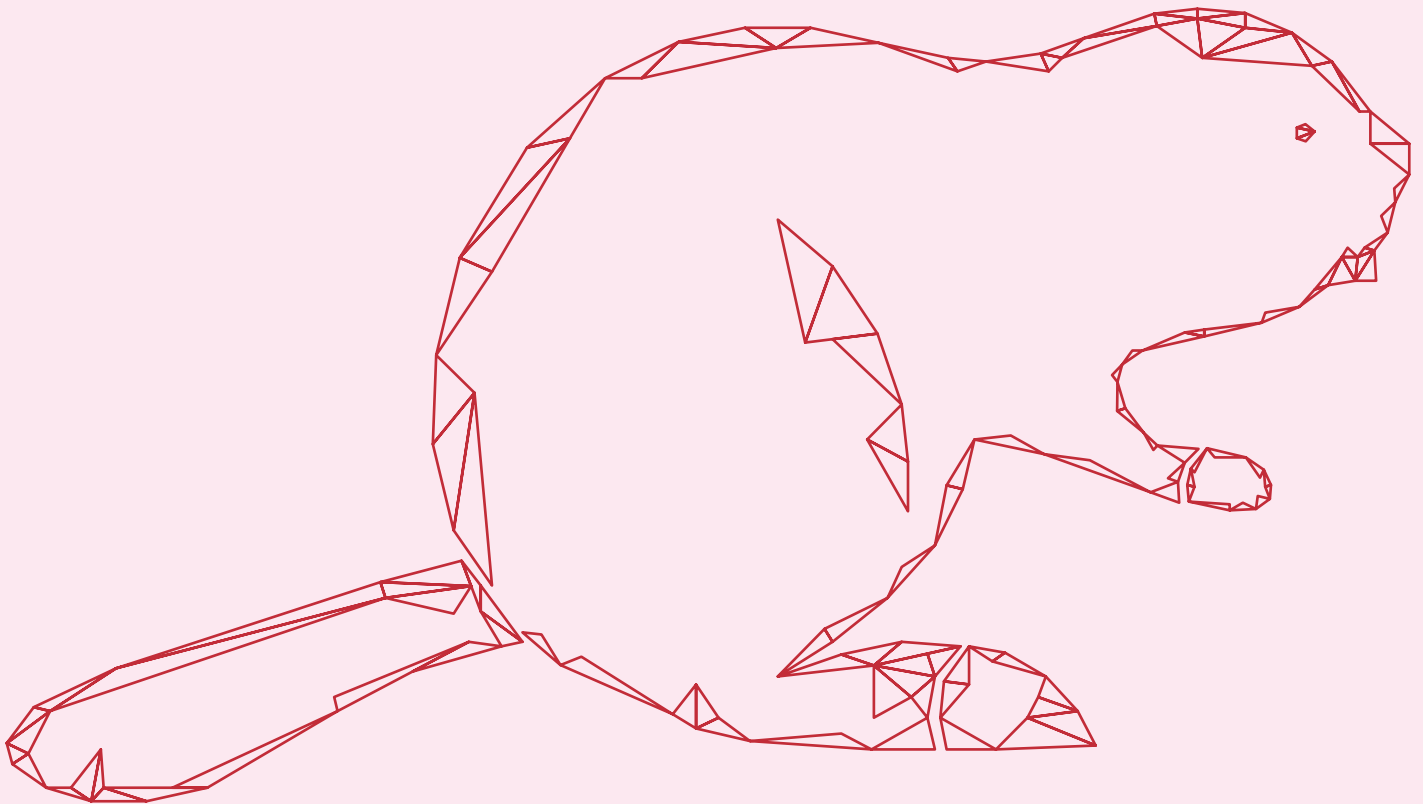




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治にして乱を忘れず 乱にして治を忘れず
平常の稽古のときも真剣に
審査や演武のときも淡々と（できたらいいでしょうね）。

（菅沼守人先生：一日は一生の縮図なり、ページ31より抜粋）

FRONT COVER TRANSLATED

In prosperity prepare for adversity

In adversity prepare for prosperity

Seriously during normal training,
and intuitively during testing and demonstrations
(hopefully it would be nice).

“One day is the epitome of life page 31 by Sensei Morito Suganuma”

QUOTE OF THE MONTH

” あちこち旅をしてまわっても、
自分から逃げることはできない。 “

- ヘミングウェイ -

“ You can not get away from yourself by
moving from one place to another. ”

- Ernest Hemingway -

AIKI WORD OF THE MONTH

相手が何を考えているのか？を感じるのが大切。

(相手を投げて決めるだけが合気道ではない) 。

It is important to feel what the other person is thinking.

(It is not Aikido to decided by throwing your opponent).

message from

Tamami Nakashimada

To everyone in the world,

We are at the mercy of the current spread of coronavirus. This pandemic feels like a prediction from a long time ago.

What was remembered here was that my friend who passed away this season just last year told me,

“Tama, the world will be ruined by a virus. So, Tama! We have to live a modest and simple life”. I feel now her words are true.

