



SHOHEI JUKU AIKIDO CANADA

NEWSLETTER

September Issue 2015 • #123



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Quote of the month

“ It does not matter how slowly you go so long as you do not stop.”.

Confucius

止まりさえしなければ、どんなにゆっくりでも進めばよい。

孔子

“ Suganuma Sensei's words from his 45th anniversary special book”.

積小為大

千里の道も一歩から。どんなに遠い道のりでも初めの一歩を踏み出さなければ、目的地に到着しません。

まずは、初めの一歩、また一歩、小さな一歩の積み重ねがついにはゴールにたどりつくのです。二宮尊徳という人は、「積小為大」という言葉を大事にし、実践されたそうです。

大成された方は、今の一歩、今の一歩を大切にされた方が多いようです。

SEKISHOIDAI “Small piece-Great gain”

A journey of a thousand miles begins with the first step.
 You will never reach your goal unless you start.
 Accomplishment is only made by an accumulation of steps.
 Take the first step and then, by adding each small step, you will attain your goal.
 The philosopher, Sontoku Ninomiya valued the word “sekisho-idai” and practiced it in his life.
 Most great achievers did so by taking each step, carefully and deliberately.

Translated by Miho Ueda

Message from Tamami Nakashimada

“Red flowers bloom as always”

There is only one month left until the special workshop by Suganuma Sensei. Time flies, actually. We started preparing for the workshop in spring, summer came and went and we are well into fall. Our preparation has been progressing steadily, as the time has passed.

The steering committee for the event this year is consisted of seven members with Nathan, the chairperson of Dojo's Board of Directors, as a leader. We have had many meetings on the aspects for the workshop, such as scheduling the whole event, visiting the possible venues and selecting one, and discussing about the fees. I have fully realized that the workshop could not possibly been organized without the support of everybody, as I see them working together for preparation, despite their busy schedules. Because of the process we all work toward the success, the workshop would become something very special.

For the workshop this year, Suganuma Sensei has given me the phrase, 'Red flowers bloom as always', as used for the title of this newsletter. He wrote about the meaning of the phrase in his 25th Anniversary Special Edition like the following.

'These are the words mentioned often in the talks of Shinryu Umeda Zenji who is my Zen master.

The master preaches,
“ We tend to think too much in our heads, to judge good or bad, or to love or hate. For example, one wants to be a violet as one does not like a dandelion even one was born dandelion, or one wants to be a rose, as one does not like a lily very much. There are many who die without being fully blossomed as a dandelion because of this notion. Try your best to make the flower blossom.

Make the most out of your life.”

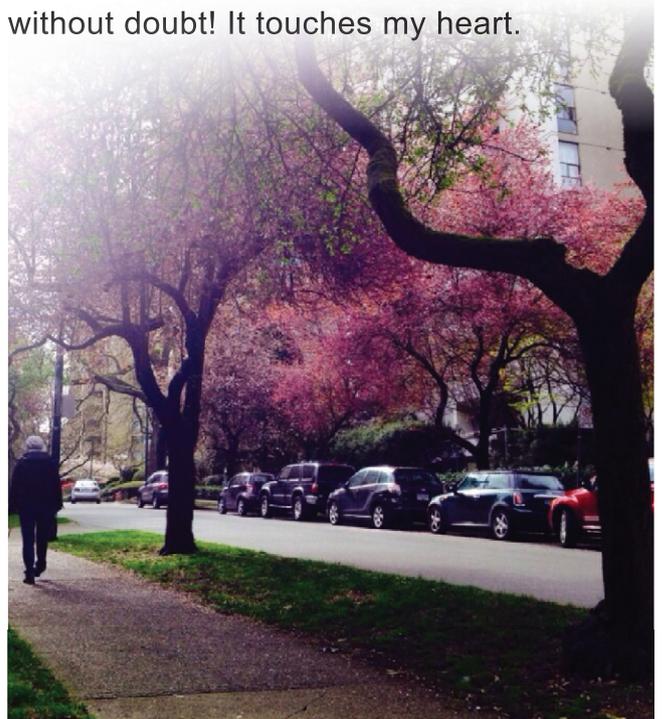
There are people in all shapes and sizes who practice Aikido. Some have greater strength than others and some are not so. It is no use to complain about the difference in physique, muscle strength or age, or envy others for something you can not have. The important thing is how you use what you have at the maximum and to the utmost. I hope everybody to achieve this goal to fully blossom as who they are and live life to the fullest, and remember this in practicing Aikido and in the daily activities.'

