

UNIT 1: Reigi Sahō

Basic Etiquette, Respect & Customs

ねが
お願いします **Onegai Shimasu**

Lit. If you please. The implied meaning is: Please teach me. This is an expression used by students when entering the Dōjō, before starting practice or when making a request to a Sensei or senior.

あ がと
有り難うございました **Arigatō Gozaimashita** (formal)

Lit. Thank you very much (polite form). The implied meaning is: Thank you for teaching me. It is used in the Dōjō as a sign of gratitude, during and after training, as well as on social gatherings.

あ がと
有り難う **Arigatō** (informal)

あ がと
有り難うございます **Arigatō Gozaimasu** (semi-formal)

あ がと
どうも有り難うございました **Dōmo Arigatō Gozaimashita** (formal)

About Shinjinbukan:

しん じん ぶ かん
神人武館 **Shinjinbukan** — The Name of Our Karate School

お ナガ ヨシ ミツ
翁長良光 **Onaga Yoshimitsu** — Shinjinbukan's Founder & Head Instructor

おキ ナワ から て どう
沖縄空手道 **Okinawa Karate Dō** — Our Martial Art Style

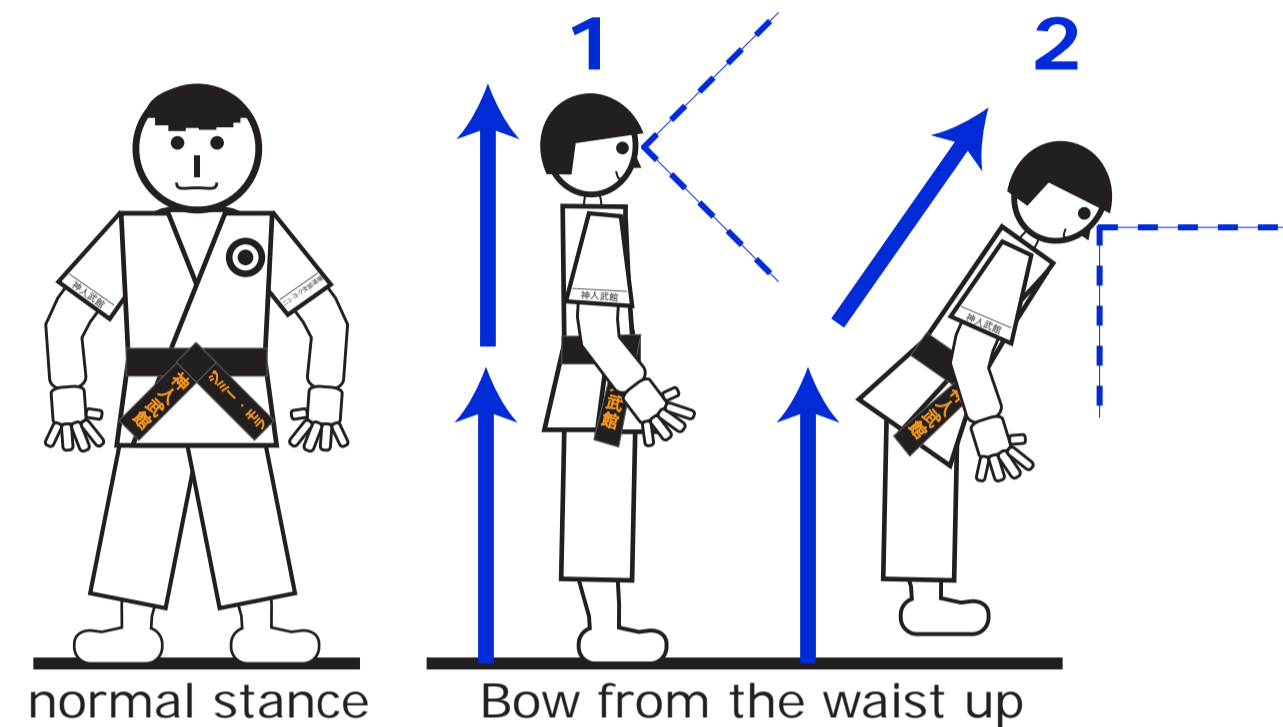
しょう りん りゅう
小林流 **Shōrin Ryū** — Our Karate Style

