STEPS
HOW TO DO SEIZA

Proper Sitting

WHAT IS SEIZA?

Seiza is a traditional and formal way of sitting in Japan, which is also practiced in karate. Seiza means to sit correctly, with the legs folded under the body, the feet flat on the floor, and the back and neck straight. Seiza is a way of showing respect and etiquette in karate, especially in formal occasions such as ceremonies, instructions, demonstrations, and gradings. Seiza can also help to calm the mind and body, and maintain a balanced posture.

To do the Proper Seiza
First thing to move is
your left leg

























How to stand up in from Seiza

The Instructor will command
“TATTE KUDASAI”

which means Stand up please







