

SH気HEI JUKU

AIKIDO CANADA

208 • JANUARY 2023

二宮尊徳は“積小為大”を心がけ、
実践したそうです。
“少しぐらい” “今日一日ぐらい”の
積み重ねが大きくなります。
毎日少しずつ、が大切なのですネ。

(菅沼守人先生ご著書、一日は一生の縮図なり、ページ 162 より抜粋)

Ninomiya Sontoku was said to practice and implement “Sekishou idai”.
Every “Just a little bit,” “Just today,” accumulates into something bigger.
Doing a little bit each day is important, no?

(One day is the epitome of life page 162 by Sensei Morito Suganuma)

ZEST OF LIFE

生きる力

今の人はみんな、”何かしなければ”と思いきるんですね。
何かしていることが当たり前で、何もしていない人はサボって
いると思われるのが現代ですけれども、時々は何もしないで
ボーッとしているという時間を持った方がいい。

河合隼雄・心理学者

People today think too much that we have to do something.
In modern times, doing something is taken for granted, and
people who don't do anything are thought to be slacking off.
It's better to have time to be dazed.

Hayao Kawai • Psychologist

SONG OF THE PATH

道歌

気の御わざ
赤白魂や
ますみ玉
合気の道は
小戸の神技

植芝盛平（翁先生）

Ki no miwaza
akashiro tama ya
masumi tama
aiki no michi wa
odo no kamuwaza

by Morihei Ueshiba (O-Sensei)

The exalted techniques of ki:
Red, white,
and crystal-clear jewels—
they reveal the Path of Aiki,
and the Divine Techniques of ODO.*

translated by John Stevens

* This was one of O-Sensei's favorite doka.
ODO is the middle of the river where Izanagi went to purify himself.

MESSAGE FROM

TAMAMI NAKASHIMADA



新年明けましておめでとうございます！

今年もいよいよスタートいたしました。
約2週間余りの冬休みは楽しく過ごされましたか？
たくさん美味しいご馳走や飲み物が毎日で、少し体重も増えたのでは？
そう感じてある方には、稽古が待ち遠しかったのではありませんか？
実は、この私がそうでした！

稽古も1月3日から始まりました。みなさんと一緒に気持ちのいい汗を流すことができ、また生き返ったような気持ちです。ナイス！

さて、みなさん、新年の抱負は決められましたか？
毎年、私も抱負を決めてやっているのですが～怠け者の私は、いつもそれを忘れたり、途中でへこたれたりして。。。またいつもと同じような一年になってしまっています。そんな私なのですが、年の終わりには自分でこう呟いています～”おお～私はまだこの地球上に生きている、命があることに感謝だなあ～” っと。。。

新年の抱負はいいものです。抱負は目標と同じですね。それが小さかろうが、大きかろうが、簡単だろうが、難しかろうが、私はぜんぜん構わないと思うのです。それを1日であきらめても、半年も経たないうちにあきらめても、ぜんぜんいいと思うのです。ただ、目標を持った時に少しでも自分に新しい活力みたいなものが感じられれば、私はそれで十分じゃないかなと思います。

新年の抱負は、” 妙薬！ ” です。

近頃、体のあちこちに痛いところが見え隠れしてまいりましたが、自分の体と対話を続けながら、この” 妙薬 ” とともに、元気に歩んで行けたら と思います。
” 妙薬 ” が1日でも長く続きますように！ (笑)

昨年は大変お世話になりました。

本年もどうぞよろしくお願い申し上げます。

中嶋田玉美

今月の言葉：さあ、始めよう！🍀🍀

HAPPY NEW YEAR!

This year has finally started. Did you enjoy winter break, which lasted for about two weeks? You might have had a lot of delicious food and drinks every day. Did you gain a little weight? For those of you who feel this way, aren't you looking forward to the start of Aikido practices? Actually, I am! 😊

Our practice started on January 3rd. I feel like I've been revived again by being able to sweat with everyone. Nice!

By the way, have you all decided on your New Year's resolutions? Every year, I set my resolution, but I always forget or stop aiming for the goal because I'm too lazy! At the end of every year, I say to myself, "Oh! I still live on this earth! I'm very grateful!"... Even though I could not succeed in my New Year's resolution!

Anyway, New Year's resolution is good. It's the same as having a goal. It doesn't matter if the goal is big or small, easy or difficult. Giving up one day or during the halfway point of the year is fine as long as I feel the positive energy when I reach my resolution (goal).

My New Year's resolution is a "Miracle medicine!"

Recently, I have had pains appearing and disappearing here and there in my body. Still, I would like to continue to live lively with this "Miracle medicine".

I hope my miracle medicine lasts as long as one day! 😊

Thank you for all your kindness and support.