こ はやし りゅう
小林流 **Kobayashi Ryū** — Our Shōrin Ryū Lineage

Rei — Expression of gratitude (Bow)

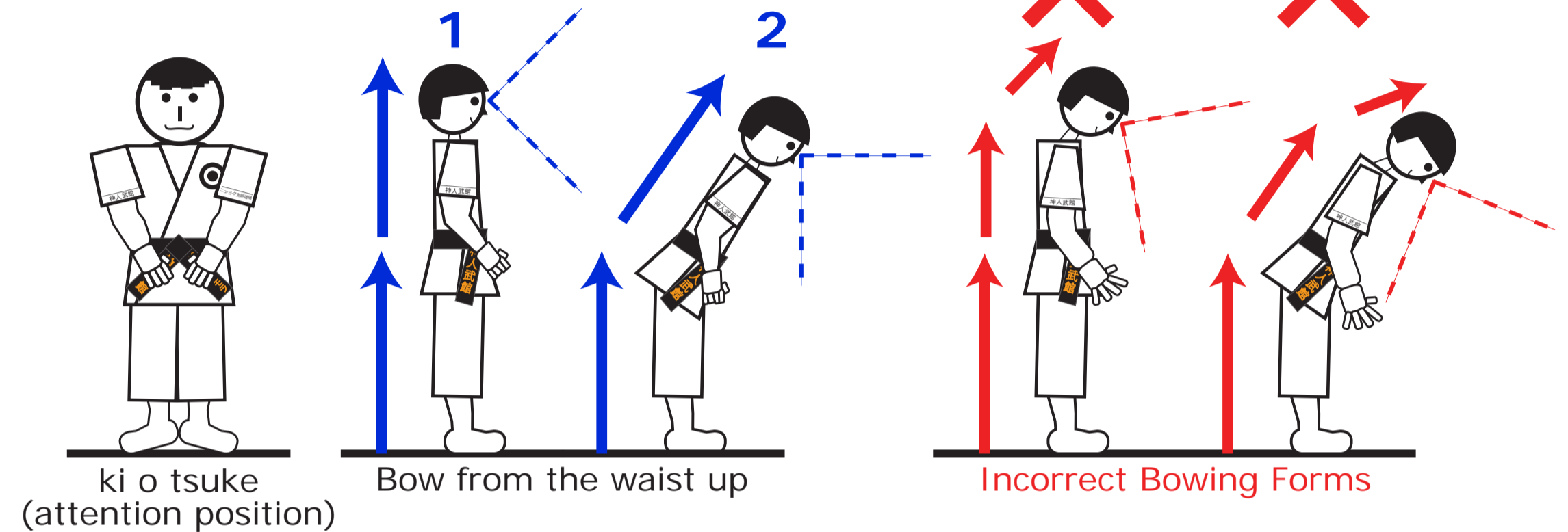
Informal Standing Bow

- Before entering or exiting the Dōjō
- Casual situations