You and I, and everybody only get one life. We should all live our precious lives given to us meaningfully, as fresh and invigorating as a breeze in spring, as bright and dazzling as the sun in summer, as vast and clear as the blue sky in autumn, and as cold and blustering as a storm in winter.

Tamami Nakashimada

Words for autumn:

Home-cooked food into which you put your heart. That's the tastiest and irresistible without doubt! It touches my heart.



“ 花は自ら紅なり ”

いよいよ、菅沼先生講習会開催まで、ひと月あまりとなりました。時間の経つのは早いものです。春先から準備を始めだし、夏が過ぎ、そして、秋となり、私たちの準備もこの時の流れとともに、着々と進んでおります。

今年の、道場運営委員会会長の、ネイションさんを中心に、私たち7名の委員は、講習会全体のスケジュールの計画、講習会会場の視察、設定、会費の検討などと、会議を積み重ねてまいりました。皆、それぞれに忙しい中を、一致団結して、準備を進めてくれている姿を見るたびに、講習会は、一人では、開催できないものだと、痛感しています。みんなで、こうしてやっている過程があるからこそ、講習会が特別なものと感じ取られるのだと思います。

今年の講習会にさいまして、先生より、上記に題しております、“花は自ら紅なり”（花自紅）というお言葉を頂きました。この言葉の意味として、先生は、25周年記念集のなかで、以下のようにお書きになってありました。。

= これは私の禅の師匠であります梅田信隆禅師のお話の中によく出るお言葉です。

禅師は、” 私は、たんぽぽの花に生まれたのに、たんぽぽの花はすかんから(きらいだから)、すみれの花になりたいとか、ゆりはあまり好かないからバラになりたいとか、いろいろ自分の頭で善し悪し、愛憎を作ったりする。それによって自分が本当のたんぽぽの花をさかせずに死んで行く人もたくさんおるのですよ。自分の花を最大限に咲かすことです。その持った命を最大限に生かすことですよ。” とおしえられます。

合気道を修行しておられる人の中にも体の大きい人もおれば小さい人もおられます。力の強い人もおれば弱い人もおられます。そうした体格のよしあし、力の強弱年齢の違いなどに不平不満を言ったり、他を羨んだりしてもはじまりません。大切なことは、自分の持っているものを最大限、最高度に生かしきる事だと思います。どうか、日々の合気道の修行にも、そして生活の中でも、この、自分の花を咲かせ切る、自分の命を最大限に生かす、ということを中心にかけて一日一日を生き生きと生きていって頂きたいと思います。=

あなたの人生も、私の人生も一度きり。この一度きりの自分の人生、新鮮で、爽やかな春風のように、眩しくて、明るい夏の太陽のように、青く広がる澄み切った秋空のように、そして、激しく冷たく吹きすさぶ冬の嵐のように、この世に生まれていただいた、たった一つのこの大切な命を、精一杯に生かしていきたいものです。

中嶋田玉美

この秋の言葉： あなたの心のこもった手料理！何と言ってもそれが一番たまらなく美味しい！ジーンと胸に来ます…

Dojos Report

Trout Lake Dojo

Where is the summer?, It has gone already?. I need a little more sunshine but I know fall is here now. I shouldn't complain we had a great summer and we had a nice summer kids camp. I had many new kids to teach Aikido, I enjoyed being with them a lot. I hope those kids will join me for the new session from September! This September is a special anniversary I have been teaching kids for 10 years!. I want to say thank you to the many dojo members who have helped me with the kids classes over the years. I could not continue if I had to do it all by myself.

