



” 百年橋の上で、老夫婦でしょうか、
朝日を感動した様子で観ている姿、
美しく感じられました。”

“On the Hyakunen Bridge,
I saw an elderly couple watching
the sunrise with emotion,
which I thought was beautiful.”

生きる力 WORD TO LIVE

…人に手を差し伸べる人になる…

”大慈悲”とは、万人に対する愛の心である。
他人を憐れみ、他人を慰め、他人を慈しみながら
美しく笑う力は、誰でも、生まれながらに、持っている。
この大慈悲の愛の力を発揮すれば、あなたの人生は一気に良くなる。

—菜根譚より—

"Everyone has their own great compassion."

... Become someone who reaches out to others...
"Great compassion" is a heart of love towards all people.
Everyone is born with the power to pity others, to comfort others,
and to smile beautifully while feeling compassion for others.
If you can unleash the power of this great compassion,
your life will improve in an instant.

From Caigentan

道歌 SONG OF THE PATH

大御神
七十五声を
生みなして
世の経綸を
さづけ給えり

植芝盛平（翁先生）

Oikami
nanasoitsukoe o
umi nashite
yo no Keirin o
sazuke tamaeri

By Morihei Ueshiba (O-Sensei)

From the Divine Source
seventy-five sounds
were born,
activating the world
and imparting all truth..

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。

今年の干支は蛇！さてさてどんな一年になるのかなと思ひ、巳年について少し調べてみました。蛇は脱皮をするイメージから、“復活と再生”を意味すると出ました。そして、新しいことが始まる年になるとも。蛇の様子からは新しいことが始まる意味があるとは思ひもなかったのですが、そう聞くと、なんだか何かに挑戦したいなと、ドキドキしてしまいました。もうすぐ70歳になるこの私に新しいしたいことってなんだろう？。。。っと考えていると、ふと頭に浮かんできたのが、“居場所”です。“居場所” それは、ありのままの自分を出せるところ。こんな自分でもあたたかく受け入れてくれるところ。いつでも戻っておいで、帰っておいでと感じさせてくれるところ。

私たちの“道場”がみんなのそんな“居場所”になるといいなと思ひます。一人々の皆さんを大切に、“ありがとう”の気持ちを忘れずに、一緒に“居場所”を作っていきたいなと思ひます。

蛇のように、ニョロニョロ、くねくね、元気に動き回って、さあ～稽古だ、稽古だ！稽古は続くよどこまでも～

今年もどうぞよろしくお願いいたします。

中嶋田玉美

今月の言葉：あなたの思いは、行動で！



Happy New Year.

This year's zodiac sign is the Snake 🐍
I wondered what kind of year it would be, so I did a little research on the year of snake.

I learned that snakes represent “resurrection and rebirth” because of the image of shedding their skin! It will be a year when new things begin! I never thought the image of a snake could mean new things beginning, but when I learned that, I felt excited and wanted to try something new. I am almost 70 years old, so what new thing do I want to do? When I was thinking about this, the idea came to mind was to create a “place to belong”(居場所)。

A “place to belong” is a place where you can be yourself.
A place that warmly accepts you as you are.
A place that feels you want to come back anytime.

I hope that our “dojo” can be a “place to belong” for all of you. I want to treasure each and every one of you. A place where we never forget the word “thank you”, And create a “place to belong” with you all.

Like a snake, slithering and wriggling, and moving around energetically, it's time to continuously practice.

Thank you for your continue support this year.

Tamami Nakashimada

Word of the month:
“Turn your thoughts into actions!”

DOJO REPORT

First practice of SJAC was held on January 2nd, Thursday!
There were more than 20 members attended which made us all very happy and nice start of the new year.
Let's work hard with good sweat and refresh in mind and body!!!

Tamami Nakashimada

I love to seeing how bright you and the dojo are still shining!
Have a wonderful Christmas surrounded by your loved ones!
Looking forward reading the next dojo newsletter!

With love, Leane.

I wish I could send some sunshine and the warm from me to you. Wish you a merry Christmas and a happy new year.
Wishing you a very good health, happiness and lots of peace in 2025.