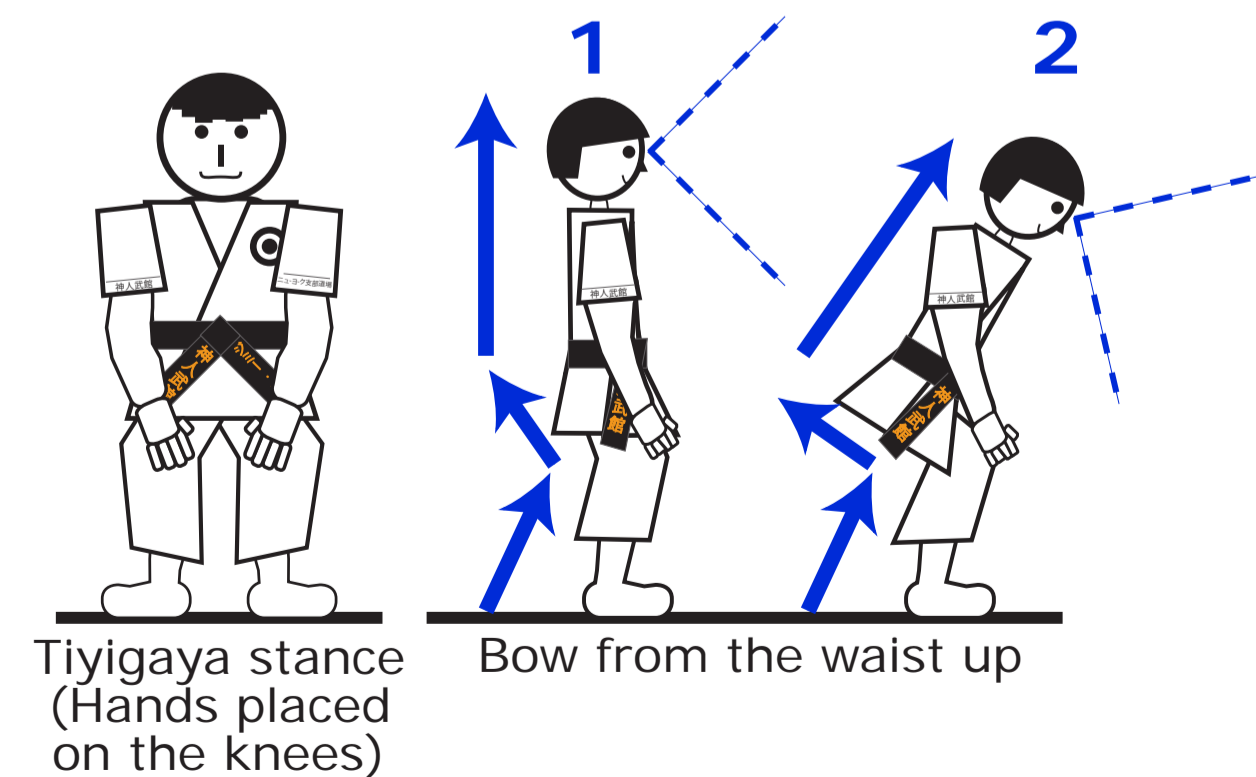
Formal Standing Bow

- Before entering or exiting the Dōjō
- Before speaking to an instructor or senior



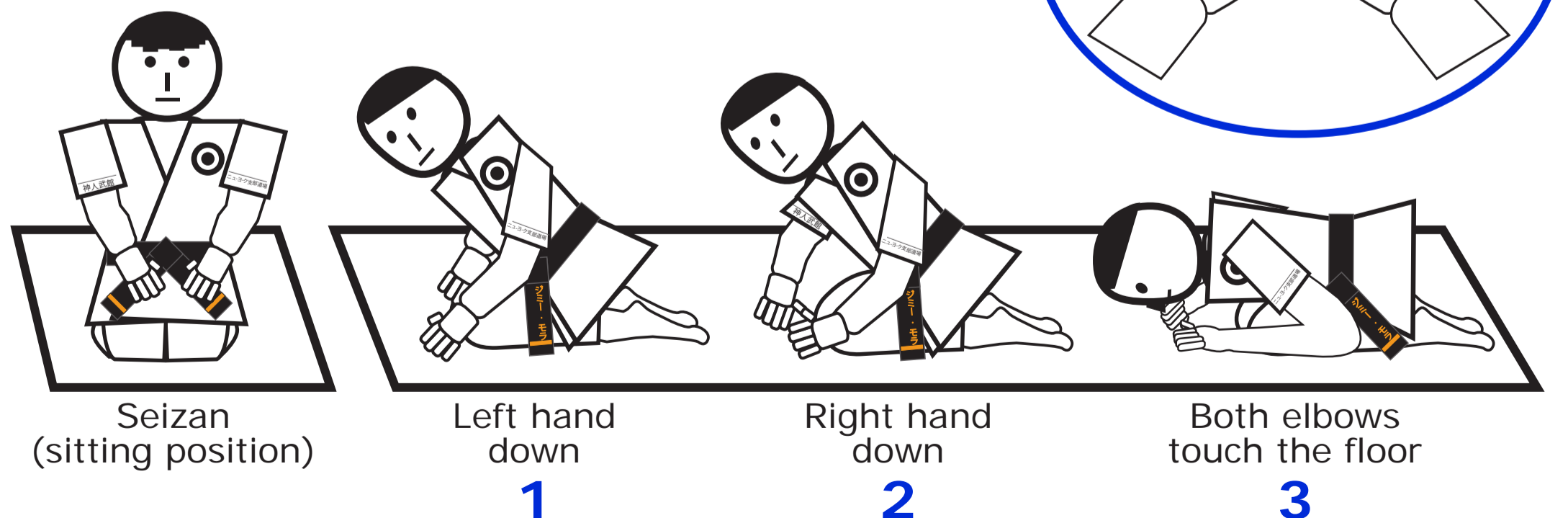
Tiyigaya Bow (Advanced)

