

SHOHEI JUKU

AIKIDO CANADA

201 • JUNE 2022

20th
Anniversary
Edition

世の中は“早くやれ、急げ”と気の休まる時がないようです。
せめて道場では大らかに、ゆったりといきたいものです。

(菅沼守人先生ご著書、一日は一生の縮図なり、202ページより抜粋)

In this world you are often told “Do it quickly, hurry up” with little time to rest.

In the Dojo at the very least, you should catch your breath and take it easy.

(One day is the epitome of life page 202 by Sensei Morito Suganuma)

近者説
遠者説
令和四年春
菅沼 守人

Zest For Life - 生きる力

Training(learning) starts from one, then knows ten,
knows ten, and then returns to one.
Training (learning) is a steady accumulation,
and it is important to return to one once you reach ten.
When you go back to the beginning and learn again,
you will see different things in different stages.

-Rikyu Sen, Master of Japanese tea ceremony-

稽古とは 一より習い 十を知り
十よりかえる もとのその一。

一千利休、茶人一

Song of the path - 道歌

惟神
身魂は合気
即つるぎ
研げ光れよ
現世の内

植芝盛平（翁先生）

Kannagara
mitama wa aiki
soku tsurugi
migake hikareyo
utsushiyo no uchi

by Morihei Ueshiba (O-Sensei)

The Divine Will
permeating body and soul
is the blade of Aiki:
Polish it, make it shine
throughout this world of ours!

- translated by John Stevens -.

message from Tamami Nakashimada

” 本当の優しさってなんだろう？ ”

早いもので、今月末から子供達の夏休みがスタートします。
ちょうど今頃は、卒業式やお祝いのパーティーなど学校では
いろいろな行事で忙しい時期ではないでしょうか？
天気の方はといえば。。。夏らしい澄み切った青空の見える日は
少なく、わたしの心もちょっと曇り空？
そんなことを思いながら、サレー道場の帰り道、スカイトレインの
中で、そんなわたしの曇り心を明るくしてくれた光景を目にしました。

トレインの中は座っている人も少なかったので、普段より静かでした。
あまり静かなので、なんとなく周りを見渡すと、母娘らしい二人の姿が
目に入りました。二人が手話で会話されているのに気づきました。
お母さんは楽しそうな表情でさかんに口を動かしてあり、娘さんはそれに
微笑みながら頭を上げたり下げたりしながら答えてあるようでした。

わたしたちは同じ駅で下車しました。娘さんは先に席から立ち上がり、
そーっとお母さんの手を取り、もう一方の反対の手に大きな買い物袋を
持ちながら階段をゆっくり降りて行かれました。

とても短い時間に見た何気ない光景でしたが、暗い夜道を歩くわたしの
心を家にたどり着くまでずっと優しく灯してくれました。。
私は母が生きている間に、一度でもあの娘さんのように優しく手を差し
のべてあげていただろうか？このような自問自答が突然にわたしの頭の中
を駆け巡りました。

本当の優しさに言葉はいりません。
本当の優しさはみがえりは求めません。
それはいつまでも心に残る温かみのような気がします。。

中嶋田玉美

今月の言葉：嬉しい時は大声を出して笑ってみよう！
悲しい時は大粒の涙を流してみよう！
恥ずかしいことなんかないからね！



” What is true kindness? ”

Children's summer break will start at the end of this month. Aren't the schools busy with various events such as graduation ceremonies and festive parties around this time? Also, speaking of the weather...There are only a few days when I can see the clear blue sky like summer, but my heart is a little cloudy. With that in mind, I saw a scene that brightened my cloudy heart on the sky train on the way back from Surrey dojo.

There weren't many people sitting on the train, so it was quieter than usual. It was so quiet that I looked around and saw a mother and a daughter. I noticed that they were chatting in sign language. The mother was talking with a happy expression, and her daughter seemed to answer with a smile, raising and lowering her head.

