



Opening Ceremony

Each training session will usually begin and end with a short ceremony to show respect for your instructor, the dojo and your fellow students. There will be some variation between dojos and instructors, but it will go something like this:

Head student announces:

Shugo (shoo-go) - Line up
Ki O Tsuke (key-oht-skay) - Attention (Lit: Gather your ki)
Seiza (say-zah) - Kneel (This is known as Zarei (Za-ray) kneeling bow)
Mokuso (mok-so) - close eyes/meditate
Mokuso Yame (mok-so yah-may) - Open eyes
Shomen Ni (or Shin-zen Ni)(sho-men nee) - Face forward (towards shrine)
Rei (ray) - Bow

Head student announces:

Sensei Ni Rei

Everybody announces:

Onegaishimasu (on-e-guy-shim-ass) - please teach me or please show me

Closing Ceremony

Head student announces:

Shugo (shoo-go) - Line up
Ki O Tsuke (key-oht-skay) - Attention (Lit Gather your ki)
Seiza (say-zah) - Kneel
Mokuso (mok-so) - close eyes/meditate
Mokuso Yame (mok-so yah-may) - Open eyes
Shomen Ni (or Shin-ze Ni)(sho-men nee) - Face forward (towards shrine)
Rei (ray) - Bow

Head student announces:

Sensei Ni Rei

Everybody announces:

Arigato Gozaimashita (ary-gato-goz-aye-mass)- Thank you very much

Head student announces:

Otogai Ni Rei (Turn toward the person to your left starting from the highest grade)

Everybody announces:

Arigato Gozaimashita - Thank you very much

Head student announces:

Shomen (sho-men) Face forward

Kiritsu (Kir-it-zu) Stand

How to perform Seiza correctly

- 1 From Musubi Dachii (Formal attention stance) draw the left foot to the rear
- 2 Kneel down on the left knee, the knee should be placed next to the heel of the right foot, keeping the toes of the left foot bent
- 3 Now kneel down with the right knee parallel to the left, the knees should be two fists apart
- 4 Place the big toe of the right foot on the big toe of the left foot and sit naturally
- 5 Release all tension from the body, keep the back straight, close the mouth lightly, look forwards and place the hands toward the tops of the thighs
- 6 Slide the hands down the thighs to the floor, the hands should be pointing in slightly with the tips of the index fingers slightly apart
- 7 Lean forwards naturally, the hands and forearms touch the floor lightly. When bowing try not to lift the buttocks from the heels
- 8 All the above should be done in one breath
- 9 After the bow, return to the natural position beginning with the head looking at your partner if one is present
- 10 To stand, first raise your bottom and bend the toes. Raise the right knee first and stand returning to Musubi Dachii.

Above instructions sourced from Traditional Karate-do Vol-1, Higaonna Sensei

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