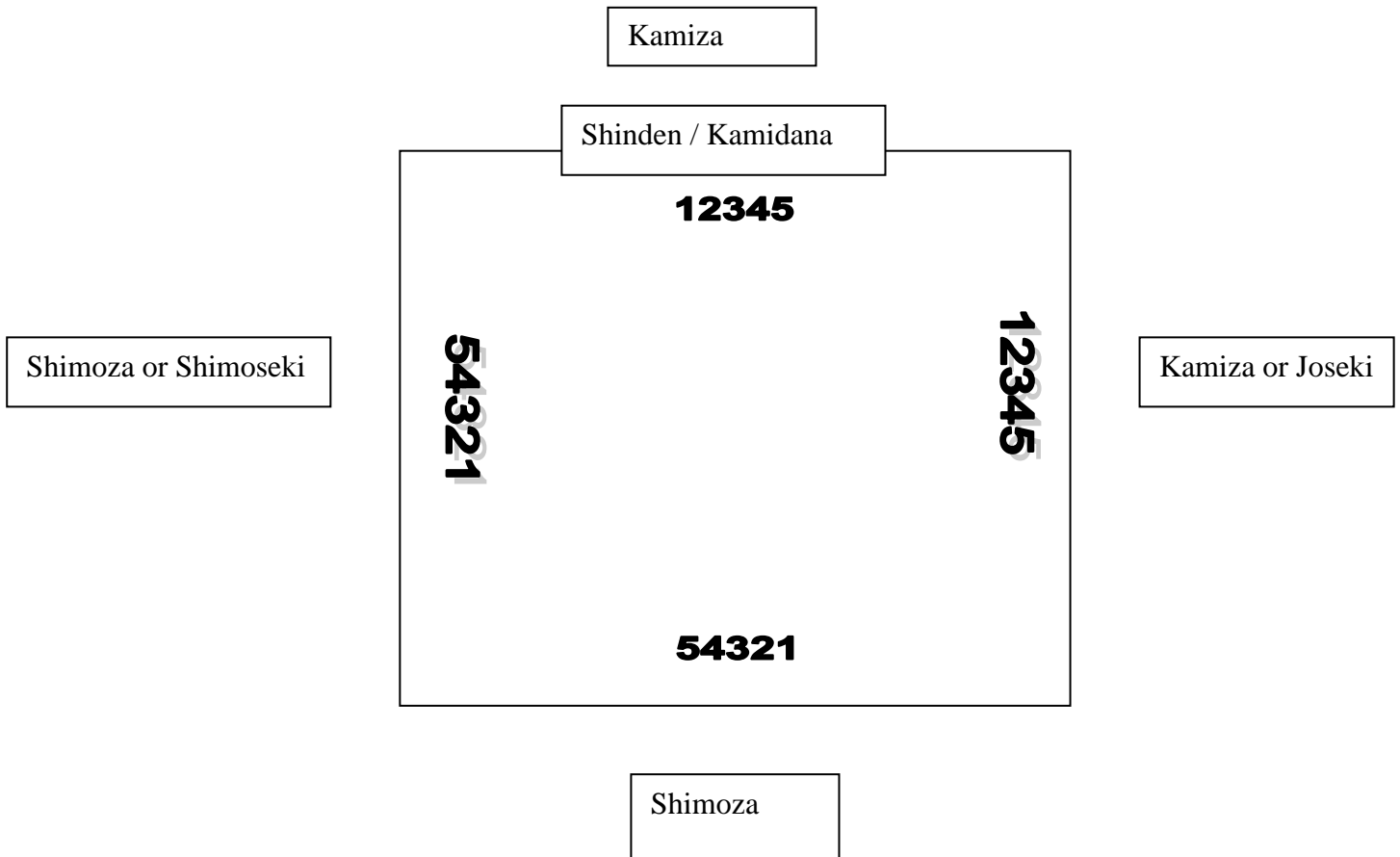


Reiho (Method of Etiquette) Reishiki: (Etiquette, Politeness, Manners, Form of Etiquette) In the Dojo

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Layout of the dojo



Reiho in the Dojo 2.

Under normal circumstances, when sitting in line, the Kamiza is to the right, so trainees sit in descending order from right to left.

1. The higher grades sit at Kamiza, and the lower grades at Shimoza (i.e. in descending order from right to left).
2. Regarding the ranking order, to discern who is higher ranked: (Usually in the case of who is Sempai, it is the person who was first enrolled who is superior.)
 - a.) The person with the highest Dan rank
 - b.) In the case of the same Dan rank, the person who received the rank first (according to the date on the diploma).
 - c.) In the case of having received the rank at the same time, the person who enrolled first.
 - d.) In the case of the same rank and same time of enrolment, the person who is oldest.
3. The Rei inside the dojo is in principle when performing Zarei (sitting bow) done putting both palms of the hands on the tatami in front of you at the same time (The index and middle fingers of both hands touch, hereby creating a triangle between the hands).
4. You should not bow over the sill of a door or threshold. You should be in the same room as that of the person to whom you are bowing.
5. You should always bow with your whole body facing properly towards your partner.
6. You should always bow in proper reference to Kamiza and Shimoza (i.e. bow facing East and West, never with your rear to Kamiza, or at an angle to Kamiza).
7. When in the dojo, you should not wear outerwear, coats, scarves, mufflers etc.
8. Unless under special circumstances, for instance if injured, you should not wear tabi (Japanese socks) or socks during keiko.
9. Make sure to keep your keikogi clean at all times. The pleats of your hakama should be kept neat.
10. Women must wear a T-shirt underneath their keikogi. Men should refrain from wearing T-shirts under their keikogi.