

# Close Training Procedure



Seiza  
(kneel down)

Moku-so  
(close eyes)

Moku-so Yame  
(open eyes)

Dojo Kun  
(Dojo Code)

HISTOTSU: JINKAKU KANSEI NI TSUTOMURU KOTO  
(Seek to perfect your character)

HISTOTSU: MAKOTO NO MICHIO MAMORU KOTO!  
(Be sincere)

HISTOTSU: DORYOKU NO SEISHIN O YASHINAU  
KOTO!  
(Put maximum effort into everything that you do)

HISTOTSU: REIGIO OMONZURU KOTO!  
(Respect others)

HISTOTSU: KEKKI NO YU O IMASHIMURU KOTO!  
(Develop self-control)

Shomen ni Rei  
(front of Dojo)

Sensei ni Rei  
(Instructor)

If there are 2 or more Instructors:  
Sensei gata ni Rei

Sempai gata ni Rei  
(other Dojo Seniors)

If there is a Dojo Senior, who is 3<sup>rd</sup> Dan or above, they are also referred  
to as Sensei, separately

Otagai ni Rei