We got off at the same station. The daughter got up from her seat first, took her mother's hand gently, and slowly went down the stairs, holding a big shopping bag in the other hand. It was a casual sight that I saw in a very short time, but it lightened my heart on the dark night road until I got home. Did I ever reach out to my mother as gentle as her when my mother was alive? Suddenly, this kind of question came to my mind.

We don't need words for true kindness.
True kindness doesn't want a reward.
It is a warmth that will remain in your heart forever.

Tamami Nakashimada

Words of this month:
When you are happy, let's laugh out loud!
When you are sad, let's drop big tears!
Nothing is embarrassing

Dojo Report



It was great to have Aikido as part of my 13th birthday! I chose my mom to throw me because she is very special and I hold her dearly in my heart. I put every roll with the energy I had and the joy that it brought.

Jayce



I see more enthusiast kids lately. Is it because of summer here? But where is the sun? They come really shy this summer.

Despite the gloomy Saturday morning, the kids come to practice to learn and have fun. They roll better, turn faster and are more harmonious than before.

And... I received one morning, a sketch from Eva. She sat there sketching while her little sister was on the mat, practising.

Thank you, Eva, for this beautiful sketch.



Lately, I've been enjoying the extra practice we get after class is officially over. With no more programs happening after us on Tuesday and Thursday evenings, it's a joy to take some time and do some extra rolling practice together with other members! Not only is rolling a good skill to improve both endurance and being relaxed, but I always find doing rolls makes me reflect on the importance of continuing to move forward in life even when we get tired and feel like stopping and doing so with the encouragement of others. Thank you Sensei for always encouraging us to roll more!

Agatha

Clement

Dojo Report



Hello from Tokyo!



By Miho Ueda



6月に入り、すでに2022年の半分にさしかかると、一年があっという間に過ぎていくのを実感します。

季節もよくなってきたので、最近は近場の低山への山登りを楽しんでいます。

つい先日足を運んだ、阿夫利大山（神奈川県）、筑波山（茨城県）。

そこで気づいたのですが、どちらの山も山の登山口には鳥居があり、山頂には神社が存在します。そして男山と女山が両方存在する。

今までカナダでもあちこち山を楽しみましたが、鳥居のある山はそうそうみかけた記憶がございません（笑

これってとても日本的だなぁ〜と気づいたのです。

考えてみると日本は国土の70%は山で覆われた小さな島国です。歴史をたどってみると、どうやら山岳信仰という日本の固有の信仰方法が
みえてきました。

そこには
日本特有の、山を神と見なし、崇めてきた日本古来の信仰「山岳信仰」と仏教との関係、
有名な霊峰などが絡み合っているようです。

ま、そんなことはつゆしらずで山登りしましたが（笑

では、この山岳信仰とは？

山岳信仰とは、山に神々が宿るとし崇拝する信仰のことです。国土の7割以上を山地が占める日本に住む人々にとって、山は水や木、動物と言った生きるために大切な物を届けてくれる反面、火山噴火や土砂崩れなどといった恐ろしい災害ももたらす、まさに神のような存在だったのです。

日本の山岳信仰は仏教とも結びつき、独自の進化を遂げていきました。山岳信仰がどのように始まったのか、仏教や人々の生活とどのような関係があるのか？

長くなりますので、この辺は次回のお楽しみ＾＾

この日はとっても暑くて、気温29度！（5月なのに・・・）ソフトクリームとビア-の誘惑には勝てず・・・（笑



As we enter June and we are already halfway through the year 2022. I realize how quickly the year is flying by.

Since the season is getting better, I have enjoyed hiking in the low mountains in the vicinity.

The other day I visited Mount Aburi (Kanagawa Prefecture) and Mount Tsukuba (Ibaraki Prefecture). Both mountains have a TORII gate at the trailhead and a shrine at the summit. A shrine exists at the summit of each mountain. And both male and female mountains exist.

I have enjoyed mountains here and there in Canada, but I don't remember that I have ever seen a hill with a TORII gate in Canada; I realized that this is very Japanese.

