



**The Naginata training begins here, in front of the Kamiza (altar) after the command "Seiretsu!", which means "lining up."**

**We meditate in Seiza no kamae (kneeling body position), and make several traditional bows to the Altar: "Shomen Ni Rei!", to the Sensei: "Sensei Ni Rei!" and everyone present "Otogai Ni Rei!"**

**The training ends the same way: lining up, meditation, bows.**

