

KEIKO ZENGO NO AISATSU
Greetings before and after training

■Before training

- ① Instructor says 「SEIZA」 *(All kneel down together facing the front – or when the Taiko drum beats)*
- ② Instructor says 「SHOMEN (or SHINZEN) NI REI」 *(All make a silent bow)*
- ③ Instructor says 「MOKUSO」
- ④ Instructor says 「MOKUSO YAME」
- ⑤ Instructor says 「SOSAI NI REI」 *(All make a silent bow)*
(Instructor turns and faces the students)
- ⑥ Instructor says 「OTAGA NI REI」 *(All make a bow with a loud 「OSU」)*
followed by 「KEIKO O HAJIMEMASU」
- ⑦ Instructor says 「TATTE KUDASAI」 *(All stand up at the same time)*

■After training

- ① Instructor says 「SEIZA」 *(All kneel down together facing the front)*
- ② Instructor says 「SHOMEN (or SHINZEN) NI REI」
(All make a silent bow)
- ③ Instructor reads 「DOJO-KUN」 *(The training oath is recited by the group)* -
Optional
- ④ Instructor says 「MOKUSO」
- ⑤ Instructor says 「MOKUSO YAME」
- ⑥ Instructor says 「SOSAI NI REI」 *(All make a silent bow)*
(Instructor turns and faces the students)
- ⑦ Instructor says 「KEIKO O OWARIMASU」 *followed by 「OTAGAI NI REI」*
(All make a bow with a loud 「OSU」)
Highest grade in the front-line says
「SEMPAI NI ARIGATO GOZAI MASHITA」 the group repeats 「ARIGATO
GOZAI MASHITA」
「OTAGAI NI ARIGATO GOZAI MASHITA」 the group repeats 「ARIGATO
GOZAI MASHITA」
- ⑧ Instructor says 「TATTE KUDASAI」 *(All stand up at the same time)*

GLOSSARY

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| 稽古前後の挨拶 KEIKO ZENGO NO AISATSU | Greetings before and after training |
| 稽古 KEIKO | Training |
| 正座 SEIZA | Sit straight |
| 正面に礼 SHOMEN NI REI | Bow to the front |
| 神前に礼 SHINZEN NI REI | Bow to the shrine |
| 黙想 MOKUSO | Meditation |
| 黙想やめ MOKUSO YAME | Stop meditation |
| 総裁に礼 SOSAI NI REI | Bow to Sosai |
| お互いに礼 OTAGAI NI REI | Bow to each other |
| 稽古を始めます KEIKO O HAJIMEMASU | Start training |
| 立って下さい TATTE KUDASAI | Stand up please |
| 道場訓唱和 DOJO-KUN | Training hall oath |
| 師範に礼 SHIHAN NI REI | Bow to the teacher/master |
| 稽古を終わります KEIKO O OWARIMASU | Finish training |
| 先輩にありがとうございました SEMPai NI ARIGATO GOZAI MASHITA | Thank you to your seniors |
| ありがとうございました ARIGATO GOZAI MASHITA | Thank you very much |
| お互いにありがとうございました OTAGAI NI ARIGATO GOZAI MASHITA | Thank you to each other |