



JAPAN INTERNATIONAL KARATE-KI CENTER

In Hawaii since 1962 for the fine Art of Self-Development

The JIKC OPENING CLASS CEREMONY is unique. It is one of the most significant aspects of the JIKC KARATE training program. As the body influences the mind, so the mind influences the body, and it is this opening class ceremony which sets the pace or determines the success of one's training effort for that day. It is the final step in warming up the mind.

THE PURPOSE OF THE JIKC CLASS CEREMONY

1. To create spirit and enthusiasm among students and instructors.
2. To promote class unity.
3. To empty the mind of an negative thinking and prepare for new learning.

This purpose is achieved when everyone, in unity and with initiative to volunteer, repeats aloud showing enthusiasm and an unselfish spirit.

THE PURPOSE OF SEIZA: (Formal sitting position)
Orderliness and humbleness to the mind and body.

THE PURPOSE OF MOKUSO: (Eyes closed for meditation or concentration)
Warming up the mind for training hard.

THE PURPOSE OF JIKC TRAINING:
Not to conquer others but to conquer the weaknesses within oneself.

THE JIKC DOJO KUN (PRECEPTS)
Uphold the principles of propriety and courtesy.
Cultivate the spirit of effort.
Perfect a mind of patience.
Live the way of truth.
Do not lose self-control or act in a violent manner.

THREE BASIC FACTORS FOR MENTAL STRENGTH
1) Seriousness 2) Try Hard 3) Never Give Up

THREE BASIC FACTORS FOR MENTAL ATTITUDE
1) Initiative 2) Responsibility 3) Pride

THREE BASIC FACTORS FOR RELATIONSHIP WITH OTHERS
1) Appreciation 2) Consideration 3) Unity

SHOMEN NI, REI!: The bow to the front of the dojo is to indicate respect for learning, respect for the precepts, and our commitment to do our best.

OTAGAI NI, REI!: The bow between instructors and students indicates respect for each other and the promise to learn from each other. A student learns to become a better student, and an instructor learns to become a better instructor.

AN INVITATION: The JIKC training center for the development of mind and body is called a DOJO. JIKC Dojo welcomes anyone who can appreciate the values of the principles expressed in the opening ceremony.

WHY NOT BRING A FRIEND WITH YOU TO YOUR NEXT CLASS!

For more information, please visit our website: <http://www.jikc-hq.org>