

# SHOHEI JUKU

AIKIDO CANADA

204 • SEPTEMBER 2022

20<sup>th</sup>  
Anniversary  
Edition

“相手を動かしたかったら、先ず自分が動け”  
開祖の教えです

(菅沼守人先生ご著書、一日は一生の縮図なり、ページ136より抜粋)

"If you want to move your opponent,  
move yourself first"

This is the teaching of the Founder.

(One day is the epitome of life page 136 by Sensei Morito Suganuma)

近者説  
遠者来  
令和四年  
祥平塾  
守人

# Zest For Life - 生きる力

“It is a great confidence in a friend to tell him your faults;  
greater to tell him his.”

-Benjamin Franklin/American politician-

” 君の失敗を、友人に告げること、  
それが友人を、大いに信頼することだ。  
友人の失敗を、友人に告げるより、より偉大な信頼なのだ。”

ーベンジャミン・フランクリン、アメリカの政治家ー

# Song of the path - 道歌

武とはいえ  
声もすがたも。  
影もなし。  
神に聞かれて。  
答うすべなし。

植芝盛平（翁先生）

Bu to wa ie  
koe mo sugata mo  
kage mo nashi  
kami ni kikarete  
kotau subenashi

by Morihei Ueshiba (O-Sensei)

Bu(do) -  
no voice, no form  
no shadow:  
Question the gods as you like  
but they will not reply.

- translated by John Stevens -.

# message from *Tamami Nakashimada*

元気でいてください。。。。

コロナ感染が世界に拡散してから2年が過ぎました。  
もうこんなに時間が経ったのかと思うと、時間は本当に止まってくれないことを実感しております。  
これでもかというほどに、感染状況はなかなかおさまりの目処が立っておりません。  
それに加えて、世界で起きています戦争という悲惨な出来事も、たくさんの人々の心を痛めております。  
なぜ、人が人を殺さなければならないのか？  
罪もない人たちが、たくさん犠牲になっているこの世界の状況の中で、苛立ちを感じているのは私だけではないと思います。

毎日の稽古の中で、合気道の”合”について、私はその持つ意味をあらためてまた自分なりに思い、考えるようになりました。  
翁先生が私たちにお伝えになられたかったこと、それは何であったのだろうか？合気道の合は”愛”だと言われます。  
また、”ハーモニー”だと言われます。  
それをどう生かしていけばいいのか？実際にそれを生かして生きて行くことは、そんなに簡単ではないことが多い気がします。  
見せかけだけに終わってしまいそうです。  
見せかけだけでも、感じ取るだけでもいいよと言われる方もあるかと思いますが、それではなぜか納得できない自分がいます。

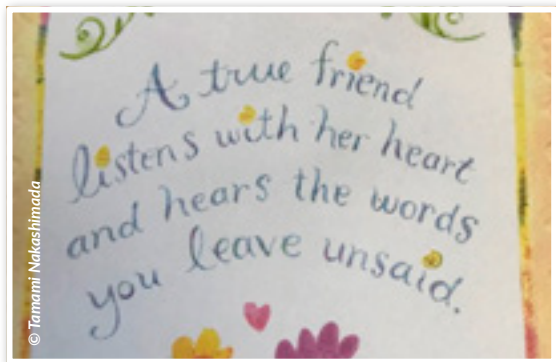
若い時にもっと探求しておけばよかったなと思います。  
きっとがむしゃらに、そして、一方だけ向いて探求していたかも知れませんが。歳を重ねるごとに、いろいろな方向から探求できる楽しさを今少し感じております。  
探求することに年齢は関係ないのですね。  
歳を取っても楽しく探求できるものがある、それはきっと私たちの宝物なのではないでしょうか？！

初秋。。。。

穏やかな世界に一日でも早く戻ることを祈っております。

中嶋田玉美

今月の言葉：”自分流” 一つでも持っているといいですね。



“ Please be well ...”

2 years have passed since Covid-19 spread throughout the world.

When I think about how much time has passed, I realize that time does not stop. Even with time, the Covid-19 situation does not settle down easily. In addition to that, the tragic event of war taking place in the world has also touched the hearts of many people. It hurts ... Why should we, humans kill other humans? I don't think I'm the only one who feels frustrated in this world while truly innocent people are being victimized.

In my daily Aikido practice, I once again began to think about the meaning of Aikido's "Ai". What was it that O-Sensei wanted to tell us?  
Aikido's Ai is said to be "Love". It is also said to be "Harmony". How can we make the most of it? I don't think it's easy to actually live with it. It seems that it will end up just for the show. I think some people say that it's okay to just pretend or just be able to feel it, but for some reason, I can't accept that.