- Ancient Okinawan Budō tradition
- Used by **Tiyigaya** (Ti practitioners)



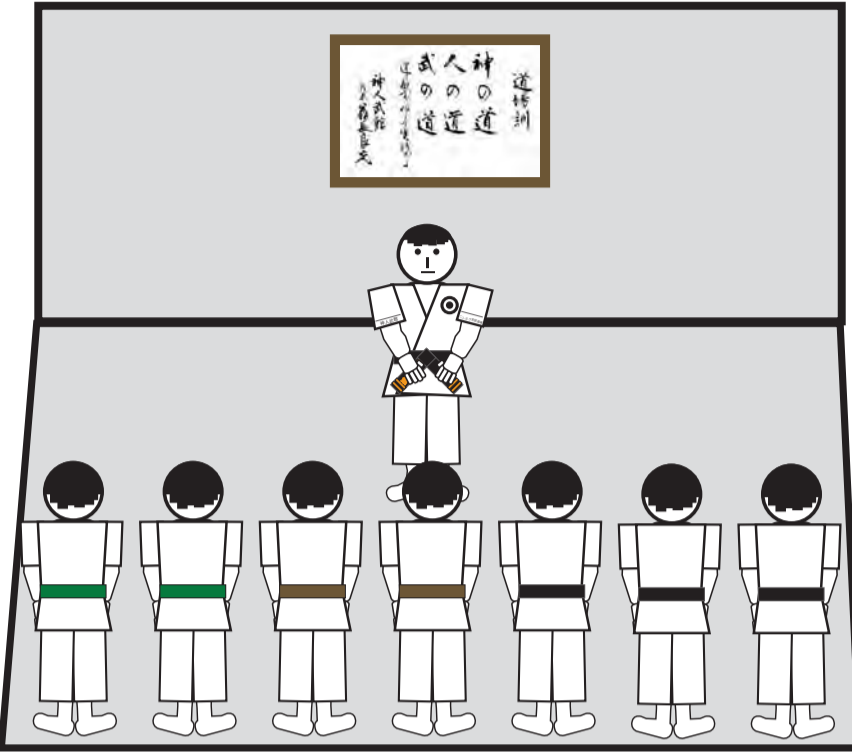
Formal Sitting Bow

- Before entering or exiting the Dōjō
- At the beginning or end of class

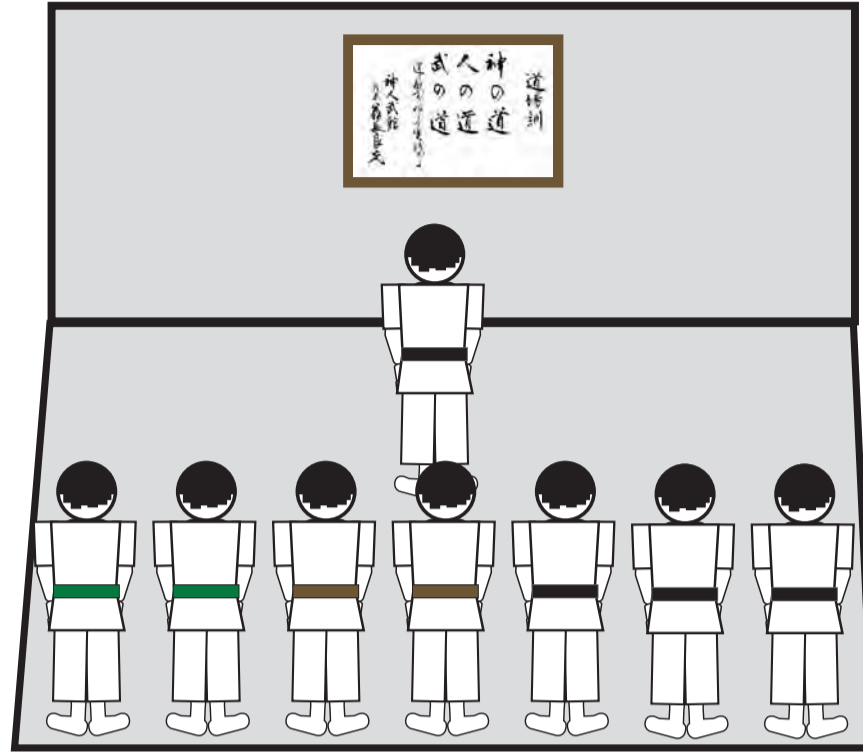


