



SHOHEI JUKU AIKIDO CANADA

NEWSLETTER

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“ 感謝 ”

なにごとの おはしますかは 知らねども

かたじけなさに 涙こぼるる

西行が初めて伊勢神宮に参拝した折詠んだ歌だそうです。

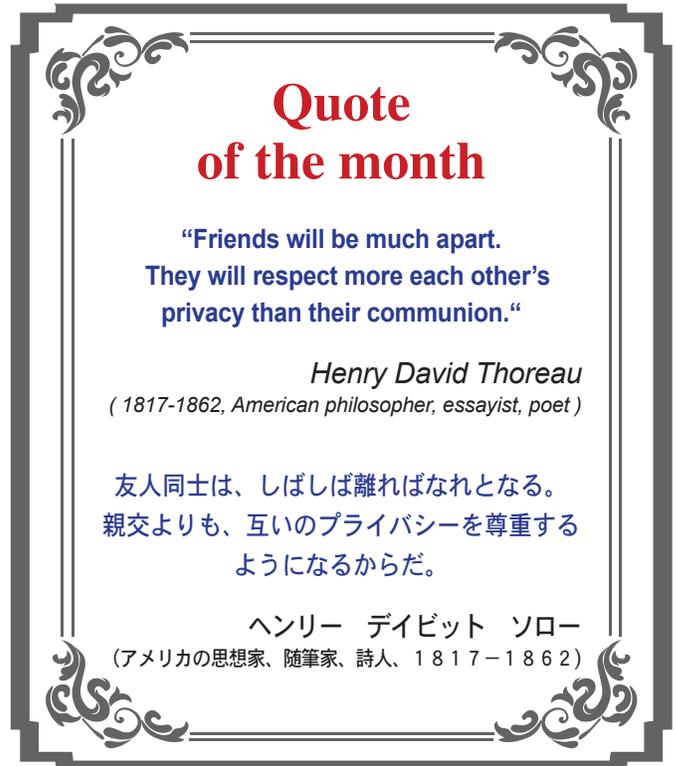
私たちは自分の力で生きていると思っているけれど、
本当は生かされているんですね。

そこに気がつけば、不平不満など大分少なくなるかも

分かりません。

(菅沼守人師範 九州派遣45周年 記念集より抜粋)

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COVER English Translation

“Gratitude”

Although what kind of god enshrined is not known
I could not help shedding tears of gratitude
That touches the very core of my heart

This poem is said to be the one written by Saigyō
when he went to Ise Shrine for the first time.

Although we tend to think that we live independently,
we only able to live with the help of others. When you
realized that, we may have significantly less complaint
and dissatisfaction.

Translated by Mrs. Yasuko Garlick



**“ Excerpt from 45th
Anniversary Special Edition of
Kjusyu Appointment of Master
Morito Suganuma”.**

Message from Tamami Nakashimada

“Putting both hands together”

The very first few things I do after getting up in the morning are; go to the washroom to wash my face and clean my tongue, go to the kitchen to boil water to offer to the household Buddhist alter and light incense. Then, I sit in front of the alter and put my hands together in prayer for a while.

That reminds me of what my grandmother as well as my parents used to do when I was little. My siblings and I, as small children, did the same, copying what they were doing. I hardly remembered much about that or was not particularly aware of what they were doing back then. As I get older, however, I vaguely recall those deceased family members praying. It may have been because of the recent passing of the people who were close to me.

I have heard and read about the proper meaning of putting hands together when we pray. The left hand represents our hearts and the right hand represents the hearts of someone else. By putting them together, our hearts and their hearts become one. I think deeply about the appreciation for my existence with my heart and the hearts of my ancestors together.

Repeating a simple action performed every morning may gradually become a custom and eventually nurture our appreciation for the people around us.

There was an elderly gentleman who came to the funeral of my father-in-law. His gesture left a warm impression on me. He came to the funeral very quietly, smiled slightly to us, walked slowly toward the alter to pray, then left. His natural gesture was very gentle and gracious. My heart started softening immediately.

Tamami Nakashimada

Words for the month:

Be earnest with all your heart.