Cassie Vu

Dear Tama Sensei,

Thank you for your holiday greetings. We had a great Yoshikoshi Keiko last night. We extend our best wishes for the New Year to all members of SJAC.

Wishing you and the class a merry Christmas and a happy new year!

Warm regards, Uyen

I hope you are well! Wishing you a very Merry Christmas and Happy New Year to you and your family! I hope to see you sometime in the new year.
Thinking of you, and all our aikido family! Wishing you lots of health and happiness in 2025.

All the best, Igor and family

Happy New Year and see you then!

Arnel

Merry Christmas and Happy New Year!

Vu san

Happy New Year Tama Sensei!
May the new year will bring health, happiness and lots of Aikido sweat to you and to our members!

Love, Siamak

January 2, the first practice of the new year. I went to the first practice with a new spirit, but this year was especially so.

This was my first practice since receiving my black belt. The feeling of the practice clothes I had been wearing until now was completely changed by the addition of a hakama. The weight of the hakama was very heavy. I even felt like I wanted to do each movement carefully and felt the presence of the hakama again.

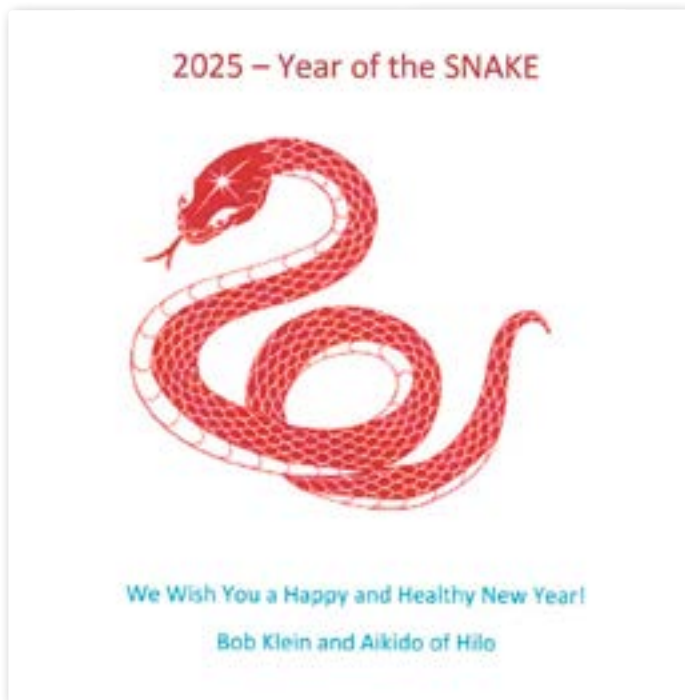
I will never forget my original intention on that day, and I will continue to enjoy aikido more and more.
Even if I skip the three years of Corona to get to this point, it will be 10 years in total this year. I am more and more deeply moved by this milestone year.

I would like to thank Tama Sensei and all the other teachers in various countries who have guided me, as well as my seniors and friends who have practiced aikido with me.

Thanks to all of them, I have achieved Shodan. I am sincerely grateful and will continue to enjoy aikido.

I am very happy to have found a hobby that I want to continue for a long time, and it is an asset to my life.
I look forward to working with you all through aikido in 2025.

Miho



” 初段になって。。”

1月2日、新年初稽古。新たな気持ちで初稽古に臨みましたが、とりわけ今年は身が引き締まる思いでした。
黒帯をいただいてからはじめてのお稽古。今までの稽古着も袴一枚加わることで、まったく感覚が変わります。
袴の重みと言ったらよいのでしょうか。一つ一つの動作を丁寧にやりたい、そんな気持ちにすらなり、改めて袴の存在を感じました。
この日の初心を忘れず、これからも合気道をますます楽しんでいこうと思います。
ここに至るまでコロナの3年は抜けたとしてもトータルで今年10年。節目の年と重なり、ますます感慨深いです。
今までご指導いただいたたま先生をはじめ、各地各国の諸先生方、一緒にお稽古をしてきてくれた合気道の先輩や仲間。
そのおかげあっての初段です。心から感謝するとともに、これからも合気道を楽しんでいきます♪
こうしてずっと続けていきたい趣味に出会えた事は、人生にとっても財産であり、本当に嬉しい限りです。
2025年今年も合気道を通して皆様どうぞ、よろしくお願いします。

Miho

DOJO REPORT

"Congratulations on your promotions!"

