

Ceremonial greeting at the beginning of the training:

- ❁ All students bow to the Kamiza before coming on the tatami
- ❁ all students line up on the last row of mats facing the **kamiza**, with the lowest student in rank closest to the entrance. (If there are more people to form one line, a second row will be done. Highest grades in front)
- ❁ the instructor walks in front of the **kamiza** and kneels in **seiza** facing the students
- ❁ the highest ranked student (called **Sempai**) will say "**Seiza**" after the instructor has nodded to him.
- ❁ all students kneel down in the **seiza**
- ❁ the instructor says "**Mokuso**"
- ❁ everybody closes their eyes for meditation
- ❁ the instructor says "**Mokuso jame**"
- ❁ everybody opens eyes
- ❁ the instructor turns to the **kamiza**
- ❁ the instructor says "**Shomen ni Rei**" - everybody bows in the direction of **Kamiza**
- ❁ the instructor sits straight up and claps twice, all students clap in sync - the instructor bows again towards **Kamiza**, all students bow in sync towards **Kamiza**
- ❁ the instructor turns to the students
- ❁ the highest ranked student says "**Sensei ni Rei**"
- ❁ all students and the instructor bow to each other
- ❁ the instructor stands up and says "**Hai**" then all the students stand up and training starts

Ceremonial Greeting at the end of the training:

- ❁ all students line up on the last row of mats facing the **kamiza**, with the lowest student in rank closest to the entrance
- ❁ the instructor goes in front of the kamiza and kneels in the **seiza** facing the students
- ❁ the highest ranked student (called **Sempai**) will say "**Seiza**" after the instructor has nodded to him.
- ❁ all students kneel down in the **seiza**
- ❁ the instructor says "**Mokuso**"
- ❁ everybody closes their eyes for meditation
- ❁ the instructor says "**Mokuso jame**"
- ❁ everybody opens eyes
- ❁ the instructor turns to the **kamiza**
- ❁ the instructor says "**Shomen ni Rei**"
- ❁ All bow in the direction of **Kamiza**
- ❁ the instructor sit straight up and claps twice, all students clap in sync - the instructor bows again towards **Kamiza**, all students bow in sync towards **Kamiza**
- ❁ the instructor bows again towards **Kamiza**, all students bow in sync with him
- ❁ the instructor turns to the students
- ❁ the highest ranked student says "**Sensei ni Rei**"
- ❁ all students and the instructor bow to each other
- ❁ The instructor stands up and says "**Hai**" and leaves the Tatami
- ❁ After the instructor leaves the mat, the highest ranked student turns towards the row of students aligned in a semicircle and says "**Otagai ni Rei**"
- ❁ all students bow to each other
- ❁ all students stand up
- ❁ everyone thanks each other for the good training with a handshake
- ❁ All students bow to the Kamiza before leaving the tatami