



CANADA

179 • August 2020



暑中稽古最終日、初志貫徹できた人、途中挫折した人、  
初めから諦めている人～～。人さまざま、人生手前持ち。

(菅沼守人先生：一日は一生の縮図なり、ページ19より抜粋)

## FRONT COVER TRANSLATED

It is the last day of the summer Intensive practice.  
There are various type of people who have been able to  
maintain their original intention, who have frustrated  
on the way, and who have given up from the beginning.  
Life is up to you.

“One day is the epitome of life page 19 by Sensei Morito Suganuma”

## QUOTE OF THE MONTH

” 涙とともにパンを食べたものでなければ、  
人生の味はわからない “  
- ゲーテ -

“You can not understand the taste of life  
unless you eat bread with tears. ”  
- Goethe- German Poet -

## AIKI WORD OF THE MONTH

引っ張らないで 相手を導いていく。丸く捌く。  
Lead the opponent with using circular movement  
without pulling.

# message from Tamami Nakashimada

“ Fun and Joy “

Recently, I have something to think about.  
What I think about is that people who have something to enjoy are happy. You can enjoy it alone, but of course it's fun to have a partner to share the joy.

However, I think that those who can enjoy themselves, are people who bring joy and fun. Enjoy the great time by monopolizing the precious time of your alone time. I think it's a very nice way to spend time.

As time goes by, Time will not come back. Like our life and our destiny, you can't buy it for money. What you enjoy is different for each person. Reading, cooking, exercising, traveling, eating out and watching movies, etc...There are many things you can choose from around you.

I think there are many things you can enjoy without spending money. It's a small thing, but I feel like I found it during this period of corona virus self-restraint. Since I found it, I feel that I am able to casually smile to the people passing by. Smiles for each other. It seems that my heart has become a little gentler...when you are doing something fun, your smile will come out naturally.

Now, I wish I could continue this little fun. My little fun is a little secret to you right now. Shii~ .....

Words for the month:

Words are unnecessary for the kindness of women and men.

Tamami Nakashimada

” 楽しみとよろこび ”

このごろ、ふと思うことがあります。

それは、身近に、楽しめるものがある人は、幸せな人だなあ〜って。

それもひとりで楽しめるもの、相手があつての楽しみも楽しいです。

でも、ひとりで楽しめるもの、それがある人、できる人は、楽しみとともに、自分に喜びを与えられる人だと思うんです。

ひとりになった大切な自分だけの時間をひとり占めして、大いに楽しむ。

とっても素敵な時の送り方だと思います。時間はすすんでいくばかり、ちょっと待って！と言っても戻って来てはくれません。

そして、命や運命と同じように、大金をはたいても買えるものではありません。

楽しめるもの、それは、人それぞれ。読書や、料理、運動や、旅行、食べ歩きや映画鑑賞、などなど。。。周りには自分が選べそうなものがたくさん。

お金をかけなくても楽しめるものが、たくさんあると思うんですね。

私は、小さなことなのですが、このコロナ自粛期間中に、それを見つけたような気がしています！見つけて以来、通りゆく人たちにも、何気なく笑顔を送ることができるようになった気がします。

