

地 水 KUDEN 風 空

SHIKIN HARAMITSU DAIKOMYO

At the start of the lesson when lines are called, a short opening ceremony is performed. The class kneel in grade order and face the front of the dojo (or kamiza if there is one) and the class instructor does the same.

The palms are raised above the head and the instructor says “Shikin Haramitsu Daikomyo” which is then repeated by the class.

The whole class then clap their hands twice and bow. Coming up, the hands are raised once again and clapped (though only once this time) and the bow repeated.

The instructor then turns to face the class and everyone bows repeating the phrase “Onegaishimasu”. This means “please instruct me”.

Any special instructions for the day are then given and the class starts.

The same is repeated for the end of the class except that the final phrase is changed to “Domo Arigato Gozaimasu”. This means “thank you for instructing me”.

Here is what Shikin Haramitsu Daikomyo means:

Shikin

A greeting, sensation of harmony, perceived by the heart.

Haramitsu

Wisdom from courage and effort fosters sincerity, loyalty and faithfulness.

Daikomyo

Bring respect and reliance, illumination from the inside to the outside.

Taken together,

Every encounter is sacred and could present the one potential key to the perfection of the great universal enlightenment we seek.

Note: Unlike other systems, these ceremonies have no religious connection or meaning whatsoever.