Best wishes for 2023.

Tamami Nakashimada



Words of this month:
Let's begin!

DOJO REPORT

With 2022 and our last practice completed on December 28 our small group met at the pub to celebrate our ability to continue training in this beautiful martial art, discuss our aikido goals for 2023 and, of course, eat food and drink beer! Really, the beer drinking is simply reinforcing our kokyu practice.)

With April, Keith, Megan, Stewart and myself present we had a lively time and discussed our goals for training over the next year. Goals included being ready for testing for Keith and Megan, getting comfortable with ukemi again for April (due to previous concussion) and Stewart wants to remain consistent and continue to improve. My goal is to increase my cardio through ukemi practice. As Tama sensei says: "roll, roll, roll"! I think we will succeed in all of our goals!

I want to take a moment to say how grateful I am for my teachers' (Tama sensei and Suganuma sensei) continued commitment to their own training and their excellent leadership and ability to transmit the essence of aikido to all of us. As many of you know, Suganuma sensei has seen fit to award me the rank of godan at the Hombu dojo Kagami Biraki Ceremony. I am humbled entirely. Thank you to my teachers and my students for continuing to inspire me beyond my comfort zone and to continue peeling back the layers of discovery about myself and others. All the best to everyone in 2023 and I look forward to training with you!

Cheers,

Russ

Hello everybody,
Happy new year! To you and your family!

Harry

Happy New Year, Tama-sensei! We hope you are having wonderful holidays. Wishing you many fantastic memories made in 2023.

Love and peace

Russ and Harumi



Sensei,
I want to wish you a Merry Christmas and a Happy New Year.
Many best wishes for holiday season and coming year.

Cassie

Dear Sensei,
Greetings of the Holy Season and best wishes for the New Year!

Tony Tran



Trevor and Jayce took their tests on the last day of keiko of 2022.

DOJO REPORT



Dear All SJAC Members!

At the TLCC Dojo on January 3rd (Tuesday), we had our first practice this year! With the participation of 10 members, we had a good time sweating and enjoying the practice in a friendly manner! Now! our regular practice starts this week! We would like to practice with a fresh feeling while caring for each other. Thank you for your continued support this year.

Addition:

- 1) Parent & Kid class started Saturday, 7th, from 10am-10:45am .
Kids' classes are on Monday and Tuesday. Thursday is a new Youth Class from 4:45 pm-5:45 pm.
- 2) Surrey dojo practice starts tonight, the 4th (Wednesday), from 6 pm-7:30 pm.

From SJAC Board and T. Nakashimada

SJAC Children's Examination Report:

On December 13th & 17th, we had a children's Examinations.

Successful applicants are:

Semi-8th Kyu (Yellow Belt) : Taiga Tanaka

Semi-4th Kyu (Blue Belt): Jayce Li & Trevor Chow

Three of them showed very clear and strong wazas (requirement techniques). I am very proud of them and at the same time, I am looking forward to their future growth.

Congratulations!



Tamami Nakashimada

HELLO FROM OSAKA!

By Miho Ueda

Do you know what "Tokaebisu" means? It seems to be a foolish question for those who live west of the Kansai region. But for me, a native of Kanto, it is not so familiar. Happy New Year!

One of the New Year's events, "Tooka Ebisu" ("Tokaebisu"), is a festival held every year on the 10th of the New Year at shrines to pray to Ebisu-sama for prosperous business. The festival is also used as an illustration for beer, hoping to benefit from the blessings of Ebisu-sama.

In the Kansai region, this festival attracts more than one million people. Still, in the Kanto region, the name of this festival is rarely ever heard.

Do you know who Ebisu-sama is? What in the world is he?

"Do you know who Ebisu-sama is? The God of good fortune holding a sea bream? Yes, yes. How long do you think people have believed in him? Well, since a long time ago."

In the Muromachi period (1333-1573), Ebisu-sama was worshipped as a god of the sea (fishery) and the marketplace.

How did this happen? Yoshitaka Yoshii, chief priest of Nishinomiya Shrine in Hyogo Prefecture, famous throughout Japan as a shrine dedicated to Ebisu-sama, explains.

The division of labour expanded with the development of economic power. At the same time, the cities' prosperity that accompanied the development of commerce encouraged the belief in the God of fortune. People competed with each other to worship the God of good fortune and to ask for blessings.

Markets where farmers sold and bought the produce that remained on hand developed. And people began to make salt, bake vessels,



and earn their living in other ways besides farming, which significantly increased the number of people who expected blessings from the God of fortune.

