



Shohei Juku Aikido Canada

Monthly Newsletter
May, 2006. Number 17

Looking Back At The 9th Suganuma Morito Shihan Aikido Seminar

The three days of Suganuma Shihan's Seminar ended with great success. I would first like to thank Suganuma Shihan and also all our members.

This year's seminar was held at the Shomonkai dojo in the National Nikkei Heritage Centre. I appreciate all the hard work from the Shomonkai members in preparing the seminar. I imagine there was a tremendous amount of work involved in this. I would like to thank them for that. I am also glad to see the two dojos, Shomonkai and Shohei Juku, cooperating with one another to create this heart warming seminar.

This year Suganuma Shihan, simply yet thoroughly, taught us the importance of the basics, which he emphasized to us daily. It seems as though we try to value the basics in our training yet I wondered to myself if I was genuinely doing that. This opportunity has made me want to once again review and learn the basics, and I am very grateful to Suganuma Shihan for this. Lastly I would like to express my utmost gratitude to Suganuma Shihan.

Tamami Nakashimada

P.S. The following page is Suganuma Shihan's greeting message quoted from the 20th Shohei Juku Enbu-kai Pamphlet.

第9回菅沼守人師範合気道講習会を終えて

師範をおむかえしての三日間の講習会は大成功のうちに終了いたしました。師範をはじめ会員のみなさまにお礼を申し上げます。

今年の講習会は祥門会道場、日系プレースで行なわれ祥門会のみなさまにも大変お世話になりました。準備は大変なものであったと思います。ありがとうございました。祥門会そして祥平塾、この二つの道場が共に協力しあい今回の"心厚い"講習会をなしえることができましたことを大変嬉しく思っております。

今年は師範が日々私たちに強調されてあります、"基本"—その大切さを師範のとてもわかりやすいいねいなご指導により学ばさせていただきました。"基本" "基本"と私たちは心がけて稽古をつんでいるようですが、真に心がけて私はやっていたのか?と自問自答いたしたしだいです。"基本"をもう一度、見直し学ぼうという厚い心を改めてお与え下さいました師範に私は感謝の気持ちでいっぱいでございます。最後になりましたが、菅沼師範ありがとうございました。

中嶋田玉美

P.S. 第20回祥平塾演武大会にあたり菅沼師範のごあいさつ文を掲載いたします。



Approaching The 20th Shohei Juku Enbu-kai

Morito Suganuma, The Head of The Shohei Juku Aikido

This year marks the 20th Shohei Juku Enbu-kai. I am very grateful for everyone's help and support for being able to continue to this day. Over the years the faces of the executive committee, those people who help out in the background, and the participating members in Enbu have changed but I believe the feelings in everyone's hearts have not changed at all. Those feelings are a desire to have the kind of Enbu-kai where we can all work together as one, where we can fully demonstrate the characteristics of the Shohei Juku, and where we can be impressed by one another. I believe we have had these feelings for the past twenty years.

There is a saying that goes, "Instead of looking for the footsteps of our predecessors seek out for what our predecessors were searching for". What are the messages our founder Morihei Ueshiba Sensei and the second doushu Kisshoumaru Ueshiba Sensei wanted to tell us. It is important for us to once again consider this as we welcome the 20th Enbu-kai.

In "Preparing oneself for Aikido Practice" our founder used to say "The purpose of Aikido is to train the body and the spirit and to become a man of integrity..." and "Aikido is not a martial art to correct people but to improve ourselves". Nowadays we tend to focus on others, compare ourselves with others, and criticize others but what is more important is for us to first look at ourselves, learn from the regretful things we have done and improve our good points even further. In regards to keiko, our founder emphasized on the importance of the basics by saying "The basics is the innermost secrets" and "Go back to the basics if you are lost". These important lessons not only apply to our training but also to our lives.

I greatly appreciate your understanding and support as we, Shohei Juku, continue on to focus on ourselves, value the basics and improve ourselves by encouraging one another. Finally I would like to end this message with my sincere appreciation to everyone for your support. Thank you.

「二十回目を迎えて」

祥平塾道場長 菅 沼 守 人

祥平塾演武会も今年で丁度二十回目を迎えることができました。ここまで続けて来れましたのも、皆様方のご尽力のお陰と感謝しております。実行委員の顔ぶれも、目に見えないところでお手伝いされている方も演武される方々の顔ぶれも大分変わって来ておりますが、その根底に流れている気持というものは変わっていないと思います。それは、---全員一丸となっていい演武会にしたい、祥平塾の特徴を存分に出し切れるような演武会にしたい、お互い感動し合えるような演武会にしたい、、、。そんな気持で二十年間やって来たと思います。

先人のあとを求めるのではなく先人の求めたところを求めよ、という言葉もありますが、開祖植芝盛平先生、二代道主植芝吉祥丸先生は私達にどんなことを伝えたかったのでしょうか。二十回目を迎えたこの機会に、もう一度思い直してみることも大切な事だと思います。