Beginning and Ending Class (Standing)

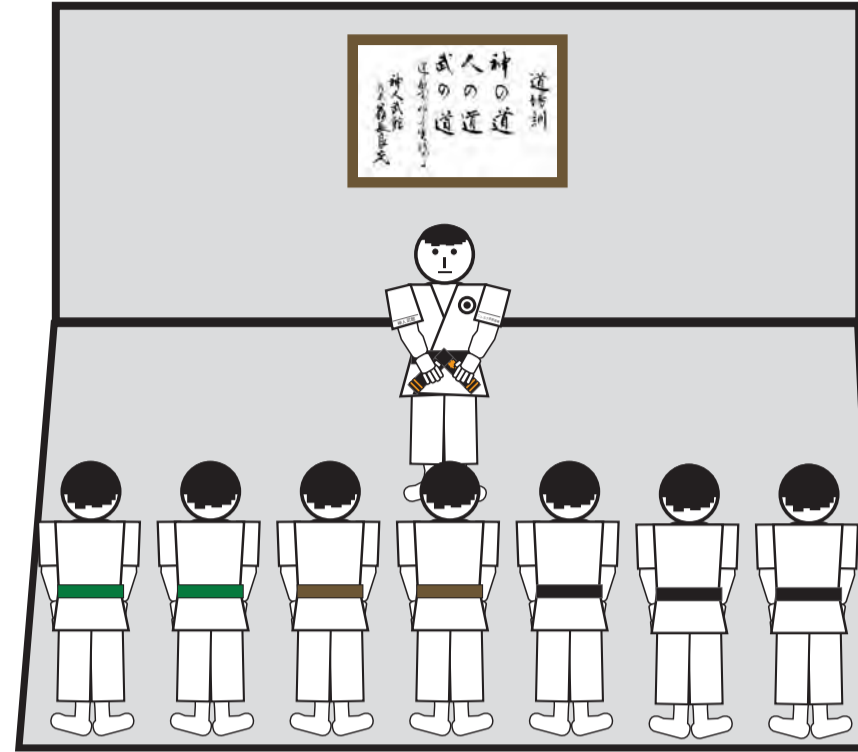
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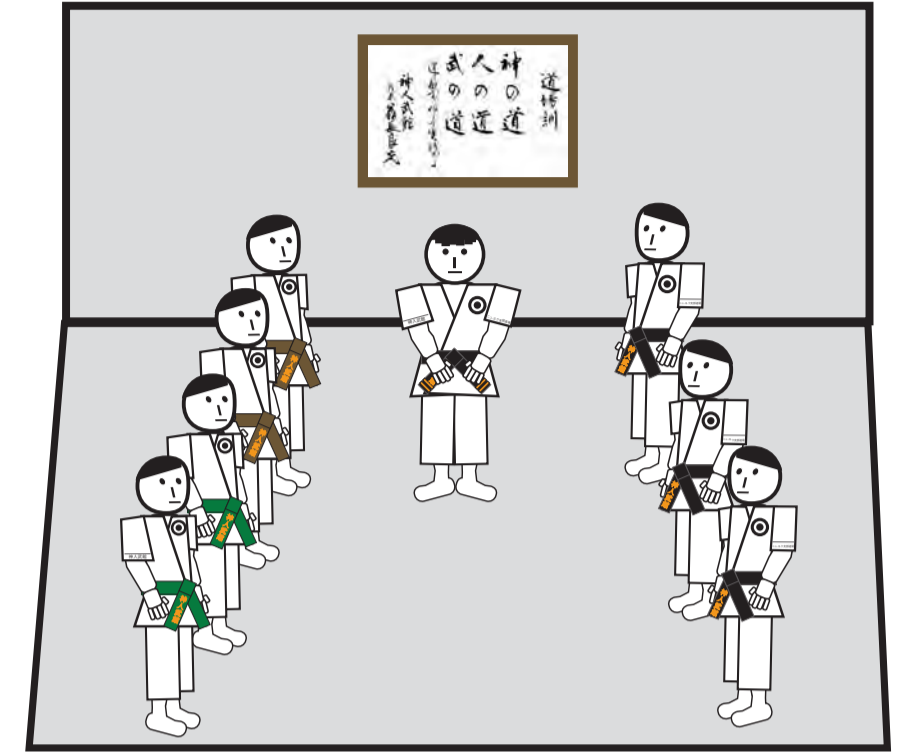
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ki o tsuke

