

CLASS OPENING AND STANDARD COMMANDS

OPENING CEREMONIES

When the call to line up is sent, all students will line up with ALL ADULT RANKS in front line with highest ranking senior belt holder to the far right. Same rank setup in jr. ranks line. Then the senior student will call out the following commands:

SEIZA

(Pronounced Say – Zah)

To sit down in a Japanese formal manner

MOKUSO

(Pronounced Moe K So)

To close eyes/meditate on karate. Clear mind.

MOKUSO YAME

(Above and add Yah May)

To stop closing eyes

SHOMEN NI TAISHITE REI

(Pronounced Show Men Knee Tie She Te -Ray)

Deep bow toward the main wall

SENSEI NI TAISHITE REI

(Pronounced Sen Say Knee Tie she Te Ray)

Deep bow toward head instructor

OTEGAI NI REI

(Pronounced Oh Te Guy Knee Ray)
circumstances)

(OPTIONAL-only used in certain

SOME COMMON COMMANDS

KAMAETE

(Pronounced Kah My Te)

To come to guard or set in ready position-

basics

NAOTE

(Pronounced Nah O Te)

To return to your original position. Musubi

Dachi

YOOI

(Pronounced YO E)

To set in ready position (Hudo Dachi) for kata

HAJIME

(Pronounced Ha Jee May)

To begin: a series of movements or to start

kumite.

MATTE

(Pronounced Mah Te)

To stop your actions

MAWATTE

(Pronounced Mah Wah Te)

To turn/pivot