**Blackwater judo club (Maldon) Mokuso**

From Saturday 1st May 2004 Sensei John Pegram took the decision to introduce elements of Judo Philosophy into the club: to supplement the technical and competitive elements that were already being taught. He had the Kamiza constructed and introduced the following version of Mokuso to formally start and end training sessions when the Kamiza is available as a focus.

A Judoka of Sensei’s choice will be nominated to call the instructions relating to Mokuso (this will usually be a higher ranked student). To this end all Dan grades should know and be able to explain the procedure and reasoning behind Mokuso.

* **Dan grades** (and when finishing a Junior Session nominated instructors) will line up with the Kamiza to their right, the highest ranking Dan grade closest to the Kamiza.
* **Kyu grades** will line up with Kamiza to their left, lower grades closest to Kamiza. Seniors at the edge of the mat ( junior sessions may commence with senior judoka behind the juniors, -or forming a line at right angles to the juniors- the foundation group will form the front row with juniors behind them – in front of the seniors).

Sensei’s Nominated Judoka (SNJ) will stand next to the Kamiza, and shall remain standing.

* **SNJ** – **Seiza**

All judoka kneel (left knee then right simultaneously angled at 450 towards the kamiza

* **SNJ – Yoi**

All judoka sit up straight, backs must be straight, hands resting on thighs

* **SNJ** – **after 5 secs,** to start of mokuso**, SNJ claps 3 times (or hits the gong 3 times)**.

Students’ cup their hands, palms facing up with the back of the top hand cupped in the lower hand. Eyes maybe closed or fixed on a point as students mentally prepare for the lesson ahead.

There must be ***Absolute Silence*** in the dojo, Mokuso should last about 30 secs

* **SNJ – claps hands once (or hits the gong once)**
* **SNJ – Kamiza za-rei**

All students bow towards Kamiza (including **SNJ**)

* **SNJ – Sensei za-rei ,**

Kyu grades turn to face the Yudansha who turn to face kyu grades, they rei to each other.

* **SNJ** - **Yudansha za-rei** ,

Black belts turn to bow towards the highest ranking Dan grade in dojo

In order of seniority judoka stand up (right foot first), waiting quietly in shizen-hontei

* **SNJ** – **Rei**, everyone does a standing rei towards the Senior Ranking Dan grade

The closing ceremony follows the same sequence, but here students should reflect on what has been achieved. Students should leave the mat in order of seniority.