**Bowing**

**Bowing is an essential part of karate as it is a sign of respect and acknowledgment. We start and end each class with the following ceremonial bows.**

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| **Shomen ni rei** | Bow to the front | Shows respect to all the practitioners who came before us |
| **Sensei ni rei** | Bow to instructor | Shows respect to your teacher/instructor |
| **Otaga ni rei** | Bow to all assembled | Shows respect to all of your training partners |