

Shin-gi-tai Karate Clubs

Lesson Start Routine

Background:

This process allows for orderly and disciplined handover of the class from Sempai to Sensei.

Start of Lesson:

The lesson formally starts when the Sempai has the class lines up and kneels at 45 degrees off the front line. All facing the Shomen and in Seiza position.

Sensei moves to the front of the class facing Shomen and kneels down into Seiza position. He calls Mokuso and all students close their eyes and focus on the lesson. He then calls either Kaimoku or Mokuso Yame and students all open their eyes.

Sensei calls out 'Shomen ni Rei' and all students perform a seated bow to the front of the class.

Sensei then rises and faces the class. Sempai stands next and then the students class stands up.

Sempai calls out 'Sensei Ni Rei'.

Students and Sempai all bow to Sensei and say 'One gashi mas Sensei' .