

etiquette

- *shugo* – row up!
- *seirets* – straight line!
- *sensei* – master, teacher
- *ken-shi* – shorinji kempo students
- *lei* – salutation
- *naole* – arms down!
- *lenshu-o-hajime-masu* – salutation from sensei to kensshi
- *onegai-shimasu* – salutation from kensshi to sensei
- *lenshu owarime-masu* – salutation from sensei (at end of lesson)
- *arigato goza-imashita* – thanking for lesson
- *gasho* – salutation or greeting
- *chiyakuza (tjakza)* – sit down! (zazen way)
- *me-moku* – close eyes!
- *chosoku* – control breathing!
- *kiritsu* – stand up!
- *kesshu* – hands down (lock thumbs,fold)
- *hai* – yes!
- *yoi* – be ready!
- *kamae* – take position!
- *hajime* – start!
- *yame* – stop!