Last year, in October, for the first time in three years since the COVID outbreak, we welcomed instructor Kohei Yamada to hold a seminar and a promotion exam.
Congratulations again to the members listed below who passed.

5th Kyu	Chandler
4th Kyu	Tracy and Ignatius
3rd Kyu	Ian
2nd Kyu	Mizuki and Peter
1st Kyu	Naoya and Megan
Shodan	Ai and Miho
Nidan	Arnel, Bobby, Rie and Kieth
Sandan	Frank
Yondan	Claire, Siamak and Dietrich

Total 18 members!



DOJO REPORT

まだ下の息子が2歳だった頃に始めた合気道の稽古。初期は子育てに追われて週に一回しか参加できず、それでもなんとか間を空けることなく細々と続け、のちに夫の協力を得て週2回の稽古が叶うようになり、今に至ります。そして9年後にして初段ようやく辿り着くことが出来ました。そんな家族の協力もありますが、ここまで丁寧に指導いただいたたま先生、先輩、道場すべての仲間たちに感謝いたします。いまだに毎回先輩から袴の着付け指導までしていただけていますが、新しい制服を着た新一年生の気分で、心がシャキッとします。これからは、袴に見合った身のこなしが伴うよう、さらに稽古を重ねていきたいと思っています。これからも皆さんどうぞよろしくお願いします。

愛



I joined Aikido practice when my younger son was two years old. I could join the class only once a week when I was busy with two little boys, but I managed to continue to join the class regularly. Then thanks to my husband's help, I gradually started to practice twice a week and still the same to this day. It's been nine years and finally I reached to Shodan. I am very grateful for my family's help but on top of that I really appreciate Tama-sensei's guidance and wonderful people in the Dojo!

I still need some help from my Senpai when I put my brand-new Hakama on at the Dojo, but every time I put it on, I feel like a first grader in school with a new uniform and feel straighten up! I am going to practice more and more to be able to match my execution of movement with Hakama. Yoroshiku onegai shimasu!

Ai

合気道
AIKIDO
2025 Spring Seminar
March 28-30
Trout Lake Community Centre
With Kohei Yamada Sensei, Aikikai 5th Dan

Friday 28	Saturday 29	Sunday 30
6:30PM~8:00PM	10AM~11:30AM 1PM~2:30PM Testing: 2:45PM~ Dinner after	10AM~11:30AM

Fee
Full seminar: \$150 (non-member \$180)
Each class: \$45 (non-member \$60)

For inquiries and more information
<https://www.shinryoku.ca/> info@shinryoku.ca
<https://www.aikido.com/> info@vancouveraikido.com

DOJO ANNOUNCEMENT

Aikidoka can put a lot of energy into starting the new year with both feet touching the earth! We had very full mats for our first practices of this year. We also cheered the presentation of certificates for those who tested at the seminar in October. It is a great start to 2025!

