

# Competition Bowing & Japanese Terminology

## At the beginning of the division:

- All competitors line up in the ring facing the judges. Three bows are called out by the judges:
  - o **SHOMEN NI REI** – “Bow to the front” (usually turning to facing the flag).
  - o **OTOGAI NI REI** – “Bow to each other” (in this case, the judges)
  - o Finally, while the judges bow to one another, turn slightly out of the line and bow to your fellow competitors.

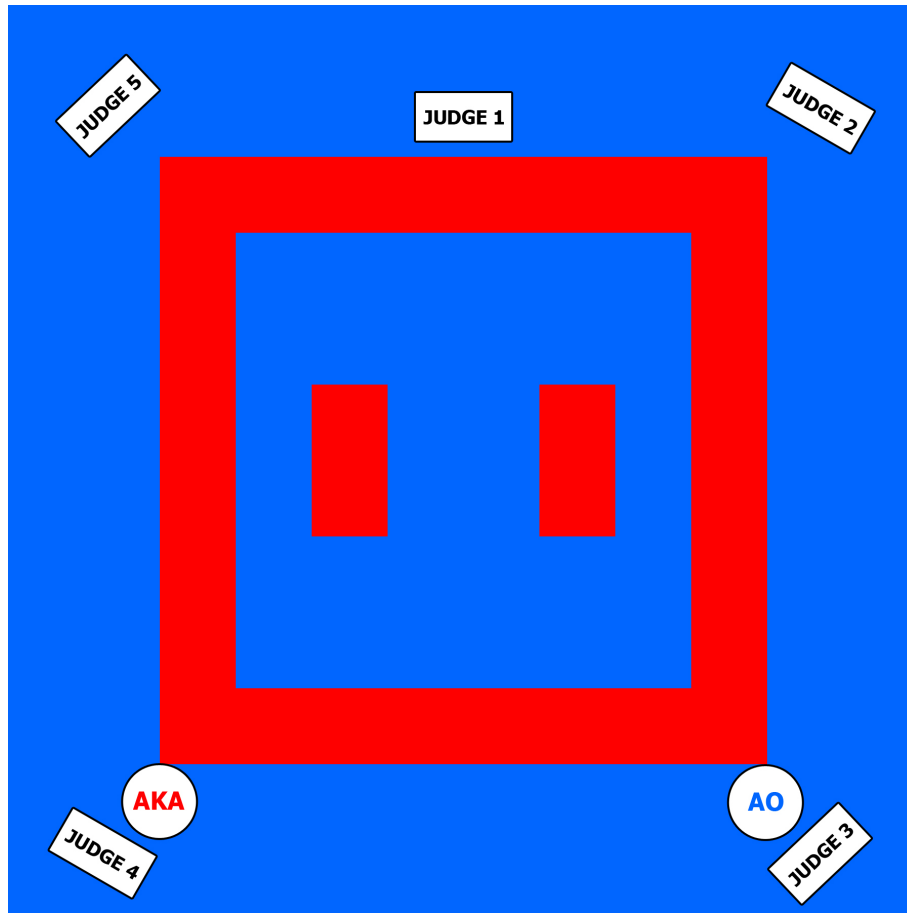
## At the beginning of each match:

- **AKA** (“Red”) and **AO** (“Blue”) face each other from the corners of the ring. When the center judge indicates the match should begin:
  1. Walk to the center of your half of the ring (usually in line with the red rectangle). Turn and face the judges and bow.
  2. Turn to your fellow competitor and bow.
  3. Walk into the ring, and bow. Announce your kata and begin.
  4. At the end of your kata, bow again.

## At the end of each match:

- **AKA** (“Red”) and **AO** (“Blue”) are standing at the back edge of the ring. After **HANTEI** (“decision”) is called, and the flags are raised, and then lowered again:
  1. Turn to your fellow competitor and bow.
  2. Turn to the judges and bow.
  3. Bow as you exit the **TATAMI** (“mats”).

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Standard ring layout. In beginner/novice/intermediate divisions, **Judge 2** and **Judge 5** are sometimes removed, for only three judges instead of five.