

REISHIKI Ceremony before and after class

Before class

ZA-REI (Call by the instructor, or someone assigned by the instructor, to start the class. Response: OSS)

SEIRETSU (Call to line up given by Senpai. Response: OSS)

REI (Call to bow)

SEIZA (Call to sit)

MOKUSO (Call to close your eyes)

MOKUSO YAME (Call to open your eyes)

SHOMEN NI REI (Call to bow toward the front)

SENSEI NI REI (Call to bow toward Sensei. Response: ONEGAISHIMASU)

OTAGAI NI REI (Call to bow to each other toward Sensei. Response: ONEGAISHIMASU)

KIRITSU (Call to stand up)

REI (Call to bow)

After class

ZA-REI (Call by Sensei or someone assigned by Sensei for the class to end. Response: OSS)

SEIRETSU (Call to line up given by Senpai. Response: OSS)

REI (Call to bow)

SEIZA (Call to sit)

MOKUSO (Call to close your eyes)

MOKUSO YAME (Call to open your eyes)

SHOMEN NI REI (Call to bow toward the front)

SENSEI NI REI (Call to bow toward to Sensei. Response: ARIGATO GOZAE MASHITA)

OTAGAI NI REI (Call to bow to each other toward Sensei. Response: ARIGATO GOZAE MASHITA)

KIRITSU (Call to stand up)

REI (Call to bow)

If most senior student in the line is Green Belt or above, ceremony continues, provided Head Instructor has left the training area:

First name of Senpai + SENPAI NI REI (Call by second most senior student to face Senpai. Response: ARIGATO GOZAE MASHITA)

IMPORTANT: While REISHIKI is on, students who are present in the training room but are not taking part in the class must stand in Musubi-Dachi).