

SHOHEI JUKU

AIKIDO CANADA

196 • JANUARY 2022

災いは口より出て
病は口より入る
風邪がはやっています。
充分注意しましょう。

(菅沼守人先生：一日は一生の縮図なり、ページ185より 抜粋)

Disaster leaves from
the mouth;
Disease enters through
the mouth.
The flu is in season.
Let's keep cautious.

(One day is the epitome of life page 185
by Sensei Morito Suganuma)

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Zest For Life - 生きる力

’ごく普通’の良さを大切にする。
優秀なものばかりもてはやさないで、
ごく普通の人の素晴らしさを、しっかり見抜き、
大切にしましょう！

We value the goodness of ‘very ordinary’.
Don’t just treat the excellent ones.
Let’s see and cherish the wonderfulness of ordinary people!

Song of the path - 道歌

よろずすじ
限り知られぬ
合気道
世を開くべく
人の身魂に

Yorozu suji
Kagiri shirarenu
Aikido
Yo o hiraku beku
Hito no mitama ni

by Morihei Ueshiba (O-Sensei)

Multifaceted,
not knowing and boundaries,
Aikido-
open it to the world,
manifest it in everyone’s body and soul!

-translated by John Stevens.

Message from

Tamami Nakashimada



新年明けましておめでとうございます。

今年の干支は”寅”です。異国におりますと、干支のことは忘れてしまいます。12干支の数え方も曖昧で。。。 ”ね、うし、とら〜”次は何年だったかな〜と。ですが、日本に住む友人から今年の干支を聞くたびに、なぜか興味が湧くのです。

寅！今年はどんな一年になるんだろう？と、調べてみました。寅は動くことを表していて、新しく動き始めるという意味が込められているようです。これを知った時にふと浮かんだことは、今もウイルス感染が続いていますが、これを乗り越えて、今年はきっと新しい時代が来ることを意味しているのだと。

以前、演武大会でいただきました記念品だったと思いますが、その記念品に、先生は下記の言葉をご揮毫されてありました。

“虎視牛歩” (こ・し・ぎゅう・ほ)

虎のようにしっかりした目で、現実)を見据え、牛のような足取りで、ゆっくり、そして確実に歩みを進める。という意味であったと思います。

特にあわてんぼうの私にとって、この言葉は妙薬。なんとこの言葉に私は救われたことか。。。 ”

そして、稽古中に先生の声が聞こえてまいります、

” ゆっくり、ゆっくり。。 ”

慌てないで、じっくりと、淡々と精進して行きたいものです。

今年も仲よくお付き合いくださいませ。

中嶋田玉美

新年の言葉： ” もう、どうにも止まらない〜 ”

HAPPY NEW YEAR!

This year's zodiac sign is "Tiger". When I am in a foreign country, I forget about the zodiac signs. How to count the 12 zodiac signs is also ambiguous~ "Ne (Mice), Ushi (Cow), Tora (Tiger)..." what was next? However, every time I hear this year's zodiac signs from a friend who lives in Japan, I get interested for some reason.

Tiger! What kind of year will this year be? I looked it up. Tiger symbolizes movement and seems to have the meaning of starting a new direction. When I learned about this, I suddenly thought about the pandemic that is still going on. If we can overcome this, it means that a new era will arrive this year.

Previously, Suganuma-Sensei used this word in the souvenirs I received it at Enbukai (Aikido performance event).

“虎視牛歩” (Ko · Shi · Gyu · Ho)

I think it meant to look and watch with solid eyes like a tiger; and walk slowly and surely like a cow.

For me, who is always in a hurry, this word is a beautiful medicine. How many times have I been saved by this word.

I can hear Sensei's voice during the practice, "Slowly, slowly...". Don't panic. I want to devote myself slowly and steadily.

Please get along well this year again.

Tamami Nakashimada

New Year's words: " I just can't stop~ "



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Words of love

Happy New Year to all at the dojo,

Well, you may not be training in the dojo but you are all probably getting enough exercise digging out from the snow. I hope you remember to help your old(er) neighbours when you see them struggling with the snow.

New Year has arrived with balmy weather in the UK but I have done enough Aikido to realise that this is just a Yokomenuchi disguised as a Shomenuchi and that I'd better be on my guard! Winter is still around the corner.

I have not been able to practice much as I was sick with a cold, put my back out (bending to pick up a sock) and now Covid has stopped the training. However, as soon as Covid clears, I intend to be back practicing. It will be hard to train again but I know that in the end it will be very worthwhile – keeping flexibility, building endurance, and, maybe most importantly, enjoying the friendship and energy of fellow Aikidoists.