Sometimes, I wish I had explored more when I was younger. I'm sure I was frantically searching for only one side. As I get older, I feel the joy of being able to explore things from a different point of view. Age doesn't matter when it comes to exploration. Isn't it a treasure that we can enjoy as we age?

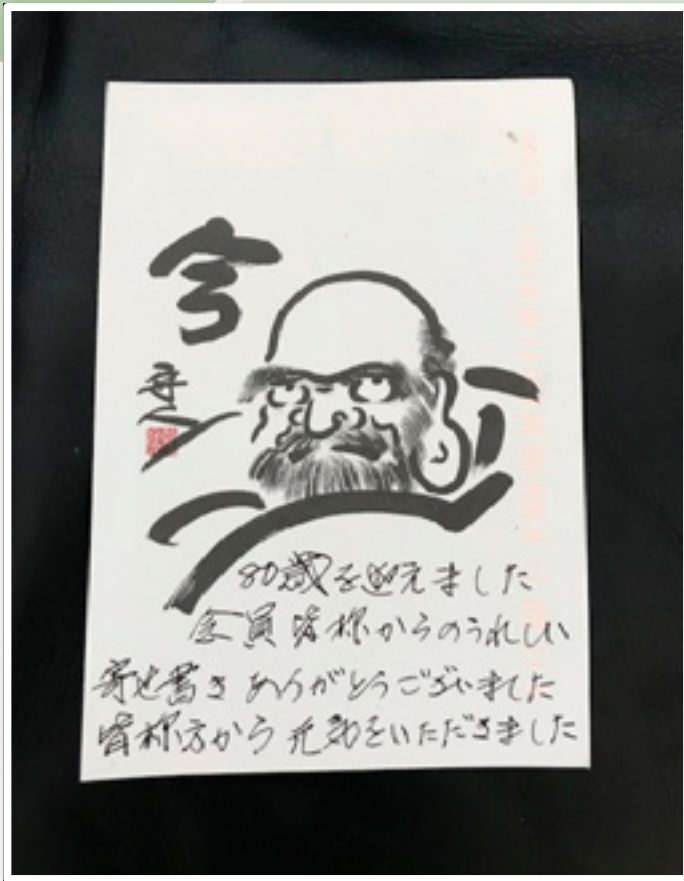
Early Autumn...  
I pray that a peaceful world will return as soon as possible.

**Tamami Nakashimada**

Words of this month:  
"My style". It would be nice, if you have at least one!



# Dojo Report



今 “Now

- I turned 80 years old.

Thank you very much for the kind message from all the members. I got a lot of energy from everyone.-

**Morito Suganuma Sensei**

July 27th was Suganuma Sensei's 80th birthday. We sent a congratulatory message and Sensei sent us back his thank you message!

Thank you, Sensei!

We appreciate your continued guidance and encouragement.

We wish your good health from far way in (🇨🇦) Canada!

**Tamami Nakashimada**

## TLCC Dojo:

As for autumn practice, adult classes will be held four times a week from September 1st (Thursday) as usual, and kids' classes will be held twice a week starting this fall. In addition, the Saturday parent-kid class that started in the summer will continue.

For more information, please see the dojo website or the TLCC autumn brochure.

## Surrey Dojo:

The dojo will be back to South Surrey High School from the 12th of this month (Monday). Class schedule will return to Monday and Wednesday from 6:00pm-7:30pm. We will contact regular members by email again. We look forward to the return of all the members who have not seen during the corona period.

We have 4 months left this year! Let's have a good sweat together!!!

**Tamami Nakashimada**

Hi Tamami Sensei,

I come from 20 years of "silent training." we learned by doing and our Sensei showing -- in most cases without saying a word!

Learning always with Tama Sensei's many wise words, I reflect on them for days and even weeks, I actually write them down as a reminder before training! In my training at Shohei Juku, I learned that the best way to achieve harmony between Uke and Nage is to practice lively spirit of gratitude! Always domo arigato gozaimashita to Sensei and my classmates during every training!

