



”あの人のせいで。。。

あの人のおかげで。。。

どっちのことも多く使っているのでしょうか？”

“Because of that person...

Thanks to that person...

Which word do you use more?”

生きる力 WORD TO LIVE

” この世に” 雑用” という用はありません。

私たちが用を雑にした時に、雑用が生まれます。”

* 子は言うことは聞かないが、親の姿を見て学ぶ *

— 渡辺和子・教育者 —

**"There is no such thing as "Chores" in this world.
Chores come into being when we are careless
about our errands."**

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

By Kazuko Watanabe-Educator

道歌 SONG OF THE PATH

気の御わざ
おろちの霊出や
蜂の霊出
たまの霊出ふる
武産の道

植芝盛平（翁先生）

Ki no miwaza
orochi no hide ya
hachi no hide
tama no hide Furu
Takemusu no michi

By Morihei Ueshiba (O-Sensei)

The exalted techniques of ki
can calm snakes
and charm bees.
Controlling the spirit is the
Path of Takemusu.*

Translated by John Stevens

**This refers to a rite of exorcism in the Kojiki (1:23). One who is brave,
wise, and compassionate can tame savage beasts with techniques of Aiki.*



MESSAGE FROM

TAMAMI NAKASHIMADA

お父さん、元気してる？

六月、この月になると思い出すのはお父さん！

父の日が近づくにつれて、お父さんのことが懐かしく
思い出されます。五月は母の日、今月は父の日。
誰が決めたんでしょうか？ こんな特別の日を。

私の父は長男でした。昭和初期の時代の長男は、
家の後継となる責任を背負って生きていた気がします。
父はお酒に弱い人でしたが、祖父の仕事の跡を継いで
社会に入ってから、苦手なお酒に付き合わなければ
ならなかったと聞いたことがあります。
仕事帰りに付き合いで飲んで帰宅した父でした。
玄関口で酔って横たわっていた父を、母が担いで
家の中に入れていた光景、そして、寝ていた私の名を
呼んで、”たま！ちょっと洗面器に新聞紙敷いて、玄関に
持ってきてちょうだい！”と、母の声を聞いて飛び起きて
玄関に向かった幼い私でした。二人で抱えた父は重かつ
たああ～必死になって父の重い体を母と二人で寝床に
運んだ懐かしい父の思い出。

そして、孫のために五月の男の子の節句前には、父は
笑顔を浮かべながら、鯉のぼりを洗って干していた姿。
嬉しそうでしたね。。その時の優しい父の笑顔はまだ
はっきりと覚えています。以前にも記したと思いますが、
その時、父のそばにいた私は何気なく父に聞きました。
”お父さん、今夜は何が食べたい？” っと。。
父はちょっと恥ずかしそうに。
” う～ん、すき焼きが食べたいかな～” っと。

今、後悔しています。あの日、すき焼きを作ってあげな
かったことを。。

天国のお父さん～今日は作ったからね！ いっぱい食べてね～
そう心で叫んだ、今年の父の日でした。

お父さん、ありがとう！！

中嶋田玉美

今月の言葉：忘れてしまおう～嫌だったことは！

思い出してみよう～楽しかったことを！



Dad, how are you??

When this month of June comes around, I remember my
dad! As Father's day approaches, I think back fondly on my
father. May is Mother's Day, and this month is Father's Day. Who
decided on a day like this?

My father was the eldest son. I feel that the eldest son in
the Early Showa era lived with the responsibility of becoming
the successor of the family. My father was a low tolerance for
alcohol, but after took over his father's business and entered
society, he had to put up with alcohol, which he didn't like... My
father would come home after drinking with co-workers after
work. I remember my mother often carrying him, who was lying
drunk in front of the entrance, and then my mother's voice
calling my name as I was sleeping, saying, "Tama! Please put
some news paper in a washbasin and bring it over here to the
entrance!" I would jump up and head to the entrance when
I heard her voice. My father was so heavy for us to carry-I
remember my mother and I desperately carrying his heavy
body to his bed.

And then, before Boy's Day Festival in May, he had a smile
on his face as he washed and hung out cap streamers for his
grandson. He looked so happy. I still remember his gentle smile.
I think I've written about this before, but I was nearby at the time
and casually asked him, "Dad! What do you want to eat dinner
tonight?" He looked a little shy and replied with small voice, "Um....
hmm...maybe Sukiyaki~."

Even now I regret that I wasn't able to cook Sukiyaki for him
that day. Dad in heaven~, I cooked Sukiyaki today for you ! Please
eat it as much as you want~ That's what I shouted in my heart on
Father's Day this year.

Thank you, Dad!

Tamami Nakashimada



Word of the month:

Let's forget- the things you didn't like! Let's remember-the fun times!