In the mean time I am training to (hopefully) run a 10 km run that starts and ends in Chester Zoo. Maybe if they let the animals loose, I'll manage a good time? This should help me when Aikido starts again.



So, I wish you a swift return to the dojo and hope that 2022 gives you lots of health, energy and enjoyment.

**Best wishes,
Mike**

Our New Year celebration was spent on a family trip to Vancouver where we ate at several fine restaurants, shopped and stayed at The Sylvia Hotel. We had a great time together as a family.

With snow and Covid 19 still a factor, it has been a slow start to 2022 at the Sunshine Coast dojo. We have been back for one class and enjoyed that thoroughly! We do not let this dampen our training spirit!

I hope O'sensei's doka brings you inspiration!

***Though you may train
In this sword work or in that
What will it mean
Unless you do your utmost***

Warmly, Russ



Shohei Juku Dayori

For english version

<https://en.shoheijuku.org/blog/2021/11/06/shoheijuku-newsletter-november-2021/>



Words of love

新しい年2022年がスタートしました。
今年の干支、寅は、私の生まれた年の干支でもあります。
日本では、自分の生まれ年の干支に当たる年には、年女、年男といい、年男・年女（としおとこ・としおんな）は、
生まれた年と同じ十二支の年を迎えた男女のことです。

そのせいか、今年の干支にはいつも以上に親しみがわきます。
そんな干支、寅に関しては数々の四字熟語が存在します。

その中の一つ。

★大賢虎変

すぐれた賢者が、時の流れに合わせて、日々自己変革すること。
または、すぐれた統治者の制度変革によって、古い制度が新しくてより良い制度に改められることです。

激動の世の中、今年はどんな年になるのか？古き良きはそのまま、
古き悪しき習慣は社会も自分自身も改革できたらいいな！そんな風に思います。

相変わらず今年も日本での滞在が長引きそうですが、
「虎視眈々」とカナダへ戻るタイミングを狙います。（笑

★虎視眈々

狙いを定めてタイミングを見計らうことです。

みなさん、どうぞ健康でより良い一年になりますように



A new year, 2022, has begun.

This year's zodiac sign, the tiger, is also the zodiac sign of my birth year. In Japan, when a year falls under the Chinese zodiac sign of your birth year, you are called a Toshio Otoko and Toshio Onna. "Toshio Otoko and Toshio Onna" are men and women who have reached the same zodiac year as the year of their birth. Perhaps this is why I feel more familiar with this year's zodiac signs than usual.

There are many four-character idioms related to the Chinese zodiac, the tiger.

Here is one of them.

★大賢虎 (Tiger) 変 TAIKENKOHEN

It means that wise people will transform themselves day by day as time goes by. It also means that the old system will be reformed into a new and honourable system by a character. (Or, the reformation of an old system into a new and better system by a good ruler.) The word "tiger change" refers to transforming a tiger's skin into a new one.

In this turbulent world, what kind of year will this be? I hope we can keep the good old things and reform the bad old habits, both in society and ourselves! That's how I feel.

I'm going to stay in Japan for a long time this year, but I'm going to keep watching for the right moment (虎視眈々 KOSHITANTANNT0) to come back to Canada.

★虎 (Tiger) 視眈々 KOSHITANTANN

狙いを定めてタイミングを見計らうことです。

Season's Greetings and Best Wishes for the New Year!

xoxo Miho Ueda

Message from our board

Hello Aikido family, happy new year!

It's the beginning of 2022, and we are still in the middle of an uncertain and unchanging situation. We were able to open the dojo in the summer and practice for five months until new restrictions and a new variant of Covid forced us to close again. Although things are still uncertain, let's continue to try and remind each other of the positive things in life, and as we do both inside and outside of the dojo, take care of one another. All of us on the board wish the very best for each and every one of you this year and look forward to seeing you back on the mats soon!

Clement

SJAC Keiko Monthly report:

The new year, 2022, has begun. As we announced at the end of last year, due to the regulation of the coronavirus, training for adults and children at Trout Lake dojo has been cancelled for the month of January. We hope to resume training in the dojo next month, but for now, we are waiting for new information from the centre. We will inform you as soon as information is available.

The jurisdiction of the Surrey dojo is the Surrey school board. We have since been allowed to practice indoors while utilizing the basic coronavirus regulations (distance of 2M distance, wearing masks, sanitizing hands etc.); we have started training on January 3rd. Surrey dojo is open on Monday and Wednesday from 6 pm to 7:30 pm.

For other detailed information such as location, please check the dojo website.

Cold days continue. Please take good care of yourself.

