



”一挙一動、一言一句、一字一字  
全てが修行と思えば修行です。  
～丹念に、ていねいに～”

—菅沼先生ご著書、一日は一生の縮図なり、ページ176より抜粋—

“If you think of every movement,  
every word, every character  
as training, then it is training.  
~Carefully and diligently~”

A day is a microcosm of a life time, page 176 by Morito Suganuma Sensei

# 生きる力 WORD TO LIVE

” 期待通りにならないのが子育て。

でも、子供のために流した涙が

親も子も育ててくれる。”

\* 子は言うことは聞かないが、親の姿を見て学ぶ \*

— 湯川久子・弁護士 —

**"Raising children doesn't always go as expected. But the tears you shed for your child help both parent and child grow."**

*\*Children don't listen to what their parents say, but they learn by watching their parents.\**

By Hisako Yukawa: Lawyer.

# 道歌 SONG OF THE PATH

緒結びの  
七十五つの  
御姿は  
合気となりて  
世をば清めつ

植芝盛平（翁先生）

Omusubi no  
nanasoitsutsu no  
misugata wa  
aiki to narite  
yo oba kiyometsu

By Morihei Ueshiba (O-Sensei)

The seventy-five strings  
that hold this  
sacred creation together  
are manifest as Aiki,  
a vehicle to purify the world.

Translated by John Stevens



## MESSAGE FROM TAMAMI NAKASHIMADA

転換！転換！。

立春も過ぎましたが、まだまだ寒い日が続いております。  
家の中では暖房機が眠くせせと働いてくれております。  
少し休んでもらいたくて、温度を落としてみましたが～  
やっぱり肌寒さに負けてしまい、また温度を上げたりと～  
暖房機に負けず劣らずせわしない私。  
それをじーっと横で見ていた夫は、私がいらない隙に私が  
上げた温度を、いつの間にか下げてたり。  
もう我が家の暖房機は呆れて躍動したくないと思っているに  
違いありません（笑）。  
暖房機さん、ごめんなさい！  
皆さんの暖房機はいかがでしょうか？  
あまり使い過ぎていたら、いつか疲れて壊れてしまいますので  
休ませてあげてくださいね。  
私たちにとって大事なものは、優しく労ってあげましょう！  
話は変わりますが～  
嫌なことって誰にでも生きている間、いろいろ経験します。  
人と人との間、つまり人間関係で自分に嫌なことが起こると  
精神的に疲れてしまいます。そして、生きていることが嫌に  
なるほどにまでになり、自分を見失って、相手を責めるばかり。  
責めれば責めるほどそれは自分に戻ってきて、ストレスを抱え  
込んでしまいます。  
そんな時、“転換”、この言葉が私に回生の力を与えてくれます。  
嫌なことにぶつかったら、“転換”！  
間違ったことをしたら、“転換”！  
悲しい目にあったら、“転換”！  
転換で優しい心を養っていききたいなあ～  
中嶋田玉美  
今月の言葉：鬼は外～福は内～

Tenkan! Tenkan! (\*Turn, conversion\*)

The beginning of spring has passed, but the cold weather continue.

Inside the house, the heater is working tirelessly. I tried turning down the heater, hoping it gets a little rest, but it was still too chilly, so I turned the heater up again, and I found myself just busy as the heater. My husband, who was watching closely next to me, had turned down the temperature that I had raised. I am sure our heater is now fed up and doesn't want to work anymore (LOL) Sorry heater! How about your heater!? It's working okay?! If you use it too much, it will eventually get tired and break, so please give it a rest. Let's take good care of the things that are important to us!

The story will change though....  
Everyone experiences a lot of unpleasant things in their lives. When unpleasant things happen to you between people, that is in your relationships, it can be mentally exhausting. It can even get to the point where you hate life, lose sight of yourself, and just blame others. The more you blame others, the more it comes back to haunt you and cause stress. It get complicated. At times like that, the word "Tenkan" gives me the strength to recover.

