

Reijojinji wa butoku no seika nari (Good manners and kindness is the essence of virtue in martial arts). Kendo begins and ends with courtesy. If we learn the skills of conflict without courtesy or the spirit of co-operation this leads to mere violence. In the beginning it is enough to learn the form of REISHIKI. If this is diligently practised then the spirit should follow. Without the spirit of courtesy the actions of reishiki are a meaningless.

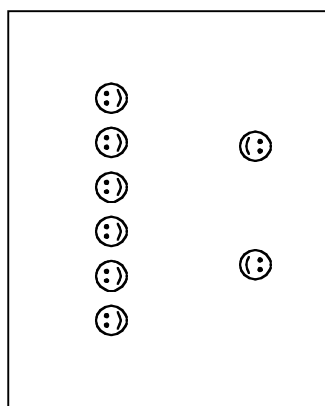
REISHIKI at the start of a practice	REISHIKI at the end of a practice
<p>SEIRETSU: Line up ready to begin. SHINAI in SAGETO. SEIZA: Kneel down performing HAKAMA SABAKI. SHINAI raised to TAITO. MOKUSO: Relax the body and empty the mind to prepare for practice. Breathe deeply into the stomach. Don't totally close your eyes (bad zanshin). JOSEKI NI REI: Bow to the DOJO regalia. SENSEI GATA NI REI: Bow to the teachers. O-TEGAI-NI-REI: Bow to and thank each other</p>	<p>SEIRETSU: Line up ready. SHINAI in SAGETO. SEIZA: Kneel down performing HAKAMA SABAKI. SHINAI raised to TAITO. MOKUSO: Relax the body and empty the mind to prepare for leaving the dojo. Breathe deeply into the stomach. SENSEI GATA NI REI: Bow to the teachers. JOSEKI NI REI: Bow to the DOJO regalia. O-TEGAI-NI-REI: Bow to and thank each other</p>

GENERAL

We should always bow to the regalia when entering a dojo. Move carefully behind people in the DOJO when holding a shinai. Never walk in front of a senior grade. Be careful not to bang or drop SHINAI as this is a poor way to treat a sword. All bows should be performed with dignity, and maintaining eye contact.

The SEMPAI calls the commands. Kendoka must quickly line up, looking to their seniors for the correct way of placing equipment and standing. When kneeling lift the shinai into TAITO and sit down left knee first without banging the shinai on the floor. The TSUBA should be placed in Line with the Knee, and the TSURU facing to the right. When performing ZAREI it is important not to show the back of the neck, and to keep the buttocks down. When performing RITSUREI to an opponent maintain eye contact, keep the back straight and maintain an aura of dignity.

IN THE DOJO



The YUDANSHA and MUDANSHA stand at the opposite side of the DOJO to KAMIZA (the high seat), in grade order with the most senior (SEMPAI) nearest to JOSEKI. The teachers, or senior instructors sit opposite also in grade order.

The SEMPAI is responsible for all comings and goings and general discipline within the DOJO, for ensuring that correct etiquette is observed and for making the practice run smoothly.

REISHIKI FOR THE ARMOUR

Always make sure that your equipment is ready to put on so that you do not hold up the practice. When placing the MEN and KOTE the KOTE palms should be underneath and to the right, the TENUGUI should be placed neatly inside the MEN.

MENSKI put on the MEN and KOTE as quickly as possible (aim to be ready first).

Always keep control of the men himo. Some dojo ask that you wait until the seniors put on their KOTE before putting yours on (watch SEMPAI). Always put on the left KOTE first.

MEN TORE Remove the MEN and KOTE. Always remove the right KOTE first. When removing the MEN do not lose control of the himo. If you need to wipe your face it should be done discreetly. Unless you have an injury always kneel to put on and remove your BOGU.

ELEMENTS OF A KENDO PRACTICE

PREPARE: Check your equipment and plan the focus of your practice.

REISHIKI/REIGI (ETIQUETTE)

KATA: Nihon-kendo-no-kata may be supplemented with Koryu or club forms.

WARM UP: Use "a warm up for Kendo by M.davies and I.Parker-Dodd." Start by gently jogging and then do a variety of kendo footworks to increase the pulse rate and raise body temperature (5-10 minutes). Pre-stretch the key muscle groups.

SUBURI: Cutting practice is a beneficial part of warming up and a method of working on technique.

Some of the following depending on Kendoka present and available time:

ASHI SABAKI AND SEME: Foot work and the use of the point to attack and cut. Maximum effort gives greatest benefit.

UCHIKOMI: Striking practice.

MENSKI Put on the bogu.

KIHON: Basic cutting practice and drills.

CONDITIONING AND FITNESS: Hard physical training including kobun geiko and kakari geiko e.t.c.

WAZA GEIKO: Technical training on waza, kime, sen and the foundations of kendo.

SHIAI GEIKO: Preparation for a taikai.

JYU GEIKO: This should be used as a vehicle for improving ones form and techniques. It should be done in a relaxed and co-operative way, but with strong spirit and intent (Combination of power, anaerobic and aerobic training). It may contain elements of all the other types of keiko.

COOL DOWN (5 minutes): Always finish with light activities. Gently work shoulders, calves, hips, groin, neck e.t.c.

REISHIKI/REIGI (ETIQUETTE)

REFLECT: Discuss and Evaluate how well you have achieved the focus of the practice. Consider how to improve.