Domo arigato gozaimashita Sensei,

**Frank**



# Dojo Report

Training has been quiet on the Sunshine Coast. I am looking forward to the Godo Geiko at the Surrey dojo this month. I have been watching a lot (too many?) aikido videos on youtube lately;) There is some excellent stuff "out there". Please search Hiroshi Ikeda and/or Yoshi Shibata for some very good aikido explanations. Also, I never forget to watch videos with Suganuma sensei. There are many that are quite long and show him teaching at the various dojo around Kyushu. It will remind you of the seminars, the smiles, and sensei's warm demeanour. See you all soon!

Russ

*To all parents!*

***We are very happy that  
the summer session ended successfully!  
Thank you very much for your great participation.  
How was Aikido practice with your children?  
Hope all of you had a good time.***

***Hope you will once again remember the fun times  
of practice with your lovely children.***

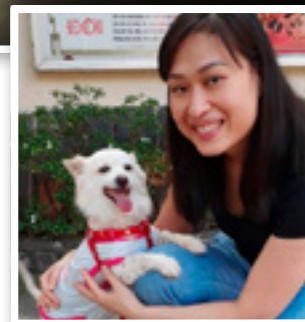
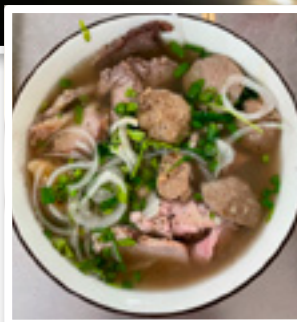
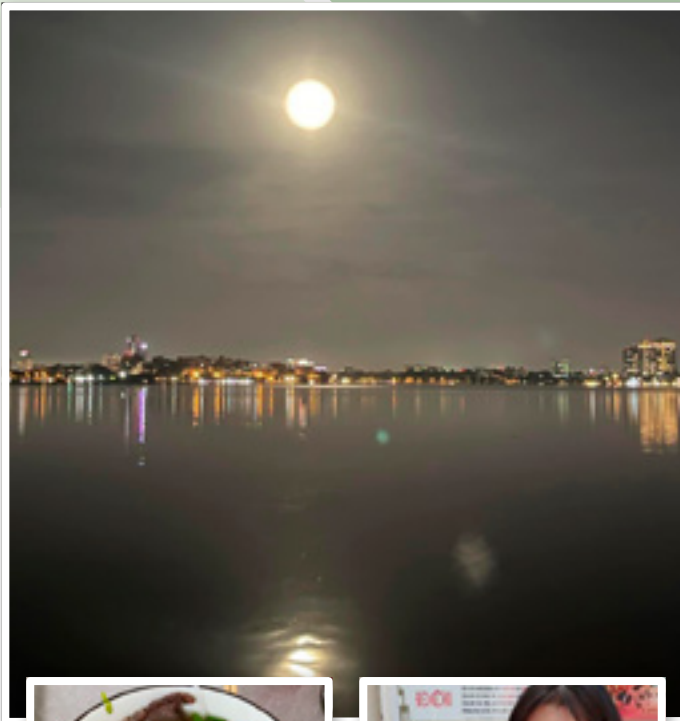


*Best regards,*

Tamami Nakashimada and Agatha Joe



祥平塾 合気道 カナダ  
SHOHEI JUKU AIKIDO CANADA



Hello Sensei from Ho Chi Minh City, Vietnam

I hope you're doing well. I am in Vietnam, and enjoy my vacation with my family.

I would like to tell you story about flying back home to surprise my family.

It took me 32 hours in total to go back home. Such a long trip. Before it was only 22 hours. A lot of waiting time on the airport and sitting time in the plane. I was so tired. But this is the best part. Nobody in Vietnam knows I am going home. I took taxi to go home, and I asked driver not to park too close to my house. When I was there, my mom was talking to neighbours. I walked towards her with my face covered and said "Miss, you have a package from your daughter". She took the package from my hands and said thanks. I kept standing there and looked at her. She asked where I would go. I said I came home. She was confused because taxi left already. She stared at me for a minute and asked where your house was. I answered it's here. She stared at me again and she looked like a scanner trying to scan what is under the mask. By the time she recognized me, she shouted, called my dad and everyone out. My sister jump hugged me. We hugged, we cried and all neighbours were laughing. I feel so blessed, sensei. I am a rich one, rich in love.

Cassie Vu



# Hello from Osaka!



By Miho Ueda



Spicy Indian Curry! Made my stomach super full!

