Basic Guideline

Welcome to KAISHUKAN 海舟館! As we begin training together, here are the basic etiquette, rules, and meanings of key terms that are necessary for practice.

1. Line up the shoes neatly after taking them off, with the heels placed against the edge.
2. Before entering the dojo, remove hat/cap, bow and loudly say "Onegai-shimasu" ("thank you" before practice).
3. When leaving the dojo, bow and loudly say "Arigatō gozaimashita" ("thank you" after practice).
4. Try to come early to clean and mop floor. Technically younger, lower-rank, junior students are supposed to do.
5. Make sure your fingernails and toenails are trimmed short. Bring a spill-proof water bottle. If you're non-bogu, no jewelry is better, especially wristwatches or bracelets.
6. Mute cell phone. No cell phone use during practice unless it is being used for recording or as a timer.
7. Line-up by rank or age order. If rank is the same, older students go to the high side.
8. If you arrive late and the class has already started, sit in seiza, meditate, and bow toward kamiza by yourself. Bow, sonkyo and then join the group.
9. When you must step out of the dojo during practice, bow as you go out and as come back in.
10. No hands in pockets during practice. When taking a break during practice, do not sit in a chair; sit on the floor.
11. After sensei/others finish explaining or speaking, say loudly "Hai!" ("yes").
12. When fixing bogu, do not sit down where you are. Always move back and do so for safety.
13. When speaking to sensei while he's sitting on the floor, sit in "seiza" before start talking. Do not speak standing and look down on him/her.
14. **NEVER**
    - ❖ make noise while other students are in "mokusou" (meditation). Stop whatever you're doing and remain still. No movement whatsoever. Sitting in seiza is preferred if possible.
    - ❖ walk in front of people. If you must, slightly bow as you pass.
    - ❖ step over yours/others' gears, especially shinai.

IMPORTANT TERMINOLOGY:

Sensei - teacher	**Kamae** - guard position
Shinai - bamboo sword	**Nuke-to** - draw the sword
Bokken - wooden sword	**Osame-to** - sheath the sword
Kami za - high side	
Seiza - sitting on knees and heels	Four kinds of strikes ↓
Rei - bow	**Men** - strike to the head
Mokusou - mind clearing/meditation	**Kote** - strike to the right wrist
Hajime - start or begin	**Do** - strike to the torso
Yame - stop or cease	**Tsuki** - thrust to the throat
Suri ashi - sliding feet movement	
Sonkyo - squatting position while drawing or sheathing the shinai	
1 - ichi 2 – ni 3 - san 4 - shi 5 - go 6 - roku 7 - shichi 8 - hachi 9 - kyū 10 – jū	