



### **Understanding the Hoshin Class Bow**

The Class Bow is done at the beginning and end of each class. It signals the beginning and end of using the time and space for training, for furthering our study of life through the Martial Arts, and to devote this time and energy to ourselves, to further develop and evolve ourselves as Human Beings, as kind hearted people and as individual parts of the greater whole. As Sensei used to say: "To Polish our hearts just a little bit more each day"

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The Class Bow begins with everyone kneeling in Seiza in kyu ranks (belt ranks) in rows, with the teacher in the front row, followed by the highest graded students in the next row, and so on.

The Bow begins with everyone facing the Kamidana / Kamidoko – The shrine at the head of the class. The Kamidana / Kamidoko represents the "Teachers and Students of Hoshin Jutsu, Past, Present and Future".

Sensei will clap once to indicate that the Bow will begin.

In reflective meditation, everyone will say:

**"May we Train Well,"**

**"May we Listen to our Teachers,"**

**"May we transform our Physical Energy into Spiritual Power."**

Everyone then claps together and bows to the Kamidana / Kamidoko, Sensei will then turn around and face the class, and the highest graded student on the mats will say:

**"Sensei Ni Rei"**

Everyone will bow to Sensei, and Sensei in return will bow to Everyone.

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I encourage everyone to sit with the Class Bow, and find out what it means for you individually. If there is any part of it that you would like to have further explained or expanded upon, simply ask Sensei, or any of the higher grade students before or after class.