



MOKUSO **(Bowing-in and bowing-out)**

The time has come to clear the mind and prepare for the vigorous training about to come.

For a few moments prior to the actual training, in seiza position, a period of silence is held throughout the dojo. The mind is still and not even the soft breathing can be heard. It is a time to tune into the Karate - Do and tune out all of the day's trials and tribulations. It is time for the mind, body and soul to work as one.

At the end of the class, as one sits in Mokuso, a student calms himself and prepares to reemerge into the proper attitude capable of meeting the world in a friendly and confident way.

***SPECIAL NOTE:**

- 1. Please have your eyes closed during mokuso. You should work on your breathing, inhaling through the nose and exhaling through the mouth with your back straight and hands flat on your lap. You can open your eyes when bowing-in starts.**
- 2. If you are late and mokuso is already in progress, please stand still on the side, be quiet and do not interrupt. Wait until the bowing-in is over, then you may join the class.**
- 3. Mokuso has nothing to do with any religious sect and is merely a formality and tradition.**

