

# Rei - Proper Bowing Etiquette

*Reishite* (standing) and *Zarei* (seated) bows, or "*Rei*", is ceremony steeped heavily in Japanese culture and tradition and may vary according to standards of a *dojo* (school), *Kai* or *Kan* (organization) or *Ryu* (style). *Karatedo* without *Rei* is "karate - the sport" - lacking the honorable ideals that build and elevate the character of individuals.

Command	Translation or Meaning of Command	Remarks	Responses	
			Bow IN	Bow OUT
<i>Seiretsu</i>	Line up	Move quickly and attentively	none	none
<i>Kiotsuke</i>	Standing attention	Approach the class with professional, serious commitment	none	none
<i>Shomen Ni -- Rei</i>	Bow facing front of dojo	Standing bow ( <i>Ritsurei</i> )	none	none
<i>Seiza</i>	Assume kneeling position	<b>Down:</b> left knee first <b>Up:</b> right first	none	none
<i>Mokuso</i>	Close eyes to meditate	You should not be a distraction to others	none	none
<i>Shizen Ni Taishite -- Rei</i>	Bow toward shrine	Use only if a shrine is present	none	none
<i>Shomen Ni -- Rei</i> (More specific than prior bow. Only use one, not both)	Bow to the front of the dojo and showing respect for National flag	NOTE: If no photos of the deceased founders are present, use this one	none	none
<i>Shomen Oyobi Ryuso, Kaisei Ni Taishite -- Rei</i> (More specific than prior bow. Only use one of the two - not both.)	Bow to front honors national flag, late founders: Goju-Ryu ( <i>Ryuso</i> : Chojin Miyagi) & IKGA ( <i>Kaisei</i> : Gogen Yamaguchi)	Specifically honoring the <i>ryu</i> & <i>kai</i> founders are often only observed in Japan	none	none
<i>Saiko Shihan Ni Taishite -- Rei</i>	Respectful bow for IKGA President Goshi Yamaguchi	Only if he is present	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Saiko Shihan Seki Ni Taishite -- Rei</i>	Respectful bow for IKGA President Goshi Yamaguchi ( <i>if absent</i> )	This recognizes his place (his seat or <i>Seki</i> ) at the front of the assembly.	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Hanshi Ni Taishite -- Rei</i>	Respectful bow for any <i>Hanshi</i> present	Use this bow only if a <i>Hanshi</i> is present. If more than one <i>Hanshi</i> is present, they should be mentioned individually	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Kyoshi Ni Taishite -- Rei</i>	Respectful bow for any <i>Kyoshi</i> present	Use this bow only if a <i>Kyoshi</i> is present. If more than one <i>Kyoshi</i> is present, they should be mentioned individually	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Renshi Ni Taishite -- Rei</i> (Specifically at TKC: Michael-Shihan <i>Renshi Ni Taishite -- Rei</i> )	Respectful bow if <i>Renshi</i> present	Use this bow only if a <i>Renshi</i> is present. If more than one <i>Renshi</i> is present, they should be mentioned separately by name	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Shihan No Kata-Gata Ni Taishite -- Rei</i> (combines 2 or 3 prior bows)	Respectful bow if <i>Hanshi</i> , <i>Kyoshi</i> and/or <i>Renshi</i> present	Only in a larger occasion with several <i>Hanshi</i> , several <i>Kyoshi</i> and/or several <i>Renshi</i> present	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Jokyo Ni Taishite -- Rei</i>	Respectful bow if <i>Jokyo</i> present	Use this bow only if a <i>Jokyo</i> is present. If more than one <i>Jokyo</i> is present, they should be mentioned individually	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Shido-in Ni Taishite -- Rei</i> (Specifically at TKC: TJ-Sensei <i>Shido-in Ni Taishite -- Rei</i> )	Respectful bow for any <i>Shido-in</i> present.	Use this bow only if a <i>Shido-in</i> is present. If more than one <i>Shido-in</i> is present, they should be mentioned individually	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Jokyo Oyobi Shido-in Ni Taishite -- Rei</i> (combines 2 prior bows. Don't use both)	Respectful bow for any <i>Jokyo</i> and <i>Shido-in</i> present	Use this bow only in a larger occasion with several <i>Jokyo</i> and/or several <i>Shido-in</i> present	<i>Onegai Shimasu</i>	<i>Arigato Gozaimashita</i>
<i>Keiko Hajimemasu Otagai Ni -- Rei</i> (Only recite at opening of class)	Workout is beginning; respectful bow for others	In the case of a grading examination, replace <i>Keiko</i> with <i>Shiken</i>	<i>Onegai Shimasu</i>	
<i>IKGA Kun (creed) is recited here at the end of classes. Bow after reciting: "Ijo Ni -- Rei" (No verbal response with bow)</i>				
<i>Keiko Owarimasu Otagai Ni -- Rei</i> (Only recite at closing of class.)	Workout has ended; respectful bow to others	In the case of a grading examination, replace <i>Keiko</i> with <i>Shiken</i>		<i>Arigato Gozaimashita</i>

At completion of many bows, the individual directing bows may prompt the end of each one with the command "*Naotte*".

**NOTE: ALL BOWS DESIGNED IN GREEN ARE TKC DOJO STANDARD BOWS. OTHER BOWS ARE FOR OTHER SETTINGS, OR AT TKC DOJO WITH ADDITIONAL, GUEST INSTRUCTORS PRESENT**