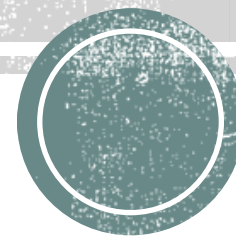


Jin & Rei

仁 と 礼

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Why do you need to do Rei?



The origin of Rei(Jin & Rei)

- Jin was foundation of the teachings of Confucius who was born in China(B.C.552-479) . In a nutshell, Jin is to love people. At that time, the Chinese society(Spring and Autumn period) was confused, and the mind of the person was wild. In those days, the people have lost of both compassion and hospitality for others. So Jin" was considered to be the most important.



仁

Jin is a Chinese character, but the meaning of two people is expressed. In other words, if two people live together, they will have to understand and respect each other. Jin Just means to love friends and family and so on.



Rei

- Jin which represents to love people is not easy to convey to others. Because it is the feelings that are inside of human beings.
- Then Confucius called Rei that Jin appeared to the outside as attitude.
- So Rei has to be politely. It must indicate to respect.
- Rei means the standard of the society that a person should obey in ancient China.



Confucianism in Japan

- Confucianism came to Japan earlier than Buddhism (AC 5C).
- In the Japan, the thought of Confucianism became popular as the study which did the research in the nation.
- It was very important for the fifth general Tokugawa Tsunayoshi in the Edo period that He adopted Confucianism for educational policy.
- Of course, Confucianism continued to influence **Bushido and Budo**.
- Not a few, Confucianism influenced the modern and modern moral education of Japan, but it was not straitjacket.





武士道

Bushido's philosophy

- 義 (gi) : Basics of Bushido is the spirit of fair play. Even if a person in trouble is an enemy, we have to reach out our hands and we never use coward ways. The right attitude of samurai (as same as Judoka) is to observe justice.
- 勇 (Yu) : Courage is necessary to comply with justice. We need to strong spirit, open mind. We never does not upset to everything.
- 仁 (jin) : Even if the opponent is an enemy or a weak person, do not forget to bring up and respect others as I have already explained.
- 礼 (Rei) : In Rei, we are required to have a heart of compassion and humility from day to day.
- 誠 (Makoto) : We never tell a lie, and also never devote falsehood. We have to do what we say.
- 名誉 (meiyo) : To keep the honor is very important.
- 忠義 (chugi) : We never lie to ourselves, and must cherish others we respect.



Reiho is a way of showing Jin.



Reiho of Kodokan

- The spirit of Rei is vital to the study Judo in a manner that promotes self-perfection. Rei is the spirit with which we pay respect to the opponent, and the protocols of etiquette through which we express this sentiment is called Reiho. The cultivation of the spirit of Rei is connected to the development of Jita-Kyoei (mutual benefit), an important tenet that was advocated by Kano Shihan.



- Etiquette, otherwise known as Reiho, is the physical manifestation of the spirit of Rei. Zarei (seated bow) and Ritsurei (standing bow) are usually taught in the dojo. These two types of Reiho are the focus of instruction, but they are not everything. As Reiho is the method of expressing the spirit of Rei, it is important to understand that this spirit must not be lacking, notwithstanding of the situation, time, or way it is expressed. When interacting with others, one judges the situation and acts in a specific way. You must ask yourself whether you are truly representing the Judo ideal and the spirit of Rei. The point being, there is a difference between merely complying with the forms of Reiho, and performing it the true spirit that underlies it.



Rei in Practice

- With the first Rei in a Judo practice, you and your opponent join as partners, and the greeting expressed means, "Let's start to refine ourselves together through this training". The Rei at the end of practice is an expression of gratitude: "Thank you for being my partner." Rei performed in the dojo, it can be said, should be observed at all times in order to enact the spirit of Jita-Kyoei in one's everyday life.



Reiho



Why do you step forward by your left foot on first situation ?

- If you have a sword? Which side is your sword? Right or left ?

When do you face to enemy, You have the following posture, do not you?



It is easy for you to attack soon by your sword. Indeed, opposite situation!

- When you fight to your opponent in Judo Shiai, you must be fair before be declared “hajime” by referee. That is reason.



**From now think your some
situation about Rei !**