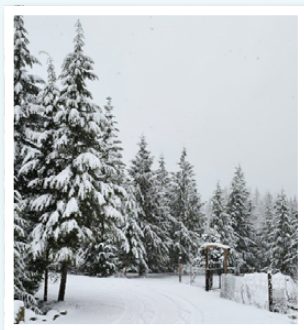
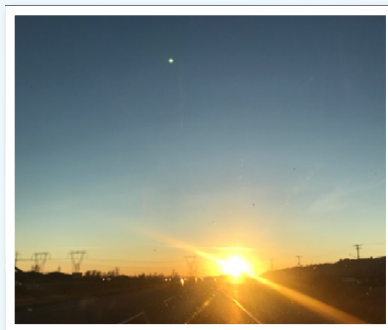
If you encounter something unpleasant, "Tenkan"!


If you make a mistake, "Tenkan"!

If you experience sadness, "Tenkan"!

I want to cultivate a kind heart through "Tenkan".

**Tamami Nakashimada**



Word of the month:  
Out with the demons, in with the good fortune 



# DOJO REPORT

Hello Tama sensei,

Our monthly report finds the Sunshine Coast dojo conducting an "Intro to Aikido" course with 5 new sign ups. Welcome to Derrick, Josh, Tim, Eduardo and Misha! Thank you to April and Andreas for help being excellent examples during class!!! All of these students are apt and it is my wish that they continue training regularly after the course is finished.

April and I find ourselves at the TLCC dojo often for extra training and to polish technique before Yamada shidoin's visit at the end of March. These times in the main dojo are very special and enjoyable. It is always good to come "home" to remind you of "shoshin"!

I, personally, am very excited as I plan to attend Shohei Juku's 55th anniversary enbu in Japan this spring. It has been 11 years since my last visit. Nervous and excited at once. I hope many of us go this year..it is definitely an experience one remembers over a lifetime!

See you all soon!



SJAC Winter intensive training report:

This year's winter intensive training, which took place from January 27th to February 6th, has concluded without any problems. This year, the training took place over seven days in the bitter cold weather, but 6 members made it through.

Bobby, Frank, Alexis, Vince, Naoya and Chandra.  
Congratulations! Well done!

Keep up the momentum and practice hard to make it through this cold winter!

**Tamami Nakashimada**

SJAC 寒中稽古レポート :

1月27日から2月6日までの今年の寒中稽古も無事に終了いたしました。

今年は特に、厳しい寒さの中での7日間の寒中稽古でしたが、以下、6名の会員の皆さんが達成されました。

**Russ**

ボビー、ビンス、フランク、アレシス、直哉、そして、チャンドラ。

おめでとうございます！よく頑張りました！

その勢いで稽古に邁進され、寒い冬を乗り越えてくださいね！

中嶋田玉美



# DOJO REPORT

I learned in intensive trainings --

In Aikido training my goal is to harmonize and flow like a river as Sensei says, but to do this I have to remove the obstacles of tiredness, pride and selfishness and instead take care of Uke with utmost gentleness...

I cannot thank you enough Sensei and I pray daily for your health and happiness always,

**Frank**

Dear Tama Sensei,

I can't believe it has been one year since I started learning Aikido, and I vividly remember last year's winter intensive training. I didn't complete it back then, but I am happy I could complete it this year! It was possible because of your and all other teachers' encouragement, high energy, enthusiasm, and incredible coaching. Thank you all very much! Also, congratulations to all those who completed the winter training and kept each other motivated. I am also thankful to all instructors and dojo members for their support and encouragement throughout the past year. I enjoy every moment in the dojo and look forward to learning and practicing Aikido techniques with you all.

**Sincerely, Chandra**

I had an amazing time participating in the winter intensive training! Training with everyone at the dojo kept me warm and motivated despite the cold winter weather. I hope to continue improving my technique and growing with everyone!.

