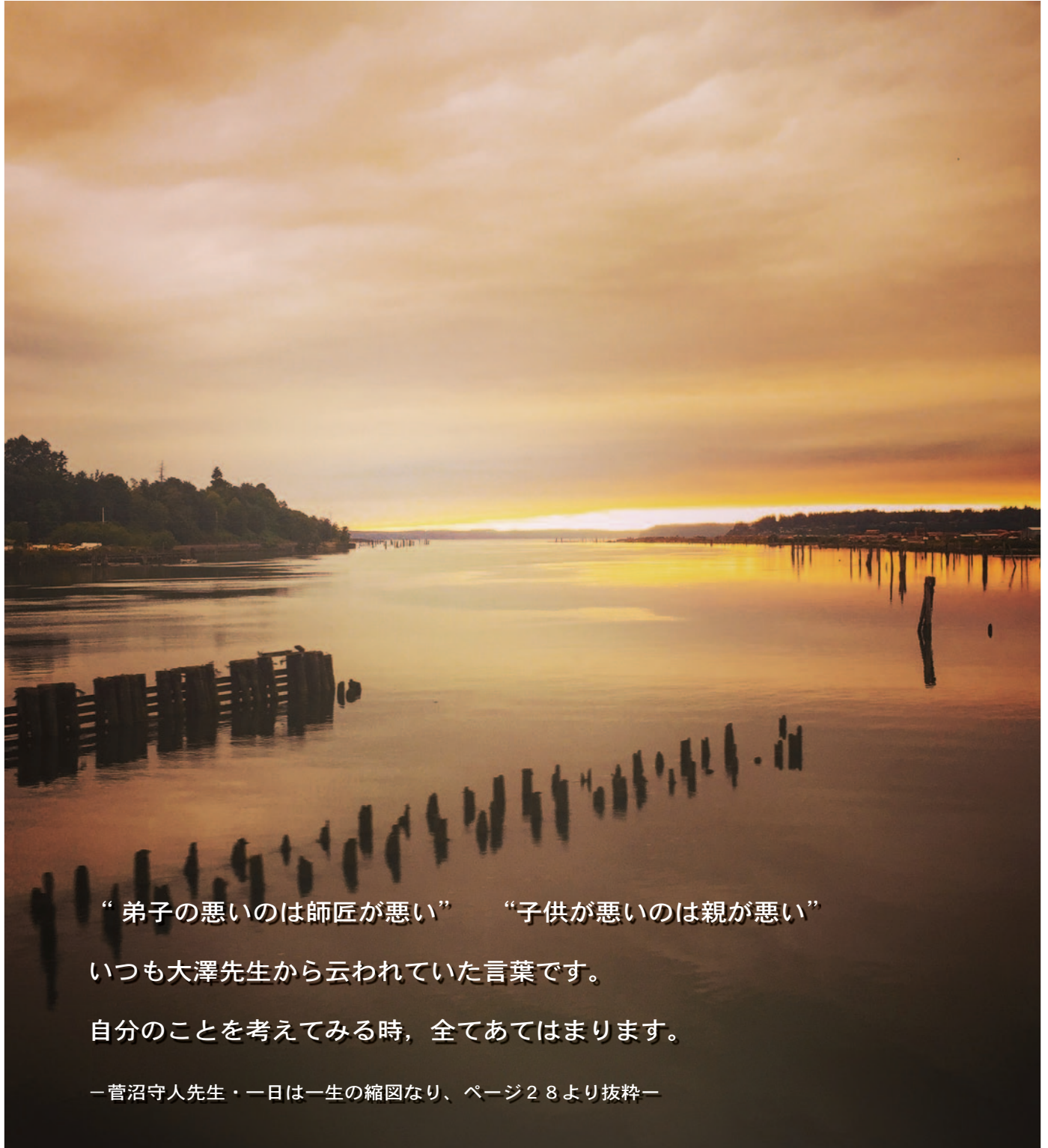




SHOHEI JUKU AIKIDO CANADA **NEWSLETTER**

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“弟子の悪いのは師匠が悪い” “子供が悪いのは親が悪い”

いつも大澤先生から云われていた言葉です。

自分のことを考えてみる時、全てあてはまります。

—菅沼守人先生・一日は一生の縮図なり、ページ28より抜粋—

QUOTE OF THE MONTH

My mother said,

“ Smile and the world will smile at you.”

