



# Dōjō Rei

## BOWING IN BEFORE CLASS

The **Dōjō Rei** (greetings) form a very important part of our tradition. The Teacher goes into **Seiza no Kamae**, and the students line up, facing him, in the same kamae, highest ranks on the right. The Teacher turns back and everyone put their hands in **gasshō** (hands joined in front of the chest). The Teacher says **Shikin Haramitsu Dai Ko Myo** ("*In every event, there is a lesson*"), and the students repeat this mantra. Everyone claps their hands twice; bows down towards the kamidana; claps their hands once and bows down again. The Teacher then faces his students, and the Senpai (the most senior student) says **Rei!** ("*Greet!*"), and everyone bows. Students say **Onegaishimasu** ("*Please, teach us*"), to which the Teacher replies **Ikimassho** ("*Let's go*"). The Teacher then stands up, and the Senpai says **Kiritsu!** ("*Stand up!*") before everyone stands up.

## BOWING IN AFTER CLASS

On exiting the Dōjō, the ritual is very similar to the starting of a class. The Teacher goes back into **Seiza no Kamae**, and the students line up, facing him, in the same kamae, highest ranks on the right. The Teacher turns back and everyone put their hands in **gasshō**. The Teacher says **Shikin Haramitsu Dai Ko Myo**, and the students repeat this mantra. Everyone clap their hands twice; bow down to the kamidana; clap their hands once; and bow down again. The Teacher then faces his students, and the Senpai says **Rei!**, and everyone bows. Students say **Domo Arigato Gozaimashita** ("*Thank you for your teaching*"), to which the Teacher replies **Gokuro Sama Deshita** ("*You're welcome*"). The Teacher then stands up, and the Senpai says **Kiritsu!** before everyone stands up.