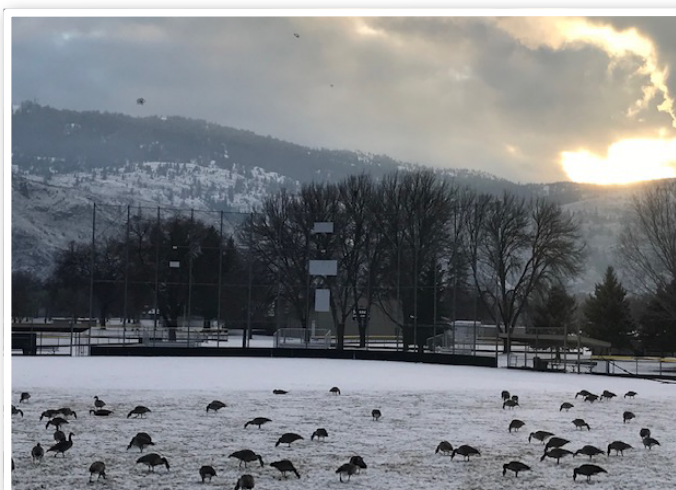
**Naoya**



## SHOHEI JUKU DAYORI



<https://en.shoheijuku.org/blog/2025/02/04/shoheijuku-newsletter-february-2025/>



# LIFE IS UP TO YOU

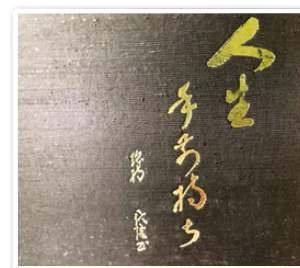
## You are the ONE who lives your own life



Jinsei Temae — Mochi

By Morito Suganuma Sensei

Translated by Naomi Yang



### "You live your own life"

(Continued from November issue...)

In such cases, what you do is entirely your own business—it's not something others can dictate or take responsibility for. The accusation here boils down to one thing: they want money.

If you give them money, the issue might be resolved. Or perhaps we might lose and bring the matter to a close that way.

There are those who laugh off their losses and move on, and others who refuse to accept defeat, fighting with all their might. Each person handles these situations according to their own nature. As I always say, life becomes much easier when you learn to accept losses gracefully. It's tough to hold on and resist; it's far easier to let go and embrace loss when it's necessary.

That's why I often tell the Unsui (novices): "Reading only those sutras that bring offerings is uninspiring and dull. Instead, focus on sutras that symbolize sacrifice, those that invite no offerings. Aspire to become a monk who can recite such sutras with sincerity." Of course, many of them don't understand this yet—they're

still young. But that's where the essence lies, in the end.

To resolve a problem, you must bring yourself to the place where resolution is possible. It's about reaching that inner understanding. Will you let yourself become a fool? Will you embrace loss? Or will you fight and argue? The approach depends entirely on the nature you possess.

Zazen (seated meditation) isn't a magical solution that automatically resolves everything. It's a practice where you face yourself and sort out your own mind. It's your personal zazen, and through it, you must tidy up your own inner world.

If you find yourself in conflict and lose, don't despair. If you cry, then cry—but remember, it's your responsibility, your choice to carry. It's not about doing whatever others say, but about owning your actions and bearing the consequences with accountability.

Whether you fight or choose not to, it all comes back to you in the end. What you do is your own doing. When loss comes, you must accept it—it's your responsibility to bear. In every situation, you must carry your own burden. No one else can take it on for you.

(To continue next issue...)

### "人生手前持ち"

(十一月号より続く。。。)

それで、その場合、どうするかって言うのは、自分のことですから、他人じゃ言われんことだし、されんのですよ。ここで、言いがかりをつけてきたのは、金が欲しいっていうわけですね。

金をやったら片付くかもしれん。こっちが負けて片付くかも知れん。

負けたのを、笑って負けきる人、負けられん、と言って一生懸命たかう人、それは、その人の持ち前で行くのですから。それで私がいつも言うように、損し切る人になると楽になるんですよ。損しきらんときついですが。

そいけん（それだから）いつも私は雲水達に言うんですよ。"うんとお布施くるようなお経ばかり読みおるやつはつまらんぞ"と。"損ばしきるお経を読みやい（読みなさい）。お布施のないお経を読みきるような坊主になってみい"って。（そんなこと言っても）わけが分からんのですよ、まーだ若いからね。

そういうところですよ、結局は。

どこらへんに解決があるかっていうのは、自分を解決のところを持って行かにならんのですよ。ばかになりきるか。損をしきるか。たたかってけんかするか。

そこらへんは、その人の持ち前しか出てきませんもんですから。~~~~坐禅したら、何も彼も片づくって、そういうわけではないのですよ。自分で坐禅をして、自分が自分を片づけなきゃいけないですよ。自分が片づくように、自分で手前持ちの坐禅をしてるんだから"

斗って喧嘩して、負けた時は泣かんでいいー。泣くは泣くでいいけど、俺が手前持ちだって思えばいいんだから。

する事はなんでも言われるままにすればいいって言うんじゃないで、した事に対して、自分が自分で責任を持って行きさえすれば、言うことないですよ。喧嘩しようが、すまいが、全部手前持ちですよ、結局。

自分がした事だからね。

損する時にゃ損せにならん。手前持ちだ。

どんなことでも手前持ちだ。

人に代わられんのだから。

(次号に続く。。。)

(菅沼守人先生ご著書、人生手前持ち、ページ 25, 26, 27, 28 より抜粋)

(Excerpt from Sensei-Morito Suganuma, "Life is up to you." Page 25, 26, 27, 28.)



# AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu

## The Essence is in The Basic

(Continued from the November 2024 issue)

Even on regular days, Japanese people line up neatly at the platform to commute in the morning, waiting for a train and getting on the train until the people finish getting off, without being told to do so by anybody. On the escalator, people open one side for other people so that other people can walk up. From that attitude, I feel that Japanese beauty is still running through in society, which is the traditional Japanese concept of "Everyone is in the same boat" that is different from "too friendly". Based on Aikido, there is something that Japanese people have been fostering for a long time in history, and I think that is why Aikido is accepted with sympathy by people worldwide.

Nowadays, many people start practicing Aikido with some preliminary knowledge. That means many people sympathise with the idea of Aikido. This phenomenon shows that people recognise the importance of cherishing and respecting each other, rather than competing for victory or mightiness.

Awareness has been cultivated in Japanese people throughout history. The culture – we grow rice plants, cultivate the field, harvest the rice, and appreciate the good harvest that goes around every year. We collaborate with each other and cherish our work. I believe the heart to respect people and sympathise with each other still runs through Japanese people's minds. And this is the same concept of Aikido that we think about our partner's position.

We think about how to solve the problem together with harmony during the difficulty. This way of thinking is connected to our modern-day society. Aikido was meant to be born in this traditional Japanese culture.

Up to this time, even modern-day Japanese people and people worldwide sympathise with this concept.

(Continue to the next month)

## 基本に極意がある

(11月号より続く。。。)

平常時においても、誰に言われるまでもなく、朝の通勤時に整列して電車を待ち、降りる人を待つ。エスカレーターの片側を空ける。そういった姿からも、馴れ合いとは違う、“お互い様”という昔ながらの、日本の美徳がまだ社会には息づいていると感じます。合気道の根底にも、そうした日本人が長い歴史の中で培ってきたものがあり、だからこそ世界中の方々に共感を持って受け入れられているのだと思います。

最近では、合気道について、ある程度予備知識を持って、入門する方が増えてきています。すなわち合気道の理念に共鳴する方が増えているということだと思います。

勝った負けた、強い弱いを競うことよりも、お互いを大事にして尊重し合うことの大切さが再認識されていることの表れではないでしょうか。

日本の長い歴史の中でそういうものが培われているのだと思います。稲を育てて、耕して、刈り込んで、恵みを喜んで、毎年毎年のサイクルで、お互いに協働しながら、営みを大事にしていくという文化。連綿と受け継がれてきた、人を敬うとか、思いやるという心が伝わっているのだと思うのです。それは合気道の相手の立場を考えるとこの考え方と通じています。

困難が起きた時にどうやって一緒に調和して解決していくかということを考える。それが今の我々の社会につながっていると思うのです。そういう長い流れの中で、合気道は生まれるべくして生まれたと感じています。

それに対して現代の日本人が共鳴し、海外にも共鳴する方々がいるということだと思います。

(次号に続く。。。)

# 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.





# DOJO ANNOUNCEMENT



# 合気道



**AIKIDO**  
2025 Spring Seminar

**March 28-30**

**Trout Lake Community Centre**

**With Kohei Yamada Sensei, Aikikai 5th Dan**

**Friday 28**

6:30PM~8:00PM

**Saturday 29**

10AM~11:30AM

1PM~2:30PM

Testing: 2:45PM~

Dinner after

**Sunday 30**

10AM~11:30AM

## Fee

Full seminar: \$150 (non-member \$180)

Each class: \$45 (non-member \$60)

## For inquiries and more information

<https://www.shoheijuku.ca/> (info@shoheijuku.ca)

<https://vancouveraikido.com/> (info@vancouveraikido.com)