## Amami Oshima Island

The island has sandy beaches where sea turtles come to lay their eggs, a clear blue sea called "Amami Blue," and virgin forests that resemble ancient forests. The surrounding sea areas, such as the Oshima Strait coast and Honohoshi Coast, and mountainous areas, such as Yuwandake, are part of the Amami Islands National Park. On July 26, 2021, in recognition of the diversity of flora and fauna, the area was registered as Japan's fifth World Natural Heritage site, together with Tokunoshima, northern Okinawa Island, and Iriomote Island. Tokunoshima Island, northern Okinawa Island, and Iriomote Island.

## Tsubakuro-dake

Tsubakuro-dake is a 2,763-meter-high mountain in the Hida mountain range (North Alps). Tsubame is one of the 100 most famous mountains in Japan and one of the 100 most famous in New Japan. It was designated as Chubu-Sangaku National Park on December 4, 1934.

Tsubame-dake was named for its resemblance to a swallow in the spring snow, and there is a theory that the name was given to the mountain 10 years prior to the 1915 mention of Tsubame-dake in Hasegawa Nyoseki's "Traverse of the Japanese Alps".

Tubame = swallow



Salmon Belly "HIMONO"(Dried Fish) It was Huge!! (890Yen!! Including tax! Free refills of rice)



Spicy Indian Curry! Made my stomach super full!

合氣道

GODO GEIKO  
SURREY DOJO



Saturday

September 24, 2022

ALL SJAC MEMBERS WELCOME

Keiko #1 : 11:00am to 11:55am

Keiko #2 : 12:00pm to 1:00pm

Lunch with members at 2:00pm

location will be announced at the end of keiko

NORTH SURREY SECONDARY

15945 96 AVE, SURREY

INFO@SHOHEIJUKU.CA

778-835-2476



**There is NO CLASS at  
Trout Lake Dojo  
Saturday, September 24th, 2022**





# Encounter with Aikido

by Sensei Morito Suganuma

## =The Five Releases=

These are Kobo Daishi (Kukai)'s rules for good health. Releasing these five things from your body may be key to a healthy life.

### 1) Releasing Your Voice

People who speak with a loud voice are very energetic, aren't they? It would do you well to say your greetings and responses in a bright and lively voice. Even in Aikido, starting out by belting from your stomach, "Ei!" "Ho!" "Ei!" "Ho!" is a healthy exercise for your body and mind.

### 2) Releasing Sweat

Exercise your body and let yourself sweat. This helps out your metabolism and is good for your health. Especially when training in the heat or cold, sweating is a good way to strengthen both your physical and mental health.

### 3) Releasing Breath

Let all of the breath in your body out, and fill it back up with fresh air. Exhale deeply and inhale lightly; breathing out slowly and breathing in quickly is key.

### 4) Releasing Effort

These days you don't hear people say "you're working hard" much anymore, but putting in the effort at work and doing the best you can is also good for your health.

### 5) Releasing Impurities

It will do you well to release excess waste such as feces, urine, gas, or snot, without holding it in your body. Going to the Dojo and moving your body can also be a change of pace and help take your mind off of baggage such as stress.

Founder O-sensei would often say "Aikido is Misogi," and "Aikido is a Spring Cleaning for your heart and body."

“

"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-

## =五出（ごすい）の法=

弘法大使（空海）が説いた心身健康法。  
この五つを出すと健康にいいですよというおしえ。

### ①声を出す

大きな声を出せる人は元気がいいですね。  
挨拶でも返事でも明るく元気な声を出したいものです。  
合気道でもまず初めに"エイ" "ホー" "エイ" "ホー" と  
腹から大きな声を出すことは心身の健康法にも敵（かな）  
っていたのですね。

### ②汗を出す

体を動かして汗を出す。新陳代謝が良くなり健康には  
よさそうです。特に暑中稽古、寒中稽古などは体を鍛えるのにも、  
精神を鍛えるのにもってこいの修行法でしょう。

### ③息を出す

体内にこもっていた息を出し切り、新鮮な空気を体いっぱい  
入れる。"出息長（しゅつそくちょう）入息短（にっそくたん）" と  
言って、出す息は長く、吸う息は短く、がいいようです。

### ④精を出す

"ご精が出ますね" などという言葉は近頃あまり聞かれなくなりま  
したが、  
仕事に精を出す、一生懸命仕事をすることは健康にもいいようです。

### ⑤不浄を出す

大便、小便、おなら、鼻汁など余分なものは体内にため込まずに出  
して  
しましましょう。ストレスなども道場で体を動かし、"転換法" で気  
持ちを  
切り替えてしましましょう。開祖大先生は"合気道はミソギです" と  
か、  
"合気道は心と体の大掃除です"とおっしゃいました。

“

"健康心（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.”

