

JAPAN KARATE-DO KENSEIKAN CANADA

(“REISHIKI”) OPENING CEREMONY

Firstly, do a (**Ritsu Rei**) STANDING BOW to Sensei

Seiza:

Sensei sits in formal sitting position; Class sits in Seiza facing Shomen prepares for the class, Sempai (Head Student) calls out:

Mokuso: This means “Close your eyes and clear your mind” after about a minute
Sempai calls out:

Kaimoku: This means “Open your eyes” or Kaimoku Yame “ Finish Meditation”

Zarei: Three Sitting Bows. Sempai calls out:

Shomen Ni Rei: This means bow to the Front of the Dojo/Head Table/Shining area. Then Sensei turn and face you, Sempai calls out:

Sensei Ni Rei: Bow to the Sensei/Teacher; Sensei will return the Bow. As each student bows, each student will recite: “ONEGAISHIMASU” (“oh ne gashi masu”) which means: “Please teach me”

Otagai Ni Rei: This means “Bow to each other”. Both the Teacher and the students bow to each other same time. This is to acknowledge that we all are students of the **Sacred Art of Karate-Do.**

At this point Sensei will indicate that the class should stand up and practice will begin.