



# Shining Mountain Dojo

## Procedures, Traditions and Courtesy

Traditional Study of Hakko Denshin  
Ryu Ju Jutsu

The Gentle Art of Self-Defense



When we enter the Dojo, we must remove our shoes. Think of this as leaving the concerns of the outside world at the door, so you may better concentrate on learning the art.

The Dojo and training area are where knowledge and tradition are passed from one "generation" to the next. We bow as we enter the training area to show respect to our present teacher (Sensei), to our Sensei's teachers, to all who have passed on the tradition of the art, and to ourselves.

We also demonstrate respect by sitting properly while on the mats and by maintaining a quiet and attentive attitude. Proper etiquette requires that, if we must move past our Sensei or Sempai (higher ranking belts), we should pass behind them to demonstrate our respect.



We should make every effort to be on time for classes and if unable to do so, notify our Sensei as soon as possible as to our attendance. The easiest way to do this is by emailing all of the instructors at [smdlcanada@gmail.com](mailto:smdlcanada@gmail.com). This way, all of the instructors are informed of the absence.

We should always make sure that electronic devices and cell phones are set to mute or turned off. In the event that emergency or important calls are expected, ensure that our Sensei or Sempai are aware so that other students are not disturbed during training.

We should all participate in the setting up and take down of dojo related items (speak to your Sensei for guidance). We should all assist in maintaining the Dojo, as a clean and pleasant environment.

We should always ensure that when we bow onto the mat area we are both physically and mentally prepared to participate. Our gi should be clean and in good repair. We have removed all jewelry, to prevent injury to ourselves, or our fellow students. Hydration should be done before or after class.

We should always show respect, not only to our Sensei but also to other students. Our Sensei, are giving us the gift of their knowledge and many years of experience. Those that we train with are allowing us to use their bodies for learning the art.

One reason why we study Hakko Denshin Ryu Ju Jutsu is to learn skills to defend ourselves. Using the art to intentionally hurt others or "pick fights" will not be tolerated and any student found misusing the art in this way will be asked to leave the dojo.

We should make every effort to keep our training fees and membership dues current, and paid on time.





## Extended Training Classes and Workshops

Extended training classes are available on an as needed basis. Extended class time is for student development. This extra mat time is available immediately after regular training classes.

At least 1 week advanced notice is required and is subject to Instructor availability. Instructors will be present to help with questions regarding technique, Waza and Henka.

Training workshops will be offered periodically based on student interest and subject to facilities availability. Students are expected to confirm attendance at least 1 week in advance of a workshop.

## Bowing

Bowing is the way that the Japanese show respect to one another. Generally, the deeper the bow, the more sincere the gesture is.

At the beginning and end of class, we take part in the bowing ceremony. The students line up according to rank, and the Senior Rank will say "Rei" which means "bow", upon which all of the students will bow to our Sensei. The Senior Rank will then say "Seiza", which means "be seated", and all of the students will then sit in suware. The students will face the Instructor(s), the Senior Rank will then say "Makuso", which means "close your eyes". The purpose of this brief meditation is to clear your mind and focus on what you are about to learn in class. When the Senior Rank feels it is an appropriate time they will say "Makuso Yame" which means "open your eyes".



The Instructor(s) will then turn and face towards the shinden (shrine) at the front of the Dojo. The Senior Rank then says: "**shinden ni rei**" (bow twice to the shinden). This is done to show respect to the founder of our style of martial art, Mr. Ryuho Okuyama. Everyone then claps twice to symbolically "awaken the spirits" of the martial arts. The Instructor(s) then turn to face the students and the Senior Rank will instruct the class: "**Sensei ni rei**" (bow twice to the teacher). Students then bow, and as they do, they say "**Onagei shimasu, Sensei**" (Please instruct us, teacher).

At the end of class, everyone will do the same meditation as at the beginning of class to focus on what you have learned in class and retain it. Then everyone pays respect to the shinden in the same manner as at the beginning of class. When the senior student instructs the class to bow to the teachers, the students say in mid bow: "**Arigato gozaimasu, Sensei**" (Thank you, teacher).

During class, there are many times when it is appropriate to bow. Be sure that you do not have your back towards the shinden when you are bowing.

When stepping onto the mat area - bow first the step forward, making sure that you don't step on the edge of the mat.

When stepping off the mat area - turn, bow, then step backward off the mat, making sure not to step on the edge of the mat.

Bow to your partner whenever you start or finish practicing with them.

Bow to instructors before asking questions and after they have answered you. It is also polite to say "**Sumimasen, Sensei**" (Excuse me, teacher) before asking a question, and saying "**Arigato, Sensei**" (Thank you, teacher) after they answer.

## Pronunciations and Translations

Note: There is little or no emphasis placed on any one syllable in Japanese. Each syllable is given the same emphasis.



Japanese	Translation	Pronunciation
sensei	teacher	sen-say
sempai	senior student	sem-pie
onagei shimasu	please teach me (us)	oh-na-guy-shee-mass
shinden ni rei	bow twice to the shrine	shin-den-nee-ray
sumimasen	excuse me	soo-mee-ma-sen
arigato	thank you	are-ee-gah-toe
hai	yes	hi
ie	no	ee-ay
dozo	please	doh-zoe
domo arigato gozaimasu	thank you for your instruction (formal)	doh-moe are-ee-gah-toe go-zah-ee-mass
do itashimashte	your welcome	doh ee-tash-im-ash-ta
hajimeru	begin	hah-jim-eh
yosh	stop	yoe-sh
uchi komi	strike inside (punch)	oo-chee koh-mee
tsukomi	thrust (with knife)	t-soo-koh-mee
tsukimi	thrust (with fist)	t-soo-kee-mee
tsukiage	upper thrust (cut)	t-soo-kee-ah-gee
ukemi waza	breakfalling techniques	oo-keh-mee wah-zah
tatami	mat(s)	tah-tah-mee
dojo	training hall	doh-joe

## Counting and Directions

Numbers		Directions	
ichi	one	mae	front
ni	two	ushiro	behind
san	three	yoko	beside
shi / yon	four	hidari	left
go	five	migi	right
rokku	six	suware	kneeling
sichi	seven	hantachi	half standing
hachi	eight	tachi	standing
ku	nine	rei	bow
ju	ten		