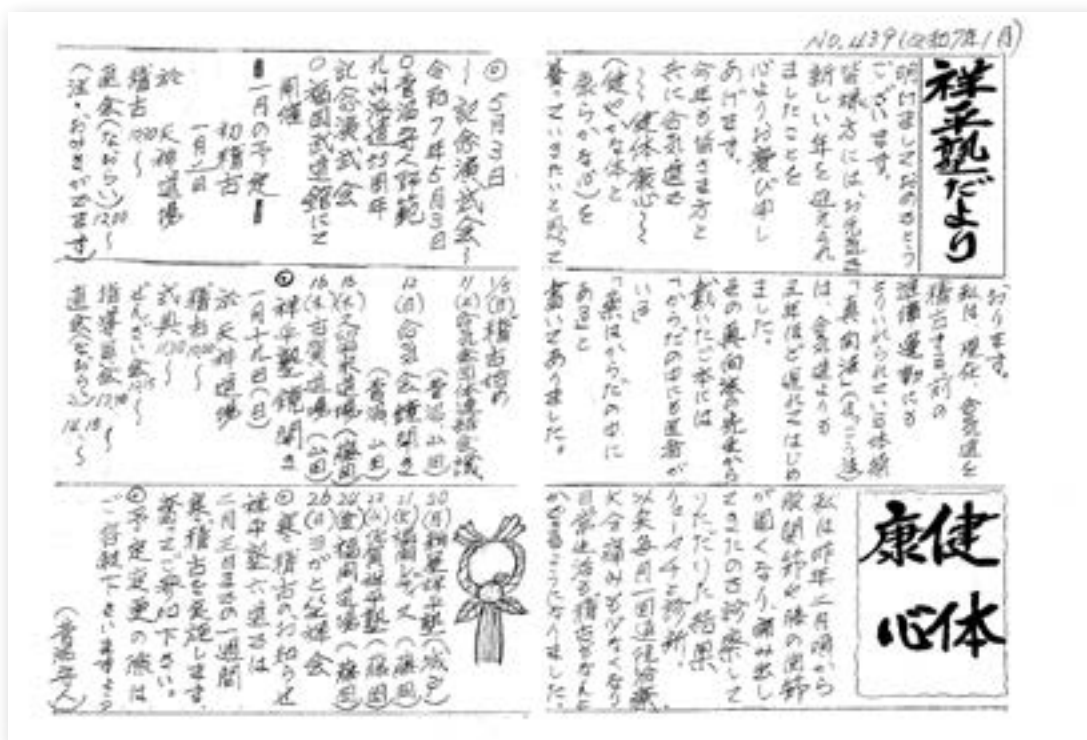
Tama Sensei often talks about how to keep learning throughout our months and years of practice. We are never really done, even as Sensei! We find more insight each time we reach a new level, pass another test, or train with a new partner.

Sensei often reminds us that our challenge is to polish ourselves; to bring our hearts, minds AND bodies to our practice; to engage as uke or nage with energy and caring. Very powerful! Aikido is the art of peace.

Happy New Year!

SJAC Board President, Darcy

SHOHEI JUKU DAYORI



<https://en.shoheijuku.org/blog/2025/01/03/shoheijuku-newsletter-january-2025/>

DOJO ANNOUNCEMENT

TLCC DOJO:

Adult Class: Age 17+

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

Beginner Class 13+

Thursday 5:00 pm – 5:50 pm
January 9 – March 13
\$105/10 sessions • Drop-in \$12

Parent & Kid (4–6 yrs) Aikido class. *This class is for one parent per child.

Saturday 10:00 pm – 10:45 pm
January 11 – March 15 • \$130/10 sessions • Drop-in \$15 for one parent per child.

Kids class:

5–7 yrs old class

Monday 4:45 pm – 5:45 pm
January 6 – March 10
\$90/9 sessions • Drop-in \$12

8–12 yrs old class

Tuesday 4:45 pm – 5:45 pm
January 7 – March 11
\$100/10 sessions • Drop-in \$12

SURREY DOJO:

at North Surrey Secondary School. Wednesday
Age 13+ 6:00 pm – 7:30 pm

SUNSHINE COAST DOJO:

Wednesday & Friday Age 13+ 5:30 pm – 6:30 pm,
\$75/month or \$15/Drop-in

If you have any questions, please contact us
info@shoheijuku.ca or call 778-835-2476 anytime.
Thank you for your support and cooperation.

Note:

Please visit <https://troutlakecc.com/programs/>
or check out Winter 2025 Trout Lake Recreation Guide
at the front desk.



Aikido Martial Arts Training

Fall Session Now open for registration

\$40/month

North Surrey Secondary School

15945 96 Ave, Surrey, BC V4N 2R8

Wednesdays from 6:00pm to 7:30pm

surreydojo@shoheijuku.ca



Aikido is a Japanese martial art combining harmony, balance, and self defense. It blends physical fitness and mental focus through techniques that improve flexibility and strength inside and out. Aikido training can be a lifelong study, benefiting young and old alike.

Looking for Children's class volunteers!

Aikido Children's classes and parent & kid classes have started this Winter. With the increase in classes, we are looking for volunteers to help with these Children's classes.

From SJAC Board and Tamami Nakashimada.