Stand at attention.
Remain silent.

Shōmen Ni, Rei

Bow towards the Front.
Remain silent.

(Sensei Ni,) Rei

Bow towards the teacher & say:

Otagai Ni, Rei

Bow towards the teacher & say:

Onegai Shimasu (At the beginning of class)

Arigatō Gozaimashita (At the end of class)

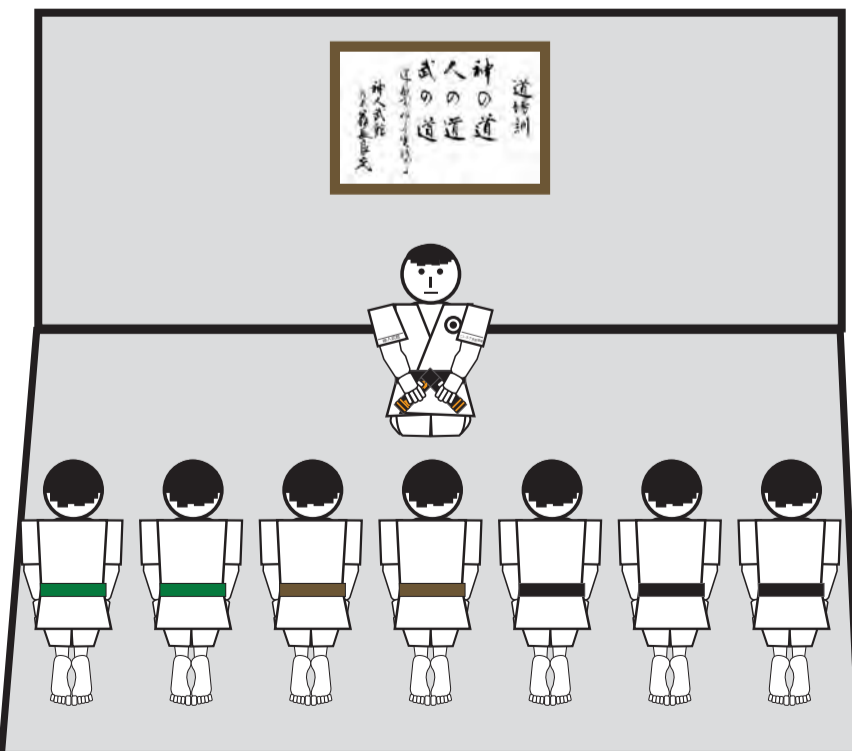
Beginning and Ending Class (Sitting)