Japan is a small island country with 70% of its land covered by mountains when you think about it. When I traced back the history of Japan, I found a uniquely Japanese way of belief called "mountain worship."

I found that there is a unique way of mountain worship in Japan. The relationship between Buddhism and "mountain worship" is an ancient Japanese belief in which mountains are regarded as gods and worship, and famous sacred peaks are intertwined.



*Hello from
Tokyo!*



I climbed mountains without knowing that though... 😊
So what is this mountain belief?

"Mountain worship" refers to the belief that the gods dwell in the mountains.

For people living in Japan, where more than 70% of the land area is mountainous, mountains provide water, trees, animals and other things essential for life. Still, they also bring terrible disasters like volcanic eruptions and landslides and are like gods.

"Mountain worship" in Japan was also linked to Buddhism and evolved in its own unique way.

How did mountain worship begin, and what is its relationship to Buddhism and people's lives?

It's a long story, so I'll tell you more next time 😊

Message from our board member

Notice for Summer Surrey dojo info:

During the summer, the practicing day and location will change as follows at the Surrey dojo :

Place : Kumon Math & Reading Center Surrey-
Guildford.
Unit 9 - 10160, 152 St., Surrey BC. V3R 9W3
Date & Time : Monday & Thursday, 6:00pm-7:30pm.
Fees : \$60/month, \$12/drop ins.

* If you come by Skytrain, take bus #320 from the Surrey Central station bus stop Bay#2. It'll take a 18 minutes.

We look forward seeing you!



Tamami Nakashimada



Encounter with Aikido

by Sensei Morito Suganuma



Without future or past,
to respond without keeping.

These words come from the Zhuangzi. To have the heart of a sage is to work like a mirror, without future or past...

Instead of lingering on the past, instead of worrying about a future that isn't here yet, focus on dealing with what is happening right now, and once it passes, let it off your shoulders without keeping it within you.

If you can live like this, you may keep yourself from becoming overwhelmed by stress.



“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-

将（おく）らず 迎（むか）えず

応（おう）じて 蔵（ぞう）せず

莊子（そうし）に出て来る言葉。

至人（しじん）（高い境地に立った人）の

心を用いるは鏡のごとし、将らず迎えず…。

過ぎ去ったことにいつまでも執着せず、

まだ来ないことをああでもないこうでもない心配せず、

今ここで出合っていることに一生懸命対応し、それが

過ぎ去ったら胸に溜めておかないでスッキリと忘れてしまう。

こういう生き方ができたらストレスなんかには潰されることはないでし

ょうね。



” 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たいと思っています。”

—菅沼守人先生のお言葉—

Aikido Practice and The Heart

by Moriteru Ueshiba, Third Doshu

“Aikido’s ideals live in the training itself.”

The founder preached these sayings as the ideals of Aikido: “The martial arts of harmony”, “The road of universal care”, “Martial arts come from love”. These can be said to cultivate heart, to encourage one to engage their opponent with sincerity and balance.

In Aikido, these ideals present themselves in the way we train. With one side sending moves (tori) and one side receiving moves (uke), both opponents mutually train their techniques. Without any imbalance in techniques, throws (nage waza), grapple-throws (nage-katame waza), and grapples (katame waza), all have different forms such as standing (tachi waza), sitting (suwari waza), half-standing half-sitting (with the tori sitting and the uke standing), and further there are left and right moves, front moves (omote waza), and back moves (ura waza), which are all practiced the same amount of times. Regardless of if you’re good or bad at them, you keep on training these moves until you can execute all of them equally.

Aikido is not about competing over strength, power, or victory. When mutually practicing techniques, the goal is to observe and understand your opponent, and help each other improve. Through this exchange you cultivate a harmonious mindset of recognition and respect for your opponent.

