

ETIQUETTE

Onegai shimasu - Please teach me

Arigato gozaimashita or domo arigato gozaimashita -Thank you very much for teaching me

DOJO KUN

Hitotsu: Respect others

Hitotsu: Be courageous

Hitotsu: Train your mind and body

Hitotsu: Practice daily and protect traditional karate

Hitotsu: Strive to reach the essence of Goju Ryu

Hitotsu: Never give up

OPENING CEREMONY

Shugo – Line up

Ki o tsuke – Attention

Seiza – Kneel

Mokuso – Meditation, eyes closed

Mokuso yame – Open eyes

Shomen ni – Face forward

Rei – Bow

Sensei ni – Face Instructor

Rei – Bow

Everybody: onegaishimasu

Shomen ni – Face forward

Instructor: tate – Stand up

CLOSING CEREMONY

Shugo – Line up

Ki o tsuke – Attention

Seiza – Kneel

Mokuso – Meditation, eyes closed

Mokuso yame – Open eyes

Shomen ni – Face forward

Rei – Bow

Sensei ni – Face Instructor

Rei – Bow

Everybody: domo arigato gozaimashita – Thank you very much

Otagai ni – Face fellow student

Rei – Bow Everybody: domo arigato gozaimashita – Thank you very much

Shomen ni – Face forward

Instructor: tate – Stand up