- Jane Birkin -

母が言ったわ~ “ 微笑んでいなさい, そうすれば世界中があなたに
微笑んでくれるわ。”

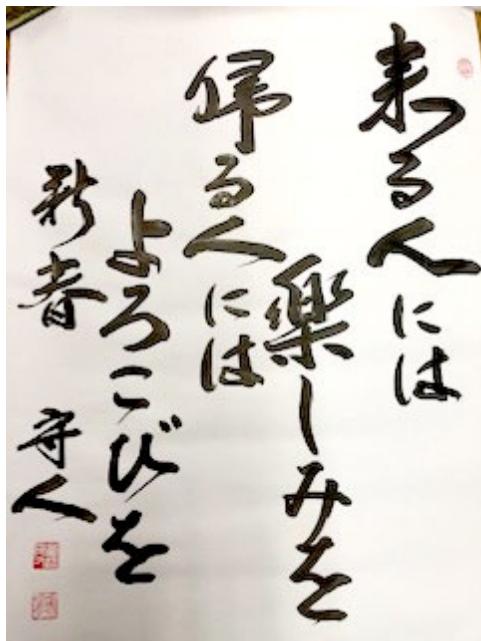
- ジェーン バーキン -

COVER English Translation

*“The teacher is bad for his disciples to be bad”
“Parents are bad for their children to be bad”*

It is the word that Osawa-Sensei always told me.
Everything applies when you think about yourself.

“Excerpt from “One day is the epitome of life” page 29 by Morito Suganuma”.



来る人には 楽しみを
帰る人には よろこびを

*Give pleasure to the person
who comes,*

*Give joy to the person
who returns.*

Message
from
Tamami
Nakashimada

“ When I thought that it would not snow this winter, suddenly snow came in!
Nature gives us unexpectedness and it’s awaken me.
The snow falls~ my body also dances~

When the snow ceased, my husband and son quickly jumped out and started shovelling snow. Shovelling snow is quite hard work. We prefer a healthy young people to do it, unfortunately, only elderly people stay at home during the day therefore, it is a tough job for them....This is truth.

It is not only shovelling snow, but other small tasks require us to put in effort and focus. If you want to satisfy yourself, it is totally up to you, It is not up to others, it is up to you.

Laughing , crying, anger...all come from you.
If you want to be happy, if you want to others to be happy, you are the one that has to change yourself to be happy.

After shovelling snow, beer tasted delicious~It’s same as after aikido practice!?”

Tamami Nakashimada

Words for the month:
White snow, Blue sky, Clear heart, all the same.....

もう今年の冬は雪が降らないだろうと思っていた時に、突然の雪予報！
自然は私たちに不意を与えて、目覚めさせてくれたような気がします。
雪が舞いました～私の体も舞いました～雪が止んだ時に、主人と息子は、
ペア～と外に飛び出し、せっせと雪かきを始めていました。雪かきは、結構重労働
です。本当は元気な若者にやって欲しいのですが、普通日中に家にいるのは年寄り
ばかり、老体にむち打つての作業となり、大変...これは本音ですね。
それでも、きれいに雪かきを終えた後の何とも言えない達成感は最高です。
雪かきだけではなく、他のどんな小さなことでも、一生懸命に自分の持っているもの
を出し切ることが大切なんだと思います。自分を本当に満足させるには、
やっぱり自分なんですね。他の誰でもない、自分なんですね。
笑うのも、泣くのも、涙を出すのも、怒るのも、全て自分なんですね。
幸せな自分になりたかったら、自分が人を幸せにしたかったら、まずは、
自分を幸せの方向へと変えていかなければならないんじゃないかと思えます。
雪かきの後のビールは美味しかったあ～合気道の稽古の後のビールと
同じくらいに!?

中嶋田玉美

今月の言葉:白い雪, 青い空, 澄みきった心, 全部おなじ。。

DOJO REPORTS

Trout Lake Dojo

Kanchu-Geiko (寒中稽古) report:

We ended this year's winter intensive practice on February 7th & 11th. Congratulations, Hani and Tim from TLCC dojo and Nathan from Surrey Dojo. These 3 members completed 7 days straight training even though under the snowy and cold weather. I am sure you have developed strong body and mind through this 7 days straight practice.

Tamami Nakashimada



Surrey Dojo

In the Surrey Dojo, Only Nathan completed this year's winter intensive practice.

“ Congratulations! “

On snowy days, the number of practicing members were small. After lots of sweating , we were all very glad that we came to practice.

It's almost spring....Let's keep practicing!!
We hope to have more new members for coming new season.