Eventually, an event called "Ebisu-ko," in which Ebisu-sama is worshipped at each merchant's house and by each merchant's business associates was born. People began to celebrate the days when Ebisu-sama went out to make money (January 10 or 20) and the day when he returned (November 20). Then, in the Edo period (1603-1867), the area flourished as a commercial centre. In the Hanshin area, which flourished as a commercial centre, are Nishinomiya Shrine (Nishinomiya City, Hyogo Prefecture) and Imamiya Ebisu Shrine (Naniwa Ward, Osaka City). It is where Ebisu-sama has long been worshipped and came revered as gods of prosperous business. The Ebisu Ko held there became very lively as "Tooka Ebisu".

At Nishinomiya Shrine, after the "Igomori" ceremony, in which all gates are closed at midnight on January 9 to purify oneself and spend time in silence, a ceremony is held from 4:00 a.m. on January 10. After the ceremony, the Omote-daimon (main gate) opens at 6:00 a.m., and the people waiting in front of the gate rush out in unison. The first people to arrive at the main shrine will become the year's "lucky men" (the first three to the third) in the annual "Kaimon Jinji Fukuo Selection" event.

Since I was so excited this year, I went to the shrine before work. May God bless you all with lots of good fortune this year!

SJAC WINTER CLASS SCHEDULES

TLCC Dojo:

Adult Class:

Monday	5:55 pm – 7:25 pm
Tuesday & Thursday	6:00 pm – 7:30 pm
Saturday	11:00 am – 12:30 pm

Note:

- 1) If you are participating as a drop-in, please pay at the centre before joining the class. Put the receipt (with your name written on the receipt) in the box provided by the notice board in the dojo room.
- 2) Please do not be late for practice. If you are late, warm up yourself before participating in practice.
- 3) If you have a cough, runny nose, or feel unwell, please stay home
- 4) TLCC member who pays a monthly fee at TLCC can participate in the Surrey dojo practice on any day without a drop-in fee.

Children's classes:

Monday (5 - 7 year old)	4:45pm - 5:45pm
Tuesday (8 - 12 year old)	4:45pm - 5:45pm

Youth class:

Thursday	Age 13+	4:45pm - 5:45pm
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Parent & Kid class:

Saturday parent & kid age 4 - 6 year old. 10:00am - 10:45am

Note:

Most of the Children's classes and Parent & kid classes are full and need help with the classes. We would appreciate it if you could come to the class and help out. Suppose you can volunteer for any classes; in that case, we (dojo) will provide application forms for a police check. TLCC requires us to volunteer for kids' classes.

SURREY Dojo:

Monday & Wednesday	Age 13+	6:00pm-7:30pm
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Surrey member who pays monthly fee at Surrey dojo, you can participate in the practice any time at TLCC without drop-in fee.

If you have any questions, please contact us by email or phone call anytime.

Thank you for your support and cooperation.

SJAC Board.

SHOHEI JUKU DAYORI

For english version

<https://en.shoheijuku.org/blog/2023/01/01/shoheijuku-newsletter-january-2023/>



ENCOUNTER WITH AIKID



By Morito Suganuma Sensei

(Continued from last volume)

(When washing my face, I fill the sink with water, put my face in it, and wash my eyes by blinking them open and closed. I have been doing this since middle school.)

"In my rural town, every home's yard had a well dug into it, which I used to wash my face, wash my vegetables, and cool my beers. I used that well to wash my eyes as well."

- 3) Use your index and middle fingers to rub the sides of your nose.
- 4) Make a fist with your dominant hand, tilt your face upwards, and use the outer side of your thumb and index finger to tap your brow lightly.
- 5) Use your fingers on both hands to firmly rub (or hit) your gums.
- 6) Press down from below your ears towards the centre of your chin with both thumbs. Use your fingers to massage your throat with a digging motion.
- 7) Using your fingers on both hands, firmly press on and massage your scalp.
- 8) Press on your ears while moving from back to front with both palms. Pinch both ears with your fingers, and pull on them upwards, sideways and down. Insert your index fingers into the ear holes and move them a little before pulling out.

That was the method to tend the area above your neck, and it should be done while still lying on your back. Next, sit up your body and:

- 9) Massage your toes. Use your fingers to bend your toes up and down. Twist your ankles around, and massage your soles.
- 10) Rub your fingers.
- 11) Tilt your neck forwards and backwards and side to side. Then, twist your neck in a circle.
- 12) Now sit cross-legged, and breathe. I have learned it is best to exhale first before breathing in. Exhale deeply and inhale lightly; breathing out slowly and short breathing in is the key

(Continued next volume)

(前号に続く。。。)

(洗顔するときは洗面器に水を入れて、顔をつっこみ、目をパチパチと開いたり閉じたりして目を洗う。これは中学生の頃から行っております。)