開祖は"合気道練習上の心構え"の中で、「合気道の目的は心身を鍛練し、至誠の人を作るを目的とす、、、」と述べられ、又、「合気道は人を直すのではなく、自分を直していく武道です」とも言われました。とかく今の世は目を外にばかり向け易く、人と比べたり、批判したりとなってしまうがちですが、まずは自分自身を見つめ、反省すべき点は反省し、良い点は更に伸ばして行く事が大切だと思います。稽古に際しては「基本こそ極意」、「迷ったら基本に返れ」と基本の大切さを強調されました。こうした教えは、稽古していく上に於ては勿論のことですが、私達生きていく上に於ても大切な事だと思います。

これからも祥平塾は、自分の足元、基本を大切にしてお互い切磋琢磨して行きたいと思っておりますのでご理解とご支援のほどをよろしくお願い申し上げます。最後になりましたが、今年も皆様方のご協力に心より感謝申し上げます。挨拶とさせていただきます。



“Secrets of Retaining Youth”

During my conversation with Suganuma Shihan I have learned “The secrets of retaining youth” and “The secret to senile prevention”....

Ka “Being impressed” or “Being appreciative”
Ki “Having curiosity”
Ku “Being resourceful”
Ke “Being healthy”
Ko “Being in love”

Hopefully we strive to have all these in our daily lives. Personally I think the last secret of “Love” refers shy, tender and warm feelings that are indescribable inside our heart. Just hearing “Love” makes me feel like I am going to fall in love! I wonder if having this kind of emotion is equal to the secret of being young?! 😊

Thoughts on Suganuma Morito Shihan' s Seminar From Members

Hello Sensei,

To see Suganuma Sensei again is like breathing fresh air into our aikido. The clarity, ease and presence he shows when he moves is an inspiration to continue training even when things become difficult. Thank you to all the people who put forth such an effort to make this seminar happen year after year. We are truly grateful. I can't wait for the uchi deshi seminar with Fujita san this fall!!

Russ & April

I have really enjoyed the last two seminars with Suganuma Sensei. I really like his approach of "scratching-deeper-and-deeper" on the basic. Specially when you have the opportunity to be grabbed by him.....then you really feel where the "energy" is going..... and there is no way out!

Charles



Photos From Suganuma Shihan's Seminar



Message From Our Member

We cannot all do GREAT THINGS but we can do
SMALL THINGS WITH GREAT LOVE

Mother Teresa

Message From Our Member (cont'd)

Chocolate Zucchini Cake:

Cream together:

½ c butter

½ c oil

1 ¾ c sugar

Add to above mixture and beat well:

2 eggs

1 tsp vanilla

½ c sour milk

Add to above and mix:

2 ½ c white flour

½ tsp cinnamon

4 tbsp cocoa

½ tsp ground cloves

1 tsp soda

Stir in 2c Grated zucchini, sprinkle top with chocolate chips. Bake in 9X12 greased pan 325 degree (45-55min).

From Donna, Chris and Mason

Excerpts from “Ima Koko o Iki Iki to Ikiru” (今ここをいきいきと生きる) by Morito Suganuma (page 32-33)

来てみればさほどでもなし富士の山
釈迦や孔子もかくやありなん

村田清風

吉田松陰を育てた村田清風の歌。

釈迦や孔子がたいした人物ではないということでは勿論ありません。

「彼も人なり、我も人なり」の気概を持ってということであろう。

「俺はなれる」と思うか、「俺はとてなれない」と思うかが人間一生の分かれ道である。

“Mt. Fuji doesn't have much to it once you are there. Perhaps Buddha and Confucius were the same.”

By Seifu Murata

This is a poem by Seifu Murata who trained Shoin Yoshida.

This certainly doesn't mean Buddha and Confucius were not great men. Most likely it is suggesting to us the idea of “he is human but I am also human.”

The turning point in your life comes when you decide “I can do it” or “I can't possibly do it”.

Notice

1. Please pay the monthly fee in the first week of the month at the front desk of the Trout Lake Centre. If you are going to drop-in, please show your receipt to the instructor each time you drop-in before the class begins.
2. If you arrive late to the class, please do the stretching exercises before starting keiko. Please make sure to do this especially during cold weather days.
3. If you are planning to miss classes for a long period of time due to the sickness, trip, moving, transfer etc., please let us know in advance.
4. We are always looking for various articles. The topics can be anything including Aikido, friends, work, and hobbies. Our dojo newsletter welcomes everyone's input.

Contact Information:

E-mail: aikitamachan@excite.com

Phone: 604-299-0058

Upcoming Events

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| May 28 (Sun) | Richard & Asuka's wedding ceremony |
| June 03 (Sat) | Saturday kids testing |
| June 10-11 (Sat & Sun) | Mary Heiny Sensei Annual Seminar in Gibsons |
| July 8 (Sat) | International Art Demonstration in China Town |
| July 17-21 (Mon-Fri) | Shochu-Geiko (Summer Intensive Training) |
| August | Annual Camping in Gibsons |
| October 20-22 (Fri-Sun) | Shoheijuku Uchideshi Seminar with Ms. Toyoko Fujita, Fukuoka, Japan |

Annual Membership Fee

The Annual Membership Fee is required to be paid by all members who practice in our dojo. This fee covers the expenses for operating the dojo as well as insurance expenses. Paid members will also be permitted to take a test twice a year. They will also have the benefit of receiving a discount for the seminars. Please make the payment (\$50/yr) to either Mike Boyle or myself. Thank you.