The Japanese say "Shoshin" it means "beginners mind", I want to go back to "Shoshin" and teach the kids again.

Thank you

Shinobu

Summer time has just ended but the sun is still warm and bright.

Aikido Fall session for the kids has started and I can feel their energy already. With the mind of beginners, let's start our practice together in harmony this Fall. Onegaishimasu!

Agatha

Gibsons Dojo

This month has seen the Sunshine Coast dojo have a schedule change, receive a new student and start to focus on students who will be testing in front of Suganuma sensei in October.

Our schedule change is not a big one. We simply have removed Friday class and extended Monday and Wednesday nights another 1/2 an hour.

So, we now train Monday's and Wednesday's from 7 - 8:30pm and we enjoy Friday off. This has resulted in better attendance on the days we do train and a more intense training experience for our students.

Next, a student Ria and I had in kids class several years ago has come back to aikido and we are happy to have him. It's amazing for me to see that his body remembers irimi, tenkan and center based movement. He is easy to teach. Welcome back Julian! Lastly, we are focused on sankyu and ikkyu techniques most nights in preparation for sensei's visit and the coming testing. Remember, if you're coming to the Sunshine Coast let us know. With a bit of notice we can open the dojo on Saturday and enjoy a class together.

All the best,

Russ

*Be Lively.
Right Here.
Right Now.*

*The Life Teachings of Morito Suganuma
8th Dan Blackbelt Aikido Master*



This book is now available in English so that more people can benefit from the wisdom and insights found in the original book. It was originally written for his Japanese speaking students to help them get more from Aikido and Life. The book has the answers to questions that have been asked of Morito Suganuma Sensei as he travelled around the world teaching and demonstrating the ways of Aikido. Sensei hopes you will enjoy the wisdom found in it for many years to come.

This book is available on www.amazon.ca
OR contact us on sjacanada@gmail.com

**Have you read
this book?**



**Get one
today!**

Surrey Dojo

“ Good Luck! Monique!! “

Monique left for her university on September 3rd. She has been our Surrey dojo member for a few years. We had a farewell dinner gathering after her last practice with us . It was very nice dinner gathering with lots of laughing.

Monique! Have a wonderful time at your new school and new aikido dojo.

We miss you ...let us know how you are doing!

From all members of Surrey Dojo.



“ Welcome our new family!!! “

Kyle has a new born baby girl - Abby!!!

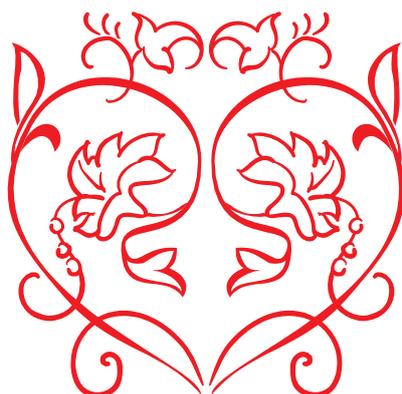
Congratulations!

This photo was taken by Surrey dojo member when Kyle and his wife -Tin Tin visited us at Surrey dojo with Abby! They looked very happy and Baby-Abby was well cooperated with us on that day of their visit.

It's always nice to have new young family members and they make our dojo really “FAMILY!”.

Kyle and Tin Tin! Enjoy your parenting and we are always there for you when you need baby sitting??!

Tamami Nakashimada



SHOHEI JUKU AIKIDO CANADA FALL PROGRAM

TROUT LAKE DOJO

Adult class

Monday 5:55pm - 7:25pm
Tuesday & Thursday 6:00pm - 7:30pm
Saturday 11:00am - 12:30pm

No Class on October 12th, 24th and
December 24th and 26th.

Kids class

Beginners age 8-12 yrs
Monday 4:30pm - 5:30pm

Beginners age 5-7 yrs
Tuesday 5:00pm - 5:45pm

Upper Beginners age 8-12 yrs
Thursday 5:00pm - 6:00pm

Intermediate age 8-12 yrs
Saturday 10:00am - 11:00am

No Class on October 24th.