Seizan

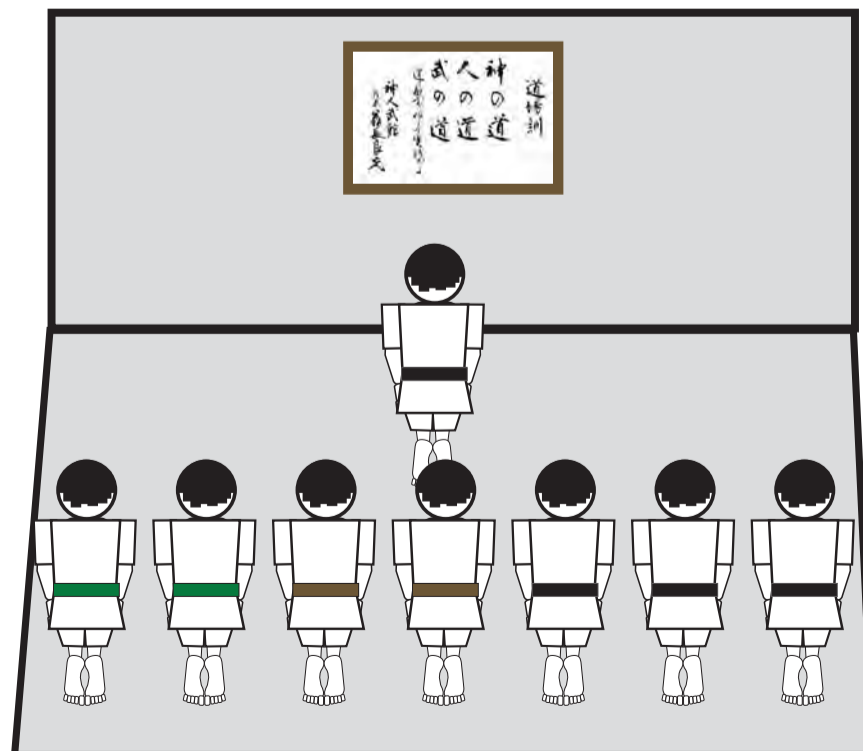
Sit at the seizan position.
Remain silent.

Use the same commands as above.....

