexual harassment and neglect.
42. Humiliating initiation routines are okay if it brings the team together.
43. Coaches have a duty of care to create the safest possible sport environment. This means understanding both their own and their athletes' responsibilities in the Safe Sport framework.
44. WKF safe sport policy protects its members from harassment, abuse and false allegations both in and out of competition while maintaining strict confidentiality.
45. The Chief Judge can order the team to stop the Bunkai performance in case there is a very serious injury.
46. A concussion is not serious because you cannot see it on a clinical imaging tool like an MRI.
47. If an athlete suffers a concussion, he/she needs to be identified and leave the competition as repeated concussion can occur even with less severe blows and the potential of suffering from second impact syndrome, which has a death rate of 50%.
48. If the athlete does not lose consciousness, it is not a concussion.
49. After a concussion, it is recommended to apply a gradual return to play (RTP) protocol where the athlete will progressively go through different stages while remaining asymptomatic.
50. Performing a scissor takedown technique to the neck area is allowed only in the (Bunkai) in the final bout.
51. In Bunkai performance, transitional movements and control are part of the performance.
52. In Bunkai performance; balance, timing and speed are not part of the performance.
53. Bunkai is to be given equal importance as the Kata itself.
54. Strength, speed, balance and focus are part of the Kata performance.



55. If the competitor's belt falls off during the performance of Kata the competitor will be disqualified.
56. Causing injury by lack of controlled technique during Bunkai is not considered a foul.
57. Time wasting, including prolonged marching, excessive bowing or prolonged pause before starting the performance is considered a foul.
58. In Bunkai performance: strength, timing and techniques are part of the performance.
59. Stamping the feet, slapping the chest, arms or karate-gi, are audible cues.
60. It is the responsibility of the President of the National Federation to ensure that the Kata as notified to the score table is appropriate for that particular round.
61. Kata performance must demonstrate strength, power, and speed, as well as grace, rhythm, and balance.
62. In the bouts for medals in team Kata competition, teams will perform a demonstration of the meaning of the Kata (Bunkai).
63. The three major criteria are: conformance, technical performance and athletic performance.
64. The competitors can select any Kata from the official Kata list.
65. Coin toss is the last criteria to resolve the tie at the end of round robin in individual competition.
66. In World Championships, it is permitted for Kata coaches who are part of a National Federation delegation to coach their Competitors bouts without having the required Coach Certification level.
67. Any discourteous behavior from a coach can only earn the disqualification of his competitor.
68. For medal bouts in team Kata, a Time Keeper will keep track of the maximum performance time.
69. A Kata can only be repeated when it is used as tiebreaker.
70. In case of any discrepancy between the name and the number of the Kata, the number, as per the official WKF Kata list will prevail.
71. There are three general Categories in Para-Karate competitions: Visually Impaired, Intellectually Impaired and Wheelchair Users.



72. The system will randomly allocate the Judging panel, which will contain the 7 officials for each Tatami.
73. At World Championships in Para-Karate, coaches need to have at least the WKF Certified Kata Coach License.
74. In wheelchairs, during Para-Karate competition advertising cannot be placed on the backrest.
75. In case of emergency evacuation during Para-Karate competitions, the national coaches are directly responsible for the safe removal of the Athletes.
76. During the Classification Session in Para-Karate, the competitor's coach doesn't have to be present with the Athlete at all times.
77. In Team competition, the total time allowed for Kata and Bunkai is five (5) minutes.
78. In case of a protest, the coach should ask a referee for help.
79. The judges cannot explain the outcome of a bout to a coach or competitor.
80. Video review applies also for Kata Competition.
81. If there is an administrative malfunction, the Coach can notify the Tatami Manager directly.
82. The Tatami Manager can recommend the coach to write a protest.
83. If a refereeing procedure appears to contravene the rules, the Competitor's Coach is not allowed to make a written protest in KATA Competitions..
84. The competitors have to follow the instructions of the controllers regarding the Karate-gi and the belt.
85. Physiotherapists and doctors are not allowed access to the warm-up area.
86. The accreditation of a Kata athlete as they do not need to pass the weighing control, they can be collected without showing their passport.
87. In senior world championships, Kata can be repeated after performing five different kata but cannot be repeated twice in a row.
88. Excessive celebration after winning the medal bout is permitted.
89. Kata Team members must all wear the same brand mark on the shoulders.
90. If a competitor arrives at the Tatami with unregulated equipment or Karate-gi, he/she is given two (2) minutes to correct matters.



91. Performance of an extra Kata is the last criteria to resolve the tie in individual round robin.
92. Simulated unconsciousness is not considered a foul in case of good BUNKAI performance.
93. It is the responsibility of the head of delegation to ensure that the kata being notified to the runner is the appropriate kata for that particular round.
94. Having to take a corrective step to recover from a total loss of balance or have a fall is a foul.
95. In Para-Karate Competitions, Athletes of the Visually Impaired Class (K10) are required to wear International Blind Sports Federation (IBSA) approved blackout blindfolds for blind sports.
96. In Para-Karate Competitions, Athletes with more than one type of impairment will be allowed to compete in more than one sport class during the championships.
97. In Para-Karate Competitions, Competitors from the Intellectually Impaired category (Sport Classes K21 and K22) may perform the same Kata in each round.
98. In Para-Karate Competitions, Wheelchairs used in competition is not necessary to be the same used in the Classification Session.
99. It is not the responsibility of the coach if the athlete's Karate-gi is not according to the rules.
100. A Karate-gi is considered "WKF approved" if its brand is published in the WKF official website.
101. The use of karate-gi with embroidery brands on the shoulders in white is allowed in all the WKF Official competitions.
102. It is permitted for the coach to have electronic communication devices while coaching.
103. It is permitted for the coach to wear Sandals, or any other open-toe shoe while coaching medal bouts.



104. A coach may be subjected to have his/her coaching license suspended for a period up to 6 months if his Competitor appears at the competition area with unauthorized equipment or irregular Karate-gi.

105. For WKF World Individual Championships - Phase 2, and Karate 1 - Premier League, the eight highest ranked Competitors present at the competition are seeded.

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