

# Shin-gi-tai Karate Clubs

## Seiza

### Background:

Seiza, in Japanese, is written with two kanji characters. The first character pronounced sei- means "proper, right, true". The second character -za means "sitting posture". For the Japanese aesthetic, sitting in seiza on tatami mats indoors is the most efficient, beautiful, and "proper" posture when engaged in a formal activity.

Sitting in seiza, although similar, is not standardized among different martial arts disciplines and schools, ryu.

### How to Sit in Seiza:

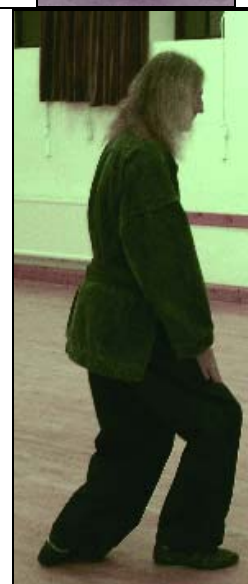
This position is used at the start and end of lessons but should also be used when sitting to the side of the lesson or waiting to join it.




Lower yourself into seiza from a shizen tai posture (natural stance)



Step back with the left foot, bent both knees while spreading them apart, keeping the back straight and hands with open palms on the thighs.

Keep your eyes focussed in front of you but not staring at the Sensei or Sempai.



<p>Put first left knee on the floor</p> <p>Keep your back straight.</p> <p>Open palms on your thighs.</p>			
<p>and then right knee.</p> <p>At this moment you are in a transitory position, named kiza, with the shins folded under the body, body erect, back straight, hands on the thighs heels side by side feet in vertical position and toes flat.</p>			
<p>Without stopping in Kiza, put the instep of the feet flat on the floor, with the big toes side by side.</p>			
<p>Avoid slouching, playing with your belt or forcing the back too straight. It should be a comfortable and relaxed yet alert position.</p>			