



Lesson 2. Seiza | Sitting Position

Sitting Position in Dojo and Transitional Movements

Complete Outline

1. Sitting Position

Ways of Sitting

Seiza Posture

2. Standing Up to Kamae

Ways of Standing Up

Right Goes First

Seiza Readiness Position

The Half-Standing Position

Foot Adjustment

3. Sitting Down to Seiza

Down to Sided Position

4. Uke and Nage Positioning

Front Position

Side Position

5. Exercise 1 | Lazy Get-Up

6. Exercise 2 | Foot Substitute

7. Lesson Insight