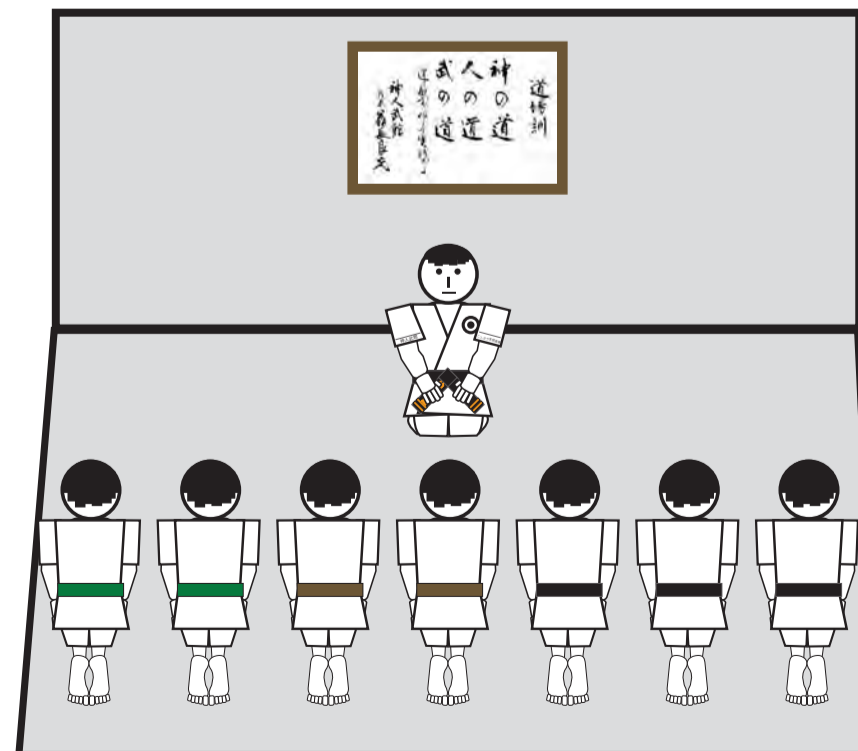
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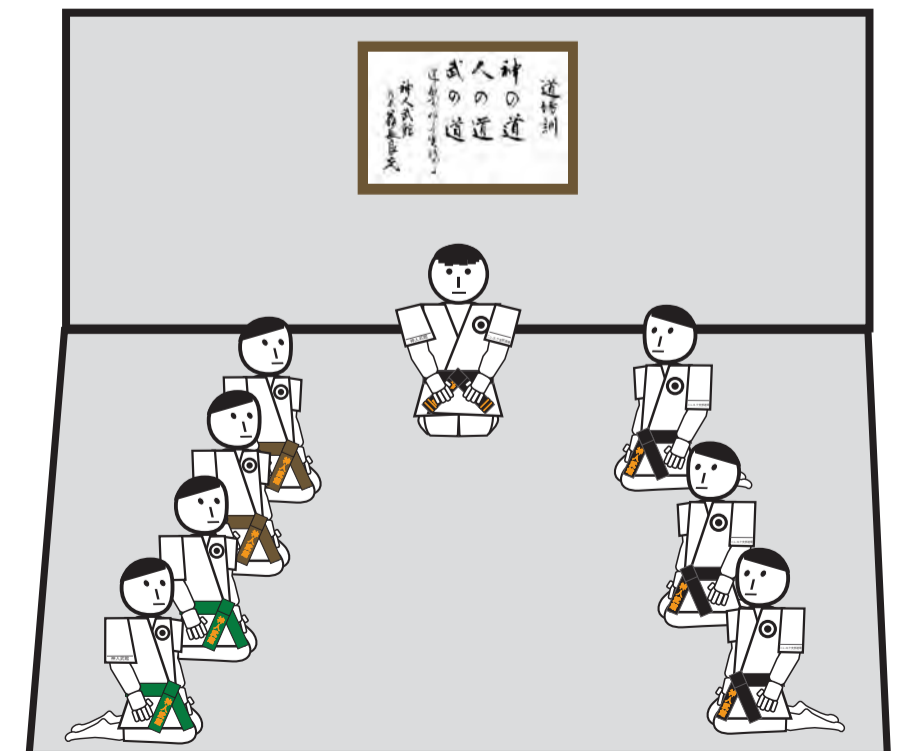
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Basic Vocabulary

rei gi sen sei
れい ぎ せん せい
礼儀 Reigi 先生 Sensei

rei gi sa hō
れい ぎ さ ほう
礼儀作法 Reigi Sahō

shō men
しょう めん
正面 Shōmen

shō men ni rei
しょう めん れい
正面に礼 Shōmen ni Rei

o taga i
たが
お互い Otagai

o taga i ni rei
たが れい
お互いに礼 Otagai ni Rei

Culture & History

oki nawa
オキ ナワ
沖縄 Okinawa

oki nawa ken
おき なわ けん
沖縄県 Okinawa Ken

oki nawa sen
おき なわ せん
沖縄戦 Okinawa Sen

ryū kyū u china
りゅう きゅう ウ チナー
琉球 Ryūkyū 沖縄 Uchina

u chinā guchi
ウ チナー グチ
沖縄口 Uchināguchi

u chinān chū
ウ チナーン チュ
沖縄人 Uchinānchū

hō gen awa mori
ほう げん あわ もり
方言 Hōgen 泡盛 Awamori

Kami
かみ
神 Shin/Kami

bu
ぶ
武 Bu

bu dō
ぶ どう
武道 Budō

bu shi dō
ぶ し どう
武士道 Bushidō

gi ri
ぎ り
義理 Giri

kara te
から て
空手 Karate

kara te dō
から て どう
空手道 Karate Dō

Jin
ひと
人 Jin/Hito

dō
どう
道 Dō/Michi

bu jutsu
ぶ じゅつ
武术 Bujutsu

dō jō
どう じょう
道場 Dōjō

dō jō kun
どう じょう くん
道場訓 Dōjō Kun

hon bu
ほん ぶ
本部 Honbu

shi bu
し ぶ
支部 Shibu

fuku shi bu
ふく し ぶ
副支部 Fuku Shibu

ni hon
に ほん
日本 Nihon

ni hon go
に ほん ご
日本語 Nihongo