“ 両手を合わせる ”

朝一番にすること、それは、床から起きて、洗面所に行き、顔を洗い、舌を洗い、台所に行き、湯を湧かして、仏壇に供え、お線香をあげて座り、両手を合わせて少しの間合掌します。それは、思うと、幼い頃に見た祖母の姿であり、父母の姿でした。小さい私たちは、ただ見よう見まねで、座って手を合わせていました。若い頃は、特別にその姿を思い出すこと、意識すること等はありませんでしたが、年齢を重ねるごとに、亡くなった家族のその姿が、何となく思い出されます。それは、近年、私の身近にいた方々の忌去に伴うものなのかもしれません。

両手を合わせるのは、きちんとした意味があることを、読み聞きしたことがあります。右手は相手の心、そして、左手は自分の心。それを合わせることは、相手と心をひとつにする、ということ。自分が今ここにいることの幸せをご先祖様と心をひとつにして嘯みしめる...

毎朝、手を合わせるというなにげない動作、それを重ねて行くうちに、それが習慣となり、自然に周りの人たちへの感謝の心が、育まれて行くのではないかと思います。

義父の弔いに来られた、ご老人の姿が暖かく私の心に残っております。彼は、とても静かに入って来られ、少しの笑みを投げかけられ、そして、ゆっくりとお仏壇の前に進み、合掌し、立ち去って行かれました。その方の自然なお姿が、とても優しく、美しく感じられました。私の心が、一瞬、ほぐれていきました...

中嶋田玉美

今月の言葉： ころをこめて、ただ、ひたすらに...

Board of Committee Report

Former President's report

Out with the old in with the new!

This is the end of a third-year term working with the SJAC board and it has been a pleasure! A busy year, as usual! It is always a great way to get to know members a little better off the mats; once a month to share ideas and manage the needs of the club over pizza and pop.

One of the highlights this year has to be finally securing the mats from moving, now we have the wall to wall mats, this took us a few years complete. There have been many people that chipped in on that over the years 😊

Our club received another gaming grant, thanks to Paul for working on the application, these funds support the delivery of our programs and help with special events like our yearly seminars.

The kid's classes are doing very well and always full – of wild and enthusiastic kids – Appreciation to Shinobu, Agatha and Siamak + the generous support of all their volunteers, we cannot do this without you!! We value all the adult class substitute instructors that help out when needed, Dietrich, Claire and Siamak at Trout Lake, Nathan and Jojo at the Surrey dojo. Congratulations to Andre the Port Moody dojo is up and running growing in attendance.

Magda has been working on the Trout Lake Community Centre board now for two years. We truly appreciate this contribution as it has considerably improved our visibility and link with the centre.

Finally, the success of our club would not be happening without the energy and tireless determination of Tama Sensei. We are so fortunate to have her as a teacher. Next year will be Shohei Juku Aikido Canada's 15th Anniversary lets all make it a year to remember.

Good luck to the board for this year coming.

See you at the Christmas Party - our house December 10th details to follow soon.

Katharine

* Appreciation *

I would like to send my deepest thank you to all our former board members who are: Katharine (President) being on board for past 3 years, Claire (Vs President) for also past 3 years, Paul (Treasure) for past 2 years, Tomas (Secretary), Agatha and Nathan (Member at large) for past 2 years, and Andre (Member at large).

You all had given your strong commitments for the dojo. All your effort and commitment has brought for our successful year of 2016!!!

Many many thanks to you all and hope your strong support continues for 2017 with our new board.

Cheers!

Chief of Instructor – Tamami Nakashimada

Board of Committee Report

New President's report

Changing of the guards

You can tell by the attendance of the kids and the adult classes the dojo has been growing. But not until the AGM recently did I realize by how much.

Thanks to Tama Sensei, Mike, Siamak, Shinobu, Agatha, Jojo, André and all the other students who help them teach the various classes.

And of course the board. Last year that was Katharine, Claire, Paul, Tomas, Nathan, Agatha and André.

I would like to thank each and everyone of them for their dedication and support of the dojo. Based on the reports at the AGM it was the most successful year yet. While it will be hard to fill their shoes we will do our best to at least come close.

To get the ball rolling we figure it is time for a party. Our annual Christmas party. As soon as we have a date (we already have a place) we will send out an announcement.

See you at the dojo.

