

Mountain Warriors



Reigi / Bows

At the start of the lesson

You should start the class by lining up, standing in grade order, when the instructor moves to a kneeling posture you should follow suit. Sit quietly in seiza and empty your mind of all thoughts, while concentrating on your breathing.

When all are ready the sempai (senior student) will say

“Sensei ni rei” (bow to teacher)

at the same time you perform a kneeling bow and return to seiza. Then all students will say together

“Onagaishi masu” (please assist us)

While at the same time you will perform a kneeling bow and return to seiza.

At end of class

Line up standing in grade order, when the instructor moves to a kneeling posture you should follow suit. Sit quietly in seiza, close your eyes and breathe deeply while emptying your mind of all thoughts.

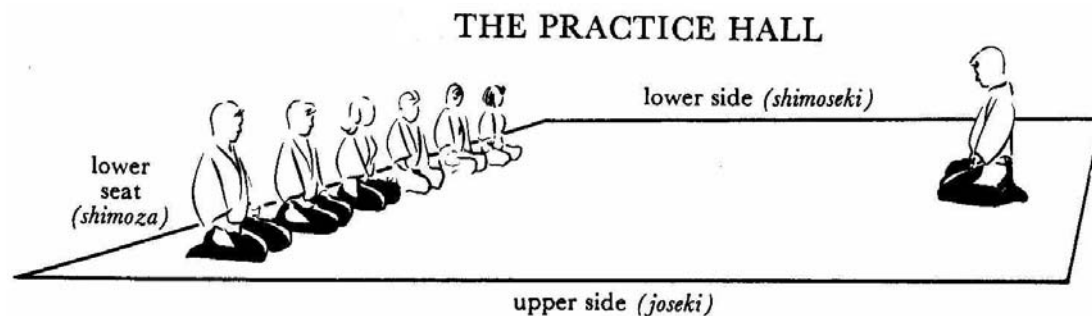
When all are ready the sempai (senior student will say

“Sensei ni rei” (bow to teacher)

While at the same time you will perform a kneeling bow and return to seiza. Then all students will say

“Domo arigato” (thank you)

While at the same time you will perform a kneeling bow and return to seiza.



Kneeling Bow - Za rei

You should start this bow kneeling in Seiza; your hands should be resting on your knees (if male) or thighs (if female). Take your left hand forward and place it palm down and pointing in to the centre about 6 inches in front of your knee. Now do the same with your right hand while lowering your head towards the mat. You should lower your head so your face is parallel to the mat that you are able (with your peripheral vision to see all the way around your body).



Standing bow - Ritsu rei

You should start this bow by either standing in Shizen or Gassho; with this bow you lower your head so that as with the kneeling bow you can see all around you with your peripheral vision. The height is dictated by the difference in level between your rank and the person you are bowing to. ALWAYS keep your distance (Mi ai) and focus (kime) your awareness (Zanshin) on what is going on around you.