Have we got used to our blessed days and have forgotten our appreciation for small things? We don't need the gentleness of the surface alone, the love of the cover alone and things all the surface alone.

What we need now is genuine compassion and help. And I think that it is to live and value the existing “Life”.

*“Every time I ask the meaning of life,
the warmth of the people I love will come
across my mind.*

*In this corner of the planet, the miracle
we have met is our treasure which is more
precious than any jewel.*

*The real important things are hidden and
invisible irreplaceable joys can be found in
modest days.*

*Someday, everyone needs to say goodbye
to this planet but our life is passed on being
born and being raised and being able to
meet and being able to laugh.*

*Thanks for everything.
Thanks for this life.”*

- Song of life by Maria Takeuchi -

Tamami Nakashimada

Words for the month:
Plus(+) Minus (-) Zero (0)

世界のみなさんへ!

コロナ感染の広がりの中、今、私たちは翻弄されております。

これは、昔から予言されたことのように感じております。

ここで思い出されたのが、昨年、ちょうどこの季節に他界された私の友人が生前私に。“玉ちゃん、世界はいつかウイルス感染で破滅するでしょうね。” “だから、玉ちゃん、私たちは日頃から慎ましく質素な生活を心がけなくてはね。” 彼女の言葉が本当だと今感じています。

恵まれた日々慣れてしまった私たちは、小さなことに対しての感謝の気持ちも忘れてしまっていたのではないのでしょうか? 表面だけの優しさ、表面だけの愛、表面だけのものは要りません。今、私たちが必要なのは、真の思いやり、助け合いだと思います。そして、今ある”命”を大切に、大切に生きて行くことだと思います。

“ 生きてゆくことの意味 問いかけるたびに
胸をよぎる 愛しい人々のあたたかさ
この星の片隅で めぐり会えた奇跡は
どんな宝物よりも たいせつな宝物

本当にだいじなものは かくれてみえない
ささやかすぎる日々の中に かけがえない喜びがある
いつかは誰でも この星にさよならを
する時が来るけれど 命は継がれてゆく
生まれてきたこと 育ててもらえたこと
出会ったこと 笑ったこと そのすべてにありがとう
この命にありがとう ”

-いのちの歌・竹内まりや-

中嶋田玉美

今月の言葉: プラス(+) マイナス(-) ゼロ(0)



DOJO REPORTS

Trout Lake

Great having Nakamura Shihan for the seminar. It was great to see him implementing Aikido in his daily practice. Next week is the last kids class for Winter session. We had a great session with the kids. They have been doing a lot of Ukemi practice and I am very proud of their achievements.

Siamak



Surrey

Aikido seminar is over now. Unfortunately, no one took the test from Surrey dojo this time.

I think it was because of the relocation of the dojo that has been going on since the end of last year. The training schedule has been changed from this month.

Please check the schedule as follows:

Wednesday @7:30 to 8:30 • Friday @6:30 to 8:00

We are recruiting new members. Let's have a good sweat together!

Tamami Nakashimada

Sunshine Coast

The Sunshine Coast has been quiet this month but the training has been a lot of fun in the small classes. Recently, Nakamura shihan came to Canada for a great seminar. It was good to meet friends new and old (It is so good to see Jan Strunc back in the dojo - memories from 20+ years ago!). It was also very nice to see Tyler's hard work over the winter months pay off with a great test! It is unfortunate about the Corona Virus as that caused us to cancel our trip to Japan and even cause Suganuma sensei to cancel his 50th anniversary embukai....you know it's pretty serious when that happens. Lets all make a plan to go next year instead!

Russ



This session, I have seen significant improvements on the kids ukemi. And of course, some are still needing help. I am happy to see progress in the kids' aikido practice and to help. Patience is a virtue.

Agatha



合気道講習会も終わりました。
今回は、残念ながらサレー道場からは審査を受ける人はいませんでした。
昨年末から続いていた道場の度重なる移転のせいで、稽古の方に集中できなかったせいでもあると思います。
今月からはまた、稽古のスケジュールが変わりました。
曜日と時間の確認をお願いします。
稽古スケジュールは下記の通りです：
水曜日：7時半から8時半
金曜日：6時半から8時
新しい会員を募っています。一緒に楽しい汗を流しましょう！

中嶋田玉美

VOLUNTEER FOR KIDS CLASS APPRECIATED

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, Siamak or Agatha. We appreciate your support.



Nakamura Shihan Seminar Comments

Thank you very much for your attendance and participation. We would like to say thank you also to Nakamura sensei who kindly gave us your time and knowledge for us to understand what is aikido about in a fun way possible during short weekend.



I would like to thank Nobuaki Nakamura Shihan for his generous acceptance of our invitation in turbulence of the coronavirus.

The seminar has been completed without an anxiety, and I am very happy about the result of this seminar.

The seminar was inspired by Nakamura Shihan's sincere enthusiasm for Aikido, and shared with us what he has always experienced and explored daily basis. I was given hints to the questions which I had in my mind. I also feel that he has encouraged us in the future in Aikido.