Dietrich

2016

Board Members:

Katharine - President
Claire - Vice President
Paul - Treasure
Tomas - Secretary

Member at Large:
Tamami Nakashimada

Nathan
Agatha
André

2017

Board Members:

Dietrich Bassewitz - President
Nathan Konrad - Vice President
Melanie Gravel - Treasure
Arnel Aliwalas- Secretary

Member at Large:
Tamami Nakashimada
Miho Ueda
Agatha Joe

Dojos Report

Trout Lake Dojo

After the excitement of Halloween, all the kids came back with bigger smiles. Some have shown how much they progressed on their ukemi. There are some kids ready to take their first test. I am as excited as they are.

Another happy moment was when my friend from high school came to visit and joined Tama sensei's Monday class. That was a fun class



and believe it or not, that night more of women showed up.

Nathan, Martin, Harry and Arnel were still here and it made for a very dynamic class.

Agatha

Surrey Dojo

Last Monday we only had the 2 young boys (one from Germany) and Bobby. I think the Halloween affected the attendance.

Vincent told me he'll be in Taiwan for the month of November, so we will miss him for the month of November.

I've only seen Nathan once since he came back, he's probably so busy, so I understand.

Bobby has been very consistent in attending but he's having more knee pains, I'm hoping he gets better.

Last night we had 12 students show up. We had a sweaty time and worked on 3 basic techniques and focus was tenkan. We all need to work on tankan and katatedori tankan.

I noticed students needed more understanding how to end posture after katatedori tenkan, their balance and mai stand. (I ran out of time to fully explain, I didn't want to talk too much), but lots of beginners which was nice to see.

Jojo

Port Moody Dojo

In Port Moody dojo we continue our *Parents with Kids and Kids Only* classes. We have quite a few students and parents that diligently attend our Saturdays classes. Since we have new Aikido adepts, we are focusing on basic footwork, rolling, body movements, and obviously we have games for fun and to improve flexibility and stamina.

In our Thursday's Adult classes, we also continue polishing basic forms but also slowly starting practicing more advanced techniques.

Andre

Sunshine Coast Dojo

The Sunshine Coast dojo is enjoying great training with a steady group of students. The highlight of the month for me was our recent trip to Seattle to help celebrate Emerald City Dojo on it's 25th anniversary. The chief instructor there is Joanne Venaziano sensei. Her aikido is bright, clean and solid and I had the privilege and pleasure of taking ukemi for her during demonstration of tenchinage. Kimberly Richardson sensei of Two Cranes Aikido was also a guest instructor. I found her positioning to be flawless. One moment she is there and a target for a yokomenuchi attack but by the time one strikes she has disappeared and you are caught in her whirlwind. Finally, Tama sensei finished the three hour session in her usually charismatic fashion. She enjoyed throwing a young, genki yonkyu around (great work Jonathon!) and had everyone smiling for the entire hour. We stayed with Paul and Nancy Verba for the evening and enjoyed ourselves very much. If you get a chance in the future to enjoy this kind of experience please take the opportunity to go! It seems like a big commitment at first but once you are "in the flow" it is all worth it!

Warmly, Russ

CELEBRATION FOR EMERALD CITY AIKIDO 25TH ANNIVERSARY, 2016

I attended the Emerald City Aikido 25th Anniversary seminar and it was a 3hr keiko with three different instructors. Joanne Veneziano Sensei was the host dojo sensei celebrating 25 years of her dojo which opened in 1991. Joanne sensei's style was very centered and efficient in movement and was a great start to the seminar. The next sensei was Kimberly Richardson sensei who demonstrated how her techniques are applied with reference to how nage and uke moves when attacking/defending with a bokken emphasizing body position. The third was Tama sensei who continued to teach about body movement and position. Tama sensei also demonstrated how to perform the same technique in three different ways: beginner, intermediate and advanced methods. Tama sensei was teaching the details on how to improve and expand on a technique that we practice all the time. I read somewhere that iriminage is a 20 year technique - that it will take you 20 years to understand the details of how to perform iriminage. I think I will be practicing iriminage at beginner level for a while until my body can move without thinking. So I may need another 20 years to learn it. It was a great seminar training with Emerald City dojo members.



Arnel



CELEBRATION FOR EMERALD CITY AIKIDO 25TH ANNIVERSARY, 2016



My day at Emerald City Aikido dojo started with a great and cozy feeling. Once I entered the Dojo, first feeling was "wow!" such a comfortable space!

