



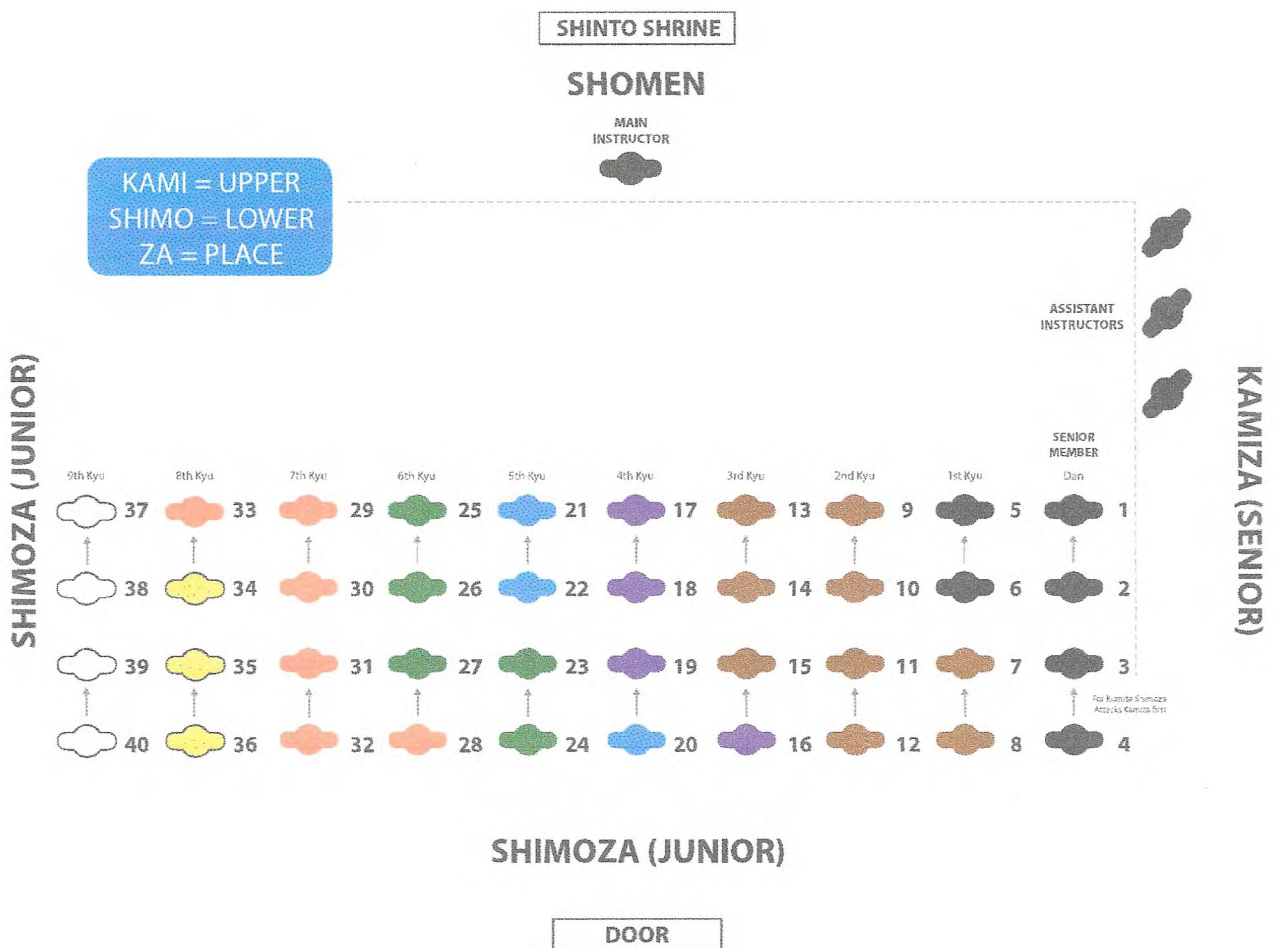
Important Points During Seminars (Training)

The following points apply not only to seminars, but also to regular training in the dojo. Accordingly, every effort should be made to follow these points on a regular basis.

