



CSW (Shooto) Salutation

BEGINNING OF CLASS

Instructor: Seiza! (Quiet Sitting).

Students: Line up and kneel in front of instructor. Advanced students line up to the instructor's left, facing the instructor.

Instructor: Honjitsu no Keiko Hajimemashita (Today's practice now begins) - Bow.

Student: Hajime (Begin) - Bow.

END OF CLASS

Instructor: Seiza! Mak So (Quiet Sitting - Meditate).

Student: Sit quietly and meditate with eyes closed.

Instructor: Clap hands twice. Notte! (Come Back).

Student: Open eyes.

Instructor: Honjitsu no Keiko Owarimasu. (We are now finished training) - Bow.

Student: Domo Arigato Gozaimasu. (Thank you very much) - Bow.

Everyone lines up and hi-5's or hugs the instructor. Class ends