Tamami Nakashimada

SJAC稽古レポート :

新年、2022年がスタートしました。昨年末にお知らせいたしましたように、新型コロナウイルス感染規制のために、トラウトレイク道場の大人と子供のクラスの1月の稽古は中止となりました。来月2月にはまた道場内での稽古が始まることを願っておりますが、今はセンターからの新情報を待っているところです。情報が入り次第にお知らせいたします。

サレー道場の管轄は、サレースクールボードとなっており、感染規制の基本（2メートル間隔、マスク着用、手の消毒など）守りながらの屋内稽古の許可がありましたので、1月3日より稽古を始めております。サレー道場の稽古スケジュールは、月曜日と水曜日の夜6時から7時半。その他、場所など詳しい情報は道場ウェブサイトでご確認下さい。

寒い日が続いております。
お身体くれぐれも大切に。。。

中嶋田玉美

Encounter with Aikido



by Sensei Morito Suganuma

Healthy Body, Calm Heart ~Ancestors' Teachings~

Mindful Practices

Acceptance, Gratitude, Charity

Acceptance

Acceptance means first of all to thoughtfully take in anything that happens. For example, if something bad occurs, refrain from getting angry or making excuses, and think, "This will be a lesson to help me grow, it's fine, it's fine."

Gratitude

Gratitude: To gratefully accept everything. To some, happiness can be described as just being thankful.

Charity

Charity: To do good deeds thanklessly. "Thanklessness" can be difficult to observe. If you do something nice, you may wonder if anyone will notice, or if anyone will mention it, but this "thanklessness" is very important.

健体康心 ~先人の訓え~

身心摂養法 (せつようほう)

喜神 感謝 陰徳

- ① 喜神 (きしん)
- ② 感謝
- ③ 陰徳 (いんとく)

①の喜神 (喜心) は、まずどんなことでも喜んで受け容れる。

たとえ悪いことがあっても、怒ったり言い訳などをせずに
”これは自分を育てる教訓になる、結構 結構”と思いなさい。

②の感謝～ものごとを感謝して受け容れる。

幸福とはつきつめれば謝念の二文字に尽きるといった人もおられます。

③陰徳 (いんとく) ～人知れずよいことをしなさい。

この人知れず、というのがなかなか難しいですね。
何かよいことをすると誰か見てくれないかな、
誰か聞いてくれないかなと思いがちですけれども、
この～人知れず～ということが大切なのでしょうね。

“

“Kentai Koshin”

Every human being wants to live in good health every day. As the word, "Healthy body" means, it is desirable that not only physical health but also mental health is desirable. I want to live vigorously day by day with a healthy body and a healthy mind.

-Morito Suganuma Sensei-

“

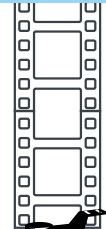
” 健体康心 (けんたいこうしん) ”

人間は誰もが、日々健康で生きることを望んでいます。
健康とは” 健体康心 ”という言葉の通り、体の健康だけではなく、心も健康であることが望ましいと思います。

一日一日を健康な体と健康な心で、いきいきと生きて
いききたいと思います。”