- Training should begin promptly at the designated start time.
- Lining up is a vital part of karate-do. Students should always maintain straight rows during training, not only during seminars with large numbers of participants, but also when training in the dojo. (Please See Diagram on Page 2)
- At seminars, although many students often try to line up in the front row, everyone should line up according to their rank (according to “dan” level, title, Sempai (senior) - Kohai (junior) relationship, etc.)
- When lining up and bowing at the start and end of training sessions, no one (observers, photographers, etc.) should be in the area in front of the instructors.
- When arriving late for training, upon entering the floor, first kneel (in “seiza” style), bow and wait. Once the instructor has granted permission to join the class, line up in the first open position in the rearmost row. After a break (brief rest) in the training, it is acceptable to line up according to one’s rank. If it is necessary to leave early (before the scheduled end of the training session), permission should be obtained from the instructor in advance.
- For students who are unable to sit in “seiza” style due to bad knees or other reason, it is acceptable to stand and bow in the rearmost row.
- Depending on the layout of the dojo, the front-back orientation may change.
- As a general rule, photography and video recording is not permitted.
- At seminars, for official photography by the organiser, permission should be obtained from the instructor(s) in advance.
- Posting videos on YouTube, Facebook and other social network sites is not permitted.
- At seminars, please refrain from requesting instructors for autographs and photos during mid training rest periods. (Instructors also need the time to rest and make use of such opportunities to plan training menus for later in the day.)
- If you would like to take a photo with or receive the autograph of an instructor, please do so after the seminar has finished or during a time set aside by the organiser for such activities.
- During seminars, move quickly when lining up, when gathering to listen to technical explanations, and when returning to one’s original position following such explanations.
- During seminars (and regular training), all rings, necklaces, bracelets, earrings and other jewellery should be removed.
- For any gymnasium (or dojo) used for karate training, the aim should not be to simply return the venue in the same condition that it was found, but rather to return it cleaner than it was to begin with. In other words, all trash, plastic bottles, etc. should be disposed of properly.



Recommended Dojo Layout





Commands for the Start and End of Training

As a general rule, commands issued at the start and end of training sessions are performed by the most senior member in attendance (in terms of rank, number of years training, etc.)

Start

1. **Seiretsu** (Meaning: Line up)
2. **Seiza** (Meaning: Sit [in the Japanese “Seiza” style, kneeling with the legs tucked underneath])
3. **Mokusō** (Meaning: Silent meditation)
4. **Kaimoku** (Meaning: Eyes open) or **Mokusō yame** (Meaning: Halt meditation)
5. **Shōmen ni rei** (Meaning: Bow to the front)
6. But, when training in a dojo with a Shinto alter: **Shinzen ni rei** (Meaning: Bow to the alter)
7. _____ **Sensei ni rei** (Meaning: Bow to _____ Sensei).
Note: When bowing to more than one instructor: **Sensei-gata ni rei** (Meaning: Bow to the instructors)
8. Additionally, “Sensei” may be substituted with another title depending on the title of the instructor.
9. **Otagai ni rei** (Meaning: Bow to one another)
10. <Spoken by the instructor> **Kiritsu. Hajimemasu.** (Meaning: Stand up. We will begin.)

End

1. **Seiretsu** (Meaning: Line up)
2. **Seiza** (Meaning: Sit [in the Japanese “seiza” style, on the knees with the legs tucked underneath])
3. **Mokusō** (Meaning: Silent meditation)
4. **Kaimoku** (Meaning: Eyes open) or **Mokusō yame** (Meaning: Halt meditation)
5. **Dōjō-kun** (Meaning: Rules of the dojo) <The five rules of the dojo are each recited and repeated by members in order>
6. **Shōmen ni rei** (Meaning: Bow to the front)
Note: When training in a dojo with a Shinto alter: **Shinzen ni rei** (Meaning: Bow to the alter)
7. _____ **Sensei ni rei** (Meaning: Bow to _____ Sensei).
Note: When bowing to more than one instructor: **Sensei-gata ni rei** (Meaning: Bow to the instructors)
Additionally, “Sensei” may be substituted with another title depending on the title of the instructor.
8. **Otagai ni rei** (Meaning: Bow to one another)
9. <Spoken by the instructor> **Kiritsu. Owarimasu.** (Meaning: Stand up. We have finished.)