” 稽古法そのものに合気道の理念がある”

開祖が唱えた合気道の理念として” 和合の武道” “万有愛護の道” “ 武は愛なり” といった言葉があります。これは至誠の人、真心をもってバランスよく相手と接することができる人を育てる道とも置きかえられます。

合気道では、それをそのまま稽古法が体現しています。

技をかける側（取り）、技をかけられる側（受け）が交互に技の稽古をしていきます。

技も偏ることなく、投げ技・投げ固め技・固め技にはそれぞれ立ち技・座技・半身半立ち（取りが座った状態、受けが立った状態）があり、さらに左右両方、表技・裏技、同じ回数稽古します。得意・不得意関係なく、全ての技を偏りなくできるようになるまで稽古を積み重ねていきます。

また合気道は強さ、力、勝敗を競うものではありません。一つの技を互いがかけあう稽古で、相手のことをよく見て理解し、高め合うことを目標としています。その中で養われていくのが、相手のことを認め、尊重する和合の精神なのです。

Shohei Juku Dayori



For english version

<https://en.shoheijuku.org/blog/2022/06/03/shoheijuku-newsletter-june-2022/>



June 12th Lean Garon

Hi Lean! It's your birthday. How have you been? It's been a long time since you returned to your home. Do you continue practice Aikido? When you come to here, come to see us and practice with us again!

We'll give you many birthday rollings. Look forward to it.

Cheers!

Godo Geiko - Members Comments

To all SJAC members,

On Saturday, June 4th, our second SJAC Godo-Geiko (3 dojos join practice) hosted by Gibson's dojo was successfully completed this year. From Gibson's dojo: Russ, April, Keith and Megan and from Surrey and TLCC dojo: Claire, Siamak, Bobby, Ai, Darcy and Arnel participated.

It was about an hour and a half of practice focusing mainly on basic body movements (Irimi) from different attack styles. Everyone practised enthusiastically and happily. I would like to thank Russ and his members, April, Keith and Megan, for their warm welcome.

Next, Godo-geiko will be on September 24th (Saturday) at Surrey dojo, hosted by Surrey dojo. We will inform you as soon as the details are decided.

Tamami Nakashimada

The highlight of this past month's training has been the godogeiko hosted by us at the Roberts Creek dojo. The kami must have been happy with us as there were no delays for travelling on the ferry on a busy Saturday. Thank you to Arnel, Darcy (and partner), Bobby, Ai, Claire, Siamak & Tama sensei for taking the time and making the effort to join us here on the Sunshine Coast. We enjoyed some basic training for a little over an hour (got a good sweat) and then enjoyed a fine lunch as some beer at a local brewery. These get togethers are always so much fun and so rewarding. It's refreshing to see Tama sensei and be able to train with everyone from Trout Lake and Surrey dojos! I am looking forward to the next godo geiko in Surrey in September! Gassho!



Russ

We arrived at the Robert's Creek dojo - so green around there, and so many trees - and began practice right away. Sensei taught a very interesting class. We practiced the simplest moves, and I was amazed at the difference a hip turn at the right position could make! I hope she teaches this class again!

The Gibson's crew was very welcoming, and enthusiastic. We enjoyed stories and food afterwards. A very good day.

Thank you so much Russ, April, Keith and Megan for welcoming us for the Godo Geiko! We enjoyed the keiko there just like at our dojo as I always feel so homey at the pretty building 😊

Ai

Thank you Russ! Always great to see you and April. I had a great practice with you and Keith and Megan! See you soon brother!

Darcy

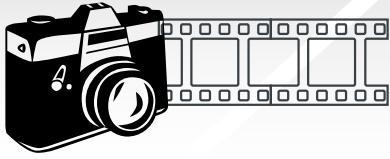
Siamak

Godo Geiko - Members Comments



Until the next Godo Geiko,
have a great practice.





Share Your Memories With Us

info@shoheijuku.ca



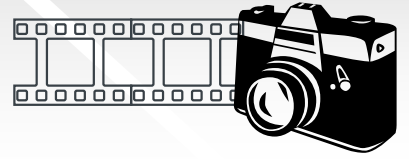
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