「私の田舎は各家庭ごとに井戸を掘っており、井戸水で顔を洗ったり、野菜を洗ったり、ビールを冷やしたりしていました。その井戸で目を洗っていました。」

- ③ 両手の人差し指と中指で鼻の両側を上下にこする
- ④ 利き手でこぶしを握り、顔は上を向いて、親指と人差し指の外側で眉間を軽く叩く。
- ⑤ 両手の指で上下にの歯茎を強めに押す (あるいは叩く)
- ⑥ 両手の親指で耳の下から顎の中央に向かって押す
両手の指で喉を握るようにして揉む
- ⑦ 両手の指で頭皮を強めに押しながらマッサージする
- ⑧ 両方の手のひらで両耳の後ろから前へ押しながら動かす
※両手でそれぞれの耳をつまんで、それぞれ上、横、下へ引っ張る。
※人差し指を耳の穴に入れて少し動かしてからポンと抜く

以上、首から上の手入れ方で、仰向けになったまま行います。次に上半身を起こして、

- ⑨ 足の指を揉む
両手で足の指を上下に分ける
足首を回す 足の裏を揉む
- ⑩ 手の指を揉む
- ⑪ 首を前後に曲げる 首を左右に曲げる
首をねじる 首を回す
- ⑫ 呼吸法 (あぐらの姿勢で)
(呼は吐くこと 吸は吸うこと)
呼吸法の基本は、まず吐いてから吸うと習いました。

「 出息長入息短 」 (しゅっそくちょうにゅうそくたん)
(吐く息は長く 吸う息は短く) が基本

(次号に続く。。。)

AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu

Being honest with one another

(Continued from last volume)

“Observe closely and learn,” is a feeling which young people as well as elementary and middle schoolers accept upfront. If you simply move your bodies without worrying about the details, your body naturally starts to memorize things naturally.

When you are younger, you absorb things quickly, while as you get older it takes longer to learn. This concept isn't limited to Aikido but applies to many things in life. I don't think this is about your athletic ability or reflexes, but a willingness to take things head on without being concerned about knowledge or experience.

When a baby is born, he sees his parents, siblings, and family, and without necessarily being taught, he learns through hearing their words and observing their actions as naturally as he breathes. I think this feeling is close to what I am talking about.

As we age, we absorb all sorts of experiences through our bodies and hearts. When somebody is trying something new, even if they are starting from a blank slate, those experiences may be coming out unconsciously.

When being taught something, you should go in with a fresh mind, and take in the instructor's words and examples upfront. Don't open with a question, give it an honest try, observe your partner, and only when it doesn't work out should you question what went wrong.

If you keep asking “why do we do this?”, it slows down practice with too many explanations. Rather than thinking with your head, if you observe well and start by trying to mimic with your body, the amount of times you practice the technique increases, and you naturally start to become more proficient at it.

(To be continued next issue)

”素直であること”

(前号に続く。。。)

古くから伝わっている「よく見て覚えなさい」という感覚は、若い人や小学生、中学生くらいの方が素直に受け入れるものです。

細かいことを言わずに一緒に体を動かしているうちに自然と体で覚えていきます。

若いから物事を吸収するのが早く、年をとると時間がかかる、
ということは合気道に限らず、よく言われることです。
これは運動能力や運動神経の問題ではなく、知識や経験にとらわれない
「まっさらな素直さ」からくるものではないかと私は思います。

赤ちゃんが生まれて、親、兄弟、家族のやっていることを見ているうちに、
教えてもないのに、言葉を聴き行動を見ているうちに自然と呼吸して覚えてい
く、そういう感覚に近いものでしょう。

年を重ねるといろいろなことが心にも体にも吸収されています。
新しいことをやろうとした時に、本人は真っ白な気持ちでいたとしても、
知らず知らずのうちにできてしまうのかもしれませんが。

物事を教わる時は、まっさらな気持ちで、まずは指導者の言うこと、
手本を素直に受け入れる。疑問から入るのではな
く、それでうまくいかない時に初めて「なぜできないのだろう」
と考える。

「なぜそうするのか」ばかりが先行して、説明が多くなりすぎでは稽古もなか
な すみません。あまり頭で考えず、よく見て、
そのまま素直に真似をするということから
入る方が技を稽古する回数も増え、必然的に上達へとつながるものです。

(次号に続く。。。)

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2023 is the year of the rabbit!

Let's leap upward energetically like a rabbit.
And let's be a soft and gentle person who like a rabbit!
JUMP! JUMP!

2023年は卯年です。

今年はうさぎさんのように、ピョンピョン元気に上に向かって
飛躍したいものです。
そして、うさぎさんのように、フワフワと優しく愛される人にな
りたいですね。
ジャンプ！ジャンプ！



A short break and a warm conversation with the parents after
Saturday Parent & Kid Class.