

## August Training Period Schedule

Students may not enter Zazen, Meal, Service, Study Period, or Lecture late, unless their responsibilities require it.

- 4:00 Rise (fast hand bell)
- 4:05 3 rounds of Han
- 4:20 Zazen (be in Zendo at end of 2nd round)
- At beginning of Zazen: Shoten - Dawn Drum and Bell; 4 drum, 2bell (3 rounds); 18 bell - soft.
- 5:00 - Shoten - time signal; 5 drum, 1 bell (3 rounds); 3 rounds of Han; 1 round of bell: at first sound of bell Zazen ends and Robe Chant begins.
- 5:10 Morning Service (Choka)
- 6:00 Breakfast (K - 3 rounds of Han; Offering Drum -- no one should enter Zendo or Meal during drum except offering.)
- 7:10 Work Meeting (WL - Work Drum)
- 7:20 Work
- 10:10 Cleanup (WL - 1 round of Han)
- 10:30 Zazen (J - 3 rounds of Han)
- 11:10 Shoten - 3 beats of drum, 1 round of bell
- 11:15 Mid-day Service (Nicchu)
- 11:25 Lunch (K - same as for breakfast)  
followed by rest or study time; swim ok
- 1:40 Formal study in Zendo (J - 3 rounds of Han)
- 2:25 Work preparation and meeting (WL - Work Drum)
- 2:40 Work
- 4:40 Bath (WL - Bath Drum)
- 5:40 Prepare for Service (J - 3 rounds of Bell)

5:55 Evening Service (Hanka)  
6:05 Supper (K - 1 round of Han)  
followed by study or free time  
7:30 J - 3 rounds of Han  
7:45 Lecture or Zazen  
8:30 Kinhin  
8:40 Zazen  
9:05 Singyo Chant; following chant (approx.  
9:07) Shoten sounds 9 drum, 1 bell, (soft);  
3 rounds of Han (soft); 9 bells (on 1st  
bell Zazen ends.  
9:20 Bed  
9:40 Lights-out and good-night bell  
10:00 Inspection  
11:00 Fire Inspection

K - Kitchen, WL - work leader, J - Jikido