

Formalities when class begins

<i>Sei retsu</i>	Assume rank formation, lining up evenly by rank
<i>Yoi</i>	Come to ready position (Senseis will bow to each other and assume seiza)
<i>Chokuza</i>	Kneel (by descending rank order)
<i>Kiotsuke</i>	Come to attention
<i>Shomen-ni</i>	All face the dojo head wall
<i>Rei</i>	Bow (silently)
<i>Sensei-ni</i>	Face the teacher(s)
<i>Rei</i>	Bow (Students bow, saying “Onegai shimasu”)
<i>Kokyu</i>	Take one Ibuki breath
<i>Kokyu</i>	Take another Ibuki breath
<i>Mokuso</i>	Meditate