**Kids class
volunteers need!!!**

**If you have a little time,
please come to volunteer
for our kids classes.**

**All classes are full of
lovely kids and need
your help to assist.**

**We appreciate
your great help.**

SURREY DOJO

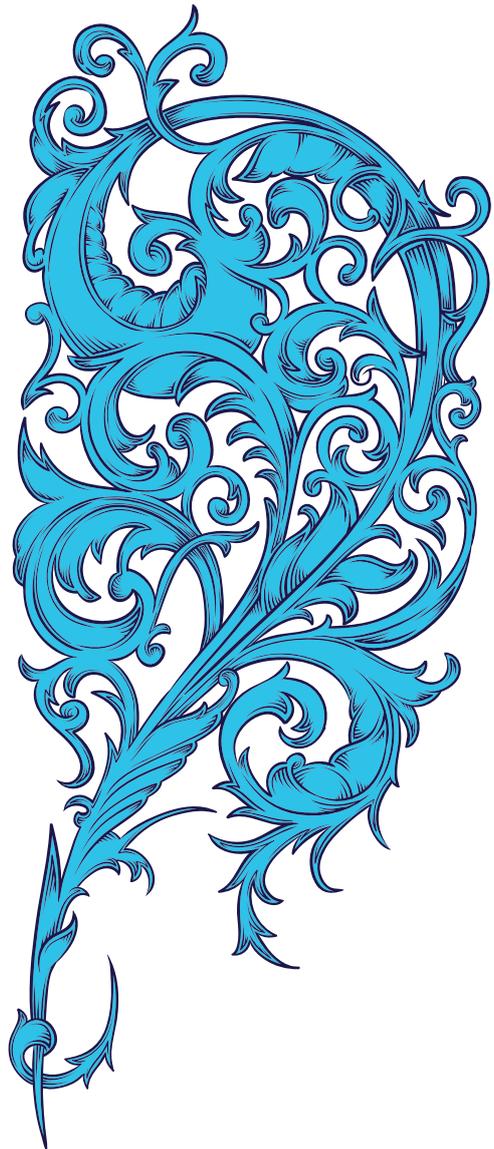
Adult class

Age 13+
Monday & Wednesday 6:45pm - 8:00pm

GIBSONS DOJO

Adult class

Monday & Wednesday 7:00pm - 8:30pm



AUG 1ST, 2015 - 39th ANNUAL POWELL STREET FESTIVAL - JAPAN DAY SHOHEI JUKU AIKIDO CANADA DEMONSTRATION

Every year our Dojo participates in the annual Powell Street Festival - a celebration of Japanese and Canadian culture and arts.



Dear Shohei Juku Aikido Canada,

A heartfelt thank you for participating in the 39th Powell Street Festival. It's the participation of Japanese Canadian groups such as yours that brings the magic to the festival.

As we gear up for our 40th anniversary, we hope to increase our activities for festival goers and to extend the festival site along Alexander Street. We would love to hear from your ideas! Feel free to contact me if you wish to take part in the discussions.

Sincerely,

*Executive Director
September 2, 2015*



Photo courtesy of Yuka

UPCOMING EVENTS

MORITO SUGANUMA SHIHAN
FALL SEMINAR 2015
VANCOUVER, CANADA



合気道 祥平塾 カナダ
SHOHEI JUKU AIKIDO CANADA

PROUDLY HOSTING THE ANNUAL SEMINAR OF

MORITO SUGANUMA SHIHAN

8th Dan AIKIKAI

OCTOBER 23 - 25, 2015

Steveston Martial Arts Centre
4111 Moncton Street, Richmond, B.C., V7E 3A8
Phone: (604) 238-8080

合気道

Volunteers Wanted!

for preparation and during seminar days.

Please add you name to the list.

(Form is available on your dojo's Notice Board)