

## **Opening and Closing Ceremonies** (at Baltimore-Annapolis Kendo)

### **Opening**

<b>Command</b>	<b>Meaning</b>
Seiretsu	Line Up
Seiza	Sit in Seiza
Sei o Tadashite	Check Your Posture
Mokusou	Meditate
Yame	Stop Meditating
Shoumen Ni, Rei	Turn to Shoumen and Bow
Sensei Ni, Rei	Turn to Teachers and Bow
Men Tsuke	Put on Men

### **Closing**

<b>Command</b>	<b>Meaning</b>
Seiretsu	Line Up
Seiza	Sit in Seiza
Men Tore	Take off Men
Sei o Tadashite	Check Your Posture
Mokusou	Meditate
Yame	Stop Meditating
Shoumen Ni, Rei	Turn to Shoumen and Bow
Sensei Ni, Rei	Turn to the Teachers and Bow
Otogai Ni, Rei	Bow to Fellow Students

### **Notes:**

Seiretsu - Kyuu ranks face dan ranks. Students stand in order of rank, highest rank closest to shoumen.

Standing Rei - Shinai or bokken remains stationary. Rei to anyone except shoumen is about a 15 degree bend at the waist. Shoumen bows should be deeper (about 30 degrees).

Kneeling Rei - The hands form a triangle with the thumbs and the rest of the hand. This triangle is placed on the floor as a unit so that, when bowing, the middle of the face is even with the triangle.

Mokusou - Student's right hand rests in his left hand and his thumbs almost touch. Eyes should be closed or looking down at the floor. Breathing in is done through the nose and out through the mouth.