(Continued from last issue)

Our founders used to say, “Techniques are formed by movement.” They are not to be used in opposition to your partner. For example, rather than pulling your partner down by force, if you move your body to guide your partner, they will fall down on their own naturally. Through proper Tai Sabaki, the goal of your training is to let your body learn the feeling of naturally letting your moves connect.

You will meet many people with differing genders, ages, height, weight, limb length, flexibility and strength, technique proficiency, as well as personality and societal experience. No matter who your partner is, you want to be able to look at them closely and understand how to train with them. And through repeated and iterative training, you learn to be more adaptable.

And through that training you learn to see things through many points of view, learn to read other people’s feelings and keep an appropriate distance, to understand and respect those people, and thus you broaden your horizons as a person.

(To be continued next issue)

## ” 稽古法そのものに合気道の理念がある”

前号に続く。。。)

開祖は”動けば技が生まれる”と言われました。相手と対立して技をかけるものではありません。例えば、相手を引っ張って崩すのではなく、自分が動いて導くから、相手が自然に崩れていく。理に合った体捌きによって、自然に技がかかる感覚を体に覚え込ませていくことが稽古の目的です。

性別、年齢、身長、体重、手足の長さ、体の柔軟性や筋力、技の習熟度、さらには性格や社会的経験も違う、さまざまな人たちがいます。どんな人でも稽古ができるように相手をよく見て理解する。そして稽古を繰り返し繰り返し積み重ねていくことで、対応力が磨かれていきます。

またその稽古の中で、幅広い物事の捉え方や、相手の気持ちを察した上での適切な距離の取り方、相手のことを理解する・尊重する気持ちも養われ、人間としての幅の広さが生まれてくるでしょう。

(次号に続く。。。)

## Shohei Juku Dayori



For english version

<https://en.shoheijuku.org/blog/2022/09/06/shoheijuku-newsletter-september-2022/>

September 2nd Tim

September 15th Tomas

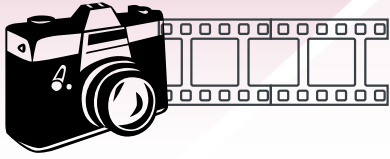
September 17th Peter Kwong

September 28th Tony and Josh (Surrey)

Everyone who was born in the fruitful autumn!

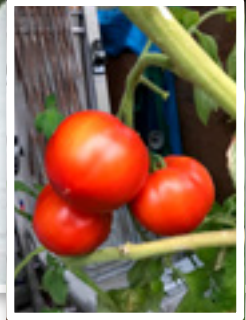
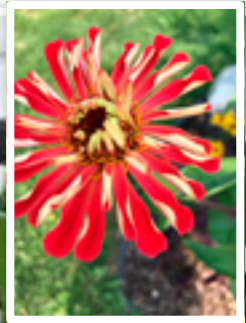
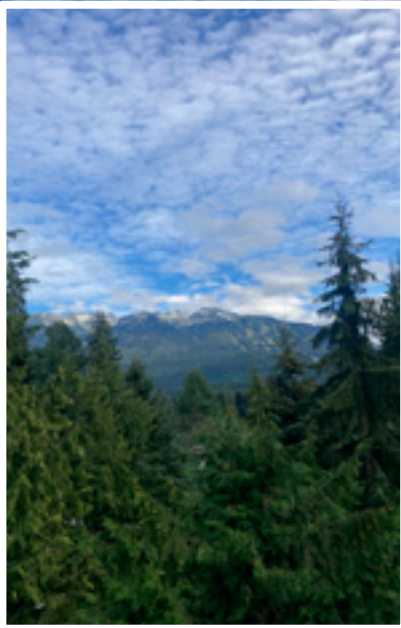
Hope you are in good health both physically and mentally.