お互いに笑顔の返し合い。心がちょっぴり優しくなった気分です。

自分がたのしいことしていると笑顔も自然と出てきますよね。

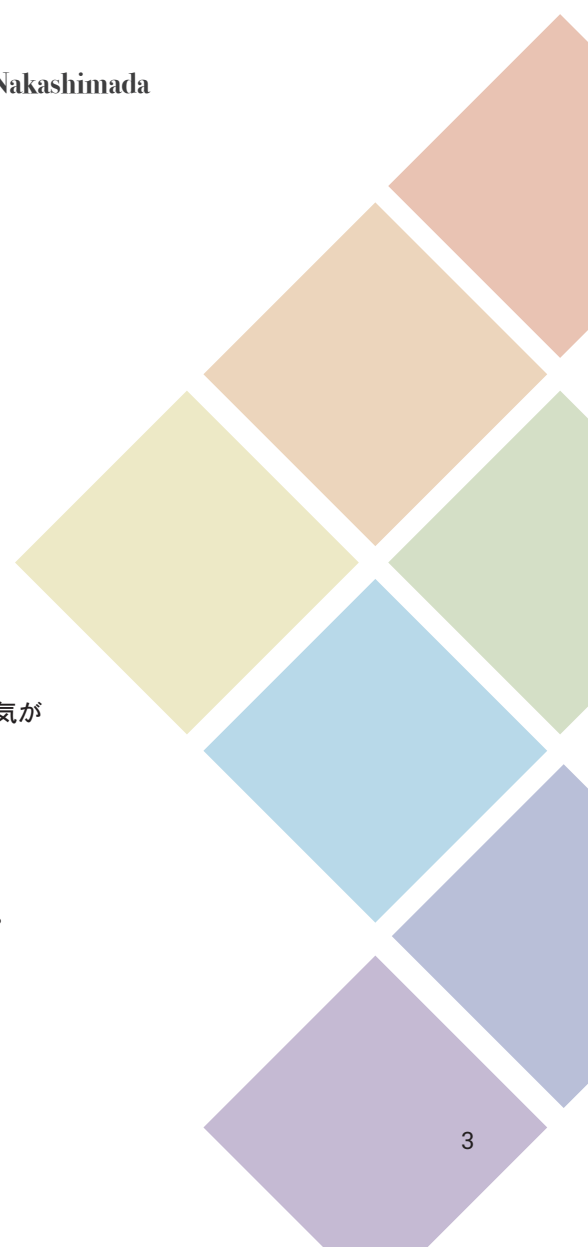
今は、この小さな楽しみを、ずっと続けていけたらいいなあ〜っと思っています。

私の小さな楽しみは、今は、みなさんには、” ひ。み。つ。 ” です。

シイ〜。。。。

中嶋田玉美

今月の言葉：女のやさしさ、男のやさしさに言葉はいりません。



At the Surrey dojo, around the beginning of July, Arashi judo dojo which we had been using, had an offer to resume the practice. However, when we asked all core members of Surrey dojo for their opinions on the resumption, most of the members still don't feel comfortable to gather in the small dojo space. It might be challenging keeping 2M distance and sanitize facility before and after practice due to class schedule etc. So, therefore, it is appropriate to wait a little longer for restart. As soon as the provincial government reports on the mitigation of the use of public facilities, we will plan to resume it. We hope that our regular practice will come soon.

Meanwhile, take good care of yourself and keep good health. Don't forget "Smile" on your face.



Tamami Nakashimada

The weather was and still pleasant for us to enjoy the outdoor regardless that the pandemic has not yet received a green light from the health department. We are following the new routine to keep ourselves clean and cautious due to the new normal. We are still practising the 2 meters social distancing, although I have seen some places where people would ignore the safety of wearing a mask, me including sometimes.

We do not know when this will be over, but we will have to cooperate for the sake of the new healthy for now.

Taking advantage of the weather is everyone doing. The holiday that has been piled up from the previously hard work now available to everyone, well sort off and for some. But August is where businesses start to thrive in the rise for their little economy. The race on job opportunities has started, knowledge hunters slowly commencing, and communities will go back, showing how much they need each other. There will be new behaviours for psychologists to discover regarding this new world, the effect from the pandemic.

Everyday routine is encouraged for one to keep the mind focus, to have goals and purposes. Morning stretches (taiso) for agility, repetitive katas for structure and breathing for posture will help you to find the calmer you. Let's keep it simple and basic.

Agatha

This past month has involved some HOT training outside...we are trying different times during the day...Sunday morning one week, Tuesday evening another and so on.

The bokken and jo training has been a lot of fun. What I've noticed, as an instructor, is that solo practice is really difficult! When going through basic movements like striking shome uchi or tsuki trying taking a step/walking. Once that gets easier then try to make sure the snap/power of your strike coincides with your stepping foot connecting with the earth/ground. Sounds easy but it isn't :) Once we do a bit of this with different strikes we usually move on to a portion of a kumi tachi or kumi jo (paired kata) and then build on that...I see that once students start working with a partner (and connect) the movements come much more easily :)

I must tell you all that I really miss coming to Vancouver on a Saturday and training with you! I miss being Tama sensei's student (I know I am and always will be but...). Nonetheless, we continue to expand our knowledge, train our bodies and polish our spirit. This is the basis for life!

Gambatte everyone!

Russ



Practice is carry on with weapon having Dietrich to guide the class on Monday and Thursday. I can say that I am doing much better with 13 Jo katas :)

I am looking forward for you Tama Sensei to come back from Kamloops to guide the classes.

Siamak





Hi All SJAC members,

It's been already 6 months since we are out of TLCC. I am wondering how all of you are doing and hope that you are managing to keep yourselves in good health. We have been practicing at the park of TLCC since the middle of May. Mike, Dietrich, Claire and Siamak are mainly taking care of classes and about 10 regular members attend weekly. Thank you for your great support!

The fall season is coming very soon. It looks like we won't be able to get in TLCC from beginning of September - see below the response from Trout Lake Programmer to Dietrich's enquiry regarding fall programming. We are making some fall plans to continue our practices so we'll let you know as soon as we decide. Please wait for our next email to you all.

Our outside practice is still on for at least the rest of this month so please come to practice and see us!

Our present outside practice schedule is:

Monday & Thursday: 6:30pm-7:30pm at TLCC park near the building.

Please bring Jo or bokken, towel or yoga mat (put it on the grass for stretching), water, own sanitizer and masks (if you would feel more comfortable wearing one).

If you have questions, please contact us anytime.

Take good care of yourselves and hope to see you all soon!

**Tamami Nakashimada**



Claire and Siamak visited me in Kamloops on August 10th! We had a nice time. We sat and talked about Aikido, of course!

**Tamami Nakashimada**



*As long I have*  
**AIKIDO**  
*anywhere*  
**EVERYWHERE**  
*is my*  
**DOJO**

Thank you for offering the classes outdoors. Daniel is committed to come rain or shine and we will gladly support him with his attendance. It made a huge difference for Daniel to still be part of this amazing group when everything shut down. Thank you for all your work.

**Mirella**

Hi Sensei! Thank you for contacting me! I've been doing well, but a lot of ups and downs mentally over the last five months. I've been doing warmup exercises and ukemi practice at home, but miss practicing with everyone. My family is uncomfortable about the idea of going out in public more than necessary, but are lately starting to be more accepting of the idea, so I will hopefully be able to participate again soon. I hope you are keeping well too and look forward to seeing you!

**Clement**

Hi Sensei, and everyone,

I've been doing well, but I miss Aikido though. Although I've sometimes been using it in my dreams. Hope everyone is safe and well in this heat.

**Vincent**







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