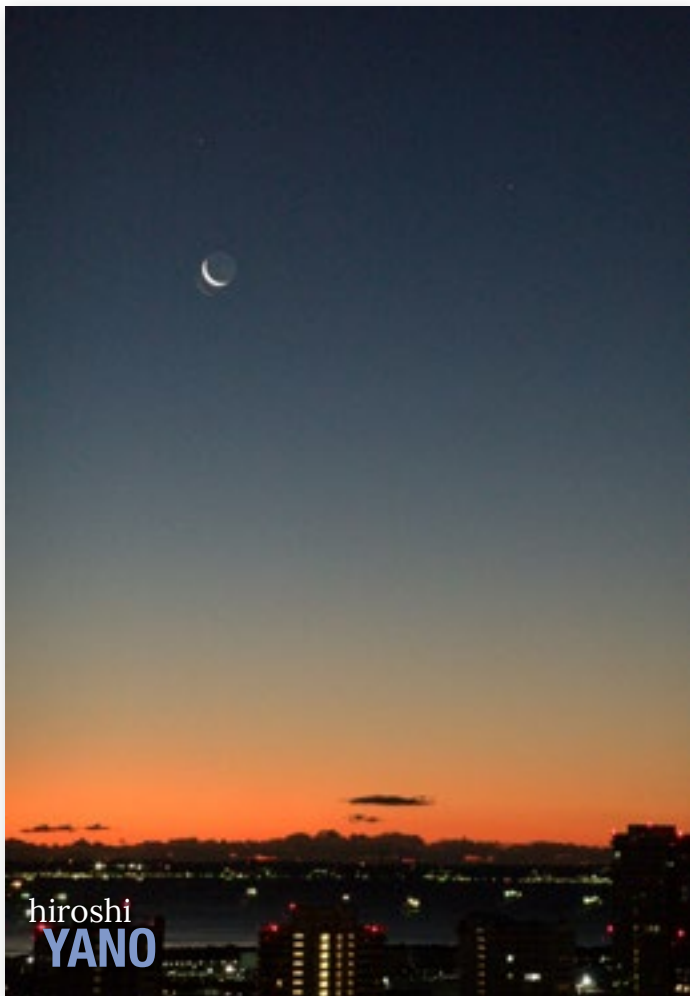
—菅沼守人先生のお言葉—

Memory Lane



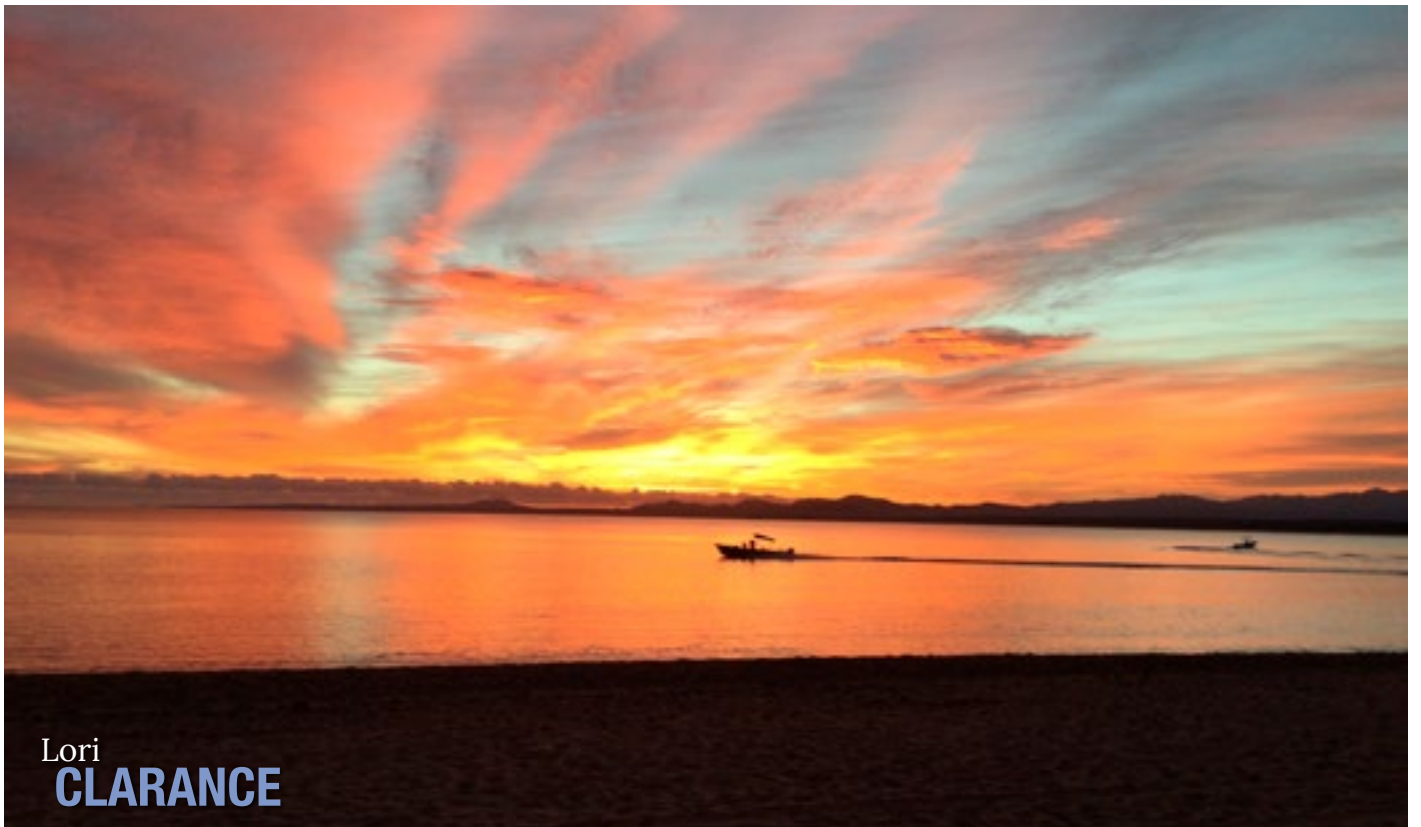
Sharing is caring.

Send us your photos to info@shoheijuku.ca.





margot
LACROIX



Lori
CLARANCE



Give the other person a gentle face and gentle words.