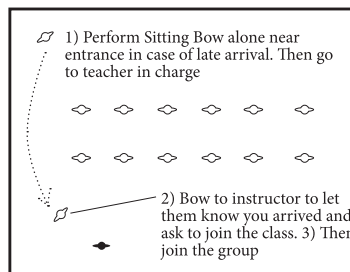


## WHAT TO DO IF YOU ARE EVER LATE

If the class has already started:

- 1) **PERFORM YOUR SITTING BOW AT THE ENTRANCE OF THE TATAMI AREA**
  - Face Shomen and bow standing
  - Sit in Seiza
  - Close your eyes
  - Open your eyes
  - Bow toward Shomen and utter a very quiet OSS!
  - Bow toward Sensei and utter ONEGAISHIMASU!
  - Stand up and bow
- 2) **GO CLOSE TO SENSEI QUICKLY, AND BOW AT SENSEI** (You must sit to bow at Sensei if She/He is sitting)
- 3) **JOIN THE CLASS**



What to do if you're late?

If Sensei is already lining up facing the students for the sitting bow but the class has not started:

**STAND NEXT TO THE ENTRANCE OF THE TATAMI AND WAIT IN MUSUBI-DACHI FACING SHOMEN UNTIL BOW. THEN FOLLOW STEPS 1), 2) and 3) as above.**

If students have just been called for Zarei and their backs are still facing Shomen:

**JUST JOIN IN!** (Hurry and line up with the other students to get ready for the sitting bow)