To depth of Aikido, that means "Feeling". "Feeling" creates "Kindness" for each other. It becomes "Peace" and true "Waza" (technique/skills) is born.

I learned such a thing from his seminar.

He is a very humble Aikido teacher, expressed himself working (moving) hard, he was performed all around the dojo space with each member's taking hands. Entire seminar was very warm feeling with the humour of Nakamura-Shihan, it was full of bright mood.

Thank you, Nakamura-Shihan! We are looking forward to have you again next year!

Tamami Nakashimada



中村信昭師範には、このコロナ感染の騒ぎの中、私たちの招聘を快く承諾して下さいましたこと、心より感謝致します。講習会はこの不安の中を全行程無事に終了出来ました。今は嬉しさと安堵のおもいでいっぱいです。講習会は、師範の合気道に対する真摯な熱意を強く感じるとともに、師範が日頃から経験、探求なさってあることを私たちとシェアして下さいましたことは、私の中にあつた疑問にヒントをいただけた気が致します。

合気道の深さ、それは、“感じる”ことなのということ。

“感じる”ことで、お互いに“優しさ”が生まれること。

それが”和”となり、”技”が生まれること。

そのようなことを今回、私は改めて学びました。

師範はとても謙虚な姿で、懸命に自身で動かれ、表現され、道場内をまわられ私たち一人ひとりの相手をしながらご指導下さいました。

そして、師範のユーモアも混じって、とても暖かく、明るい雰囲気でした。

中村師範、有り難うございました！

来年もまた引き続き、宜しくお願い致します。

中嶋田玉美

Nakamura Shihan Seminar Comments

Nakamura sensei brings a feeling of “quick connection” to his most recent seminar. He showed us movement and variations that, while not in the basic syllabus, were based on basic principles. It was eye opening to see him move and to practice with the kind of feeling he was displaying. I hope to see Nakamura sensei many more times in Canada!

Russ

I want to thank Nobuaki Nakamura Sensei for sharing his knowledge, experience of Aikido with us in our seminar, and I will be very glad to see him again.

Gasan Amirov



The seminar with Nakamura Sensei was one of the most enjoyable weekends of Aikido for me! He taught many variations of common attacks and ukemi by only focusing on a few attacks. It opened my eyes again to taking the center in all your encounters, and clearly demonstrated the advantages this can give. The bokken-waza on Sunday was a chance to see clear attacks and counters, which we have not practiced very often.

Darcy

First I would like to thank you and everyone at the dojo for helping me prepare for my San Kyu. I must admit I was quite nervous before and during the test. I realized while testing that I was making a few mistakes. This was probably a good thing as it will help me improve in the future.

It was rewarding to know and perform the techniques as they were asked and for this I must again thank everyone for practicing with me and teaching me. Obviously one of the best moments at the seminar was once I had completed the test. Sure the pressure was off, but the real reason why it was the important moment is because many of our dojo friends came and shared their happiness that I had completed the test. It was a very special and warm feeling to know that they cared.

Aikido is a good way to keep my body and my mind more supple (I need this) and the seminar certainly helped me doing this. I am grateful that even with all my grey hair I could still learn the art of Aikido.

Again thanks to everyone.

Noël



I learnt a lot during the seminar! I felt that Nakamura-Sensei's understanding was very advanced and it was a bit difficult to understand at times, but it was also enlightening. Nakamura-Sensei's explanations helped me look at Aikido from a new angle, and personally, I feel like I have a clearer understanding on how to improve myself.

Vincent

Nakamura Shihan Seminar Comments



LETTER FROM A FRIEND



Sensei,

I hope you're doing well.

The whole world is in the big challenge due to the Corona virus. I feel down when I read the news every day, and it makes me sad when I see many people disappointed because they couldn't find the stuffs they need in stores. But I believe it's a chance for us to stop and think. It must be better after getting worse.

Sensei, please take care of yourself carefully, body and mind. Take more warm tea with ginger and get more rest.

Cassie Vu



"Spring has come! They are having a school trip to the pond."

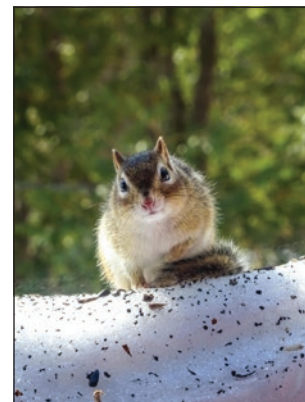


This beautiful "Sakura" (Cherry blossom) brings us bright spring!!

by Yukiko Kotake



O!
SNAP!



"Hello!
It's a Spring!
Wake up everyone!"

by Tamami Nakashimada

UPCOMING EVENTS



Due to coronavirus current situation, we, SJAC closes from April to June for now.

We will up date as soon as we hear from TLCC.

Please keep in touch with us and stay tune!

From SJAC Board and Tamami Nakashimada

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心



合和二春初春

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Every day with beginner's mind