See you all in dojo.

Tamami Nakashimada

Sunshine Coast Dojo

This past month has seen some unusual weather for the west coast. The Sunshine Coast dojo was closed for two days! Classes have been lightly attended but those who can make it are enjoying the training.

We are looking forward to March 9th and the Godo Geiko here in Roberts Creek. Everyone is welcome to join us for this practice session. I would love to see the faces of everyone who has come in the past and anyone new. This is a great way to enjoy a day trip from the city and a good session of training. Afterward we'll visit a local brewery and enjoy some social time.

See you all soon!

Russ

VOLUNTEER FOR KIDS CLASS NEEDED

Our kids class always need your help. It is very fun to work with kids and we guarantee you have a good time with our kids members. If you would like to volunteer, please speak to

Tama sensei, Shinobu or Agatha. We appreciate your support.

DOJO REPORTS

Family Day Demonstration 2019!

From a parents perspective, it was great to be able to see Madelaine practicing aikido on family day as this is not something we're generally able to do at her usual lesson time. We felt that the group were all very welcoming and were really impressed to see how inclusive the practice was, with each of the participants getting a chance to practice with each other.

Simon & Celia Eteen

It was really fun to go to the adult class. It was a bit harder to understand what we were supposed to do but the Sensei was really helpful as well as all the other blackbelts. I'm just a whitebelt at this point but I think once I had more experience the adult class could be a really great challenge. I'm so glad to have gone!

Madelaine Eteen



On behalf of SJAC Board, I would like to say thank you to all attendees on Family Day to show what a beautiful martial art is aikido. Thank you Mike sempai for leading the class. It was great to demonstrate the differences in ages, heights, build and levels. Everyone is learning and enjoying the practice together. Happy Family Day.



INTRODUCING OUR MEMBER

Vincent Sung

Self-introduction:

Full name (nick name)

Vincent Sung, but people can call me whatever they like. I like nicknames.



Aikido history

I started when I was second year in University, so 2008, and had about 1.5 year break going to Japan and coming back. So I guess 9 almost 10 years now and I'm shodan.

The reason for starting Aikido

I wanted to start martial arts mainly to be healthy and learn something practical while doing it. So I started doing research on what was available at UBC and read about O'Sensei and Aikido, I felt like the philosophy and martial aspects (aiki instead of strength) suited me best. One, I don't really enjoy hurting people or winning over people in competition, and two, my body is lanky and probably below average in terms of strength, and so I felt Aikido was perfect for me.

Things that were nice to start Aikido

There are two big things I remember appreciating after starting Aikido. The first is learning about the human body, how it can or cannot bend. I think Aikido was the beginning of when I started paying attention to all the non-optimal ways we use our bodies in everyday situations. The second is a comfort for the floor/ground, being pinned and rolling in Aikido has definitely made me comfortable being in non-standard positions (standing or sitting).

Favourite words

I'm not sure if I have favorite words, but a phrase I recently fell in love with is a chinese 4 character line: 一叶知秋 [yí yè zhī qiū], an english translation may be "one leaf heralds Autumn", if anyone is curious about what my interpretation is, they can ask me next time, I may ramble a bit trying to explain it.

Dream

I have many dreams, but the one I'm currently pursuing is game development. Which I'm trying to live/achieve right now, and my dream is that it will be successful so my friend and I can continue exploring the industry and try to push boundaries.

2019 UPCOMING EVENT

Spring Practice (Godo-Geiko)

Sunshine Coast Dojo: March 9th (Saturday)

Hosted by Sunshine Coast Dojo. Instructor/Russ Qureshi

Trout Lake Community Centre Hanami Festival

Japanese Cherry Blossom Aikido Demo

March 31st (Sunday) at Trout Lake Community Centre

from 12:45pm - 1:00pm.

All Aikido Shohei Juku Public Demonstration in Fukuoka, Japan.

April 28th (Sunday)

ANNOUNCEMENT

1. Payment for monthly & Drop in fees:

We would like to remind you that all payments(monthly & drop in) must pay BEFORE you join the class. Drop in member-please bring your receipt with your name written and put it in receipt box on dojo notice board. We check receipts monthly base by board members.

2. Absence:

If you are going to absent for a long time, please let Tama sensei, class instructors or board members to know in an advance. We appreciate for your cooperation.

3. Mark your attendance:

Don't forget marking your attendance. Monthly attendance sheet is on notice board.

Thank you very much for your cooperations!

Kind Regadrs, 2019 SJAC Board.