Three different women instructors taught us in their own teaching style. As a woman, I got lots of great encouragement from women instructors.

The first instructor was Joanne Sensei. She is cute smiley tiny teacher, but I felt her movement was very solid. It was a great start with some explanation about movement. (why we move this way, that way...)

The next instructor was Kimberly Sensei. Her movement looked like an elfin girl! To me it looked beautiful and graceful, so smooth but strong. Her straight back reminded me the importance of the posture.

The last instructor was Tama Sensei. She taught us several basic techniques in different level. She also explained how to use our body, especially how to deal with a big guy with our small women's body. (Since the strength between men and women is so different.)

It is always fun to learn something new and to meet new Aikido fellows!

Thank you so much Joanne Sensei for inviting us!
Thank you so much Kimberly Sensei for teaching us!
Thank you so much Tama Sensei & Russ Senpai for taking us there!
Thank you so much All the members of Emerald City Dojo for practicing together!

Miho



Photo by Agatha Joe

STUDENT PERSPECTIVE

10 THINGS THAT YOU CAN DO TO IMPROVE YOUR AIKIDO THAT REQUIRE ZERO TALENT:

10 THINGS THAT REQUIRE ZERO TALENT

BEING ON TIME
WORK ETHIC
EFFORT
BODY LANGUAGE
ENERGY
ATTITUDE
PASSION
BEING COACHABLE
DOING EXTRA
BEING PREPARED

1. BEING ON TIME

Being punctual is not only respectful to sensei's time but a good practice to always be on time.

2. WORK ETHIC

Make sure to sweat!

3. EFFORT

Similar to having a good work ethic - putting in 100% effort means to commit to training and commit to helping each other improve.

4. BODY LANGUAGE

Tama sensei always reminds us to sit up straight and to practice with good posture.

5. ENERGY

Have a good kiai. Your energy comes from your hara - your center.

6. ATTITUDE

Be happy! Even if you don't feel happy if you have a happy face you can trick your body into feeling better.

7. PASSION

Whether you are practicing Aikido for better health, better spirit - when you bring your passion everybody is affected.

8. BEING COACHABLE

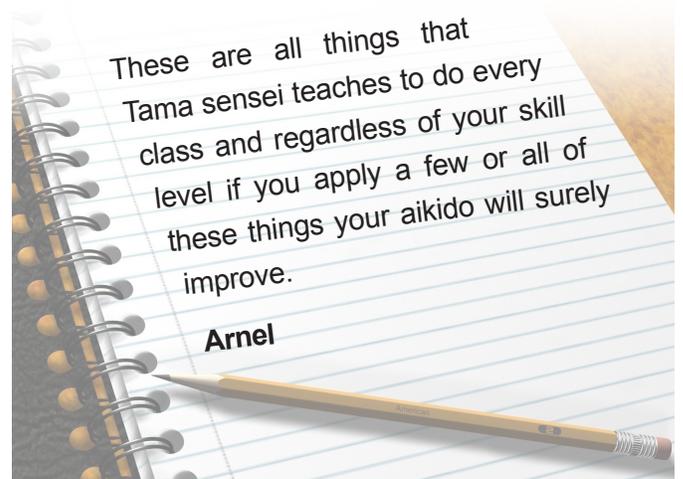
Keep your mind open to what Tama sensei is teaching - as Tama sensei says: "There is no wrong way to do aikido". Keep practicing and your body will learn the movements.

9. DOING EXTRA

Many hands make light work - without everyone's help we can not have a functioning dojo.

10. BEING PREPARED

Part of being prepared is focusing on aikido when we are in class - you can leave your work problems, personal problems behind you outside the dojo and focus on practicing aikido.



SHOHEI JUKU AIKIDO CANADA UPCOMING EVENTS



ANNUAL

CHRISTMAS

PARTY

Saturday

December 10th, 2016

from 7pm

Where : Katharine and Magda's house,
1833 Templeton Drive, Vancouver

Potluck : Bring something to share

Drinks : Bring your own

Bring along your significant others / family / friends if you like!
And don't forget about the very fun secret santa (gifts under \$10.00).

This is always such a great time - please join us!

Hope to see you all there!