



FIRST THING TO DO

1. What is the first thing a beginning student should do?

- A. Go to the dressing room and quickly change into your uniform, or come to the dojo dressed and ready to participate in class.
- B. Sit down on the side of the room while waiting for class to begin. You will know class is beginning when you hear “Seiretsu”.
- C. Line up according to rank. Those that started before you would line up to your right. Line up to the person to your right.
- D. The Instructor will begin the class with an opening greeting.

2. Opening and Closing greeting of the class:

Opening of Class

The highest-ranking person in the class starts by saying:

“Kiotsuke” = Attention

“Shomen-ni” = Face front

“Rei” = Bow

“Sensei-ni” = Face the instructor

“Rei” = Bow

Sensei says: “Hajame-mas” = Let the Class begin

Students say: “Oni-goshi-mass” = I am here, teach me

Closing of Class

The highest-ranking person in the class starts by saying:

“Kiotsuke” = Attention

“Shomen-ni” = Face front

“Rei” = Bow

“Sensei-ni” = Face the instructor

“Rei” = Bow

Sensei says: “Owari-mas” = Let the Class end

Students say: “Domo arigato gozai mashite” = Thank you very much

Sensei says:

“Do-e-tashi-maste” = You are welcome

“Kaisan” = Take it home and cook it – go home and practice

Class dismissed!