Cheers. 🎂🍷🍷🍷



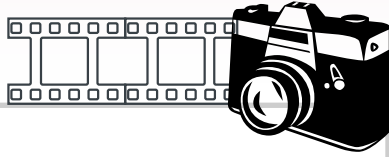
# *Share Your Memories With Us*

info@shoheijuku.ca





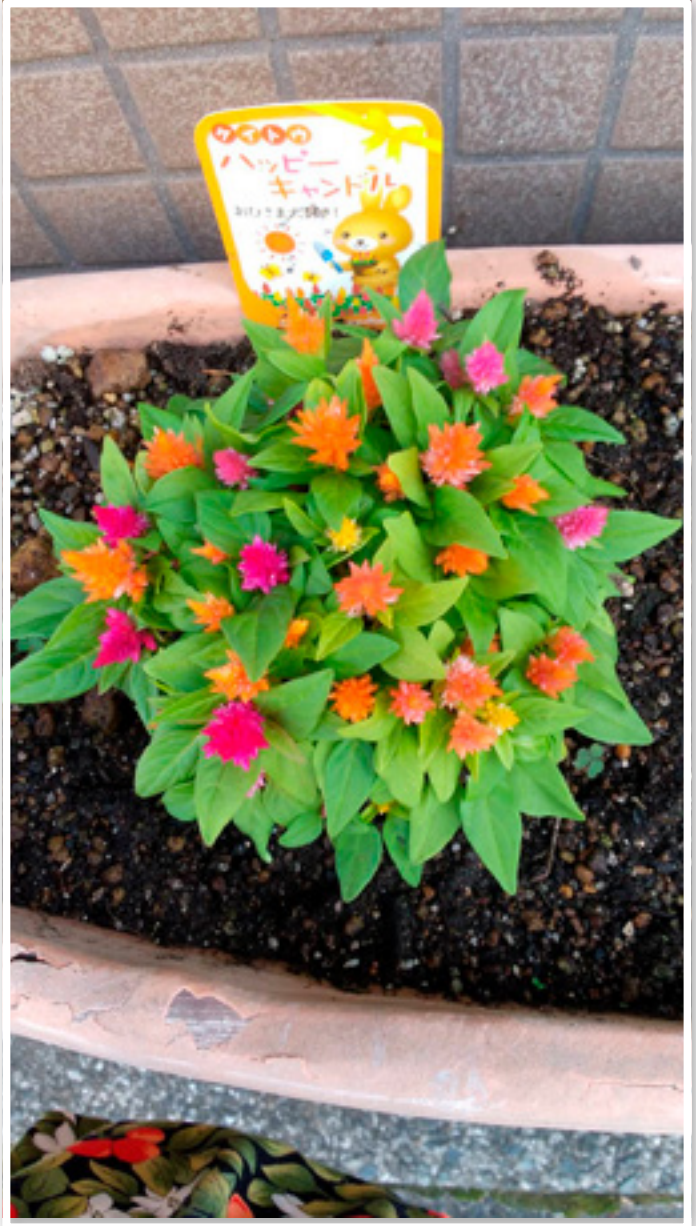
# Share Your Memories With Us



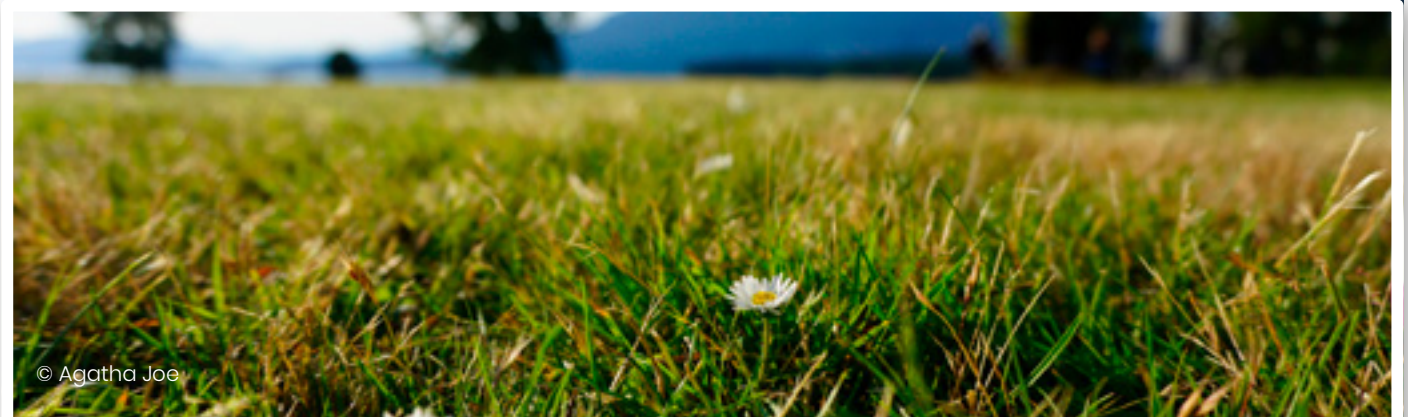
*Every photograph tells a story.  
Tell us yours!*



© Linden Li



© Yukiko Kotake



© Agatha Joe