DOJO REPORT

May has been another nice month at the Sunshine Coast dojo. Students are making a concerted effort to attend class and I can see they are learning...something;)! I still have memories of training in Japan only a few short weeks ago! See you all soon!

Russ

Kid & Parent class report:

This parent & kid class is held every Saturday morning at 10am. I, the instructor, always receive cheerful, fun energy from the participants. I learn a lot from seeing parents and their children laughing together, seeing parents struggling because their children won't listen.

Children grow up in the blink of an eye. I hope that the time you spend with your children now will someday become a fond memory for you and your children. That is what I hope for through this parent-kid class...

I look forward seeing you again in the fall session!

Thank you,

Tamami Nakashimada

春の合気道親子のクラスレポート :

毎週土曜日朝10時からこの親子のクラスは、指導しております私の方が、いつも明るい楽しいエネルギーを皆さんからいただいております。親子で笑う姿や、子供が言うことを聞かなくて、困ってあるお父さん、お母さん方の姿などを見るにつけ私自身もいろいろと勉強させられております。子供達はあっという間に成長します。今、この時の、子供さんたちと一つでも一緒に過ごした時間、それがいつか良い親子の思い出になるといいですね。私はそれをこのクラスに願っております。

また、秋のセッションでお会いしましょうね！

感謝、
中嶋田玉美



Tuesday kids class report:

Today, the 17th, the kid's Aikido spring session ended. The number of children participating in the classes for a long time is increasing with each session, and the class has become like a family. The new children who joined this season's session also did their best until the end. Six children were also tested for the first time! I hope that next season, they will wear red belts and practice even more energetically.

I am looking forward to it.

Thank you to Agatha, Bobby, and Harry for volunteering in the kid's class,

Tamami Nakashimada

火曜日の子供クラスレポート :

本日、十七日に春のセッションが終わりました。もう長く続けて稽古に来ている子ども会員も、回を重ねるごとに多くなり、もう家族のような雰囲気が漂っているクラスです。今季のセッションで初めて入った子供達も最後まで頑張りました。最後に六名が初めての審査に挑みました。みんな合格！！おめでとう！来季は赤帯つけてますます元気に稽古に励んでくださいね。楽しみにしています。

ボランティア～に入ってくれました、アガサ、ポビー、そして、ハリーさん、ありがとうございました。

中嶋田玉美



DOJO REPORT



Monday Kid Class report:

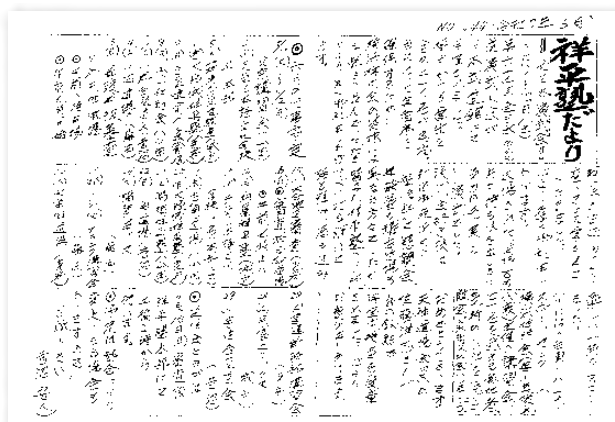
The Spring Session has come to an end, and with the longer days and sunny weather, everyone is enjoying more time outside with friends. It's been a joy to see the students having fun while continuing to grow and improve in their Aikido practice. Over time, they've all become friends, and that's just as rewarding as their progress on the mat.

A special congratulations to Varun and Michael, who took their first test this session. Despite the nerves, they did a great job well done to both of you!

Wishing everyone a safe and sunny summer. Enjoy the break, and we look forward to seeing you all again soon!

Agatha

SHOHEI JUKU DAYORI



<https://en.shoheijuku.org/blog/2025/06/05/shoheijuku-newsletter-june-2025/>

LIFE IS UP TO YOU

You are the ONE who lives your own life



Jinsei Temae — Mochi

By Morito Suganuma Sensei



"You live your own life"

(Continue from March issue...)

#4

Although the mind is also a function of our life, the world of the mind is abstract. It's good, it's good, if it's bad, it's bad, if it's Meiji, it's Meiji, if it's Taisho, it's Taisho, so on. In the Meiji era it was like this, in the Taisho era it was like this. The only place your mind can think is here and now. When you practice Zane, you come into direct contact with life itself.

Clearly grasp that everything is here and make it your own. The Meiji and Taisho eras are worlds that we have in our heads. They are things that we have learned about and read about.

-We have only here and now-

Each person can grasp the world of their own choosing. It's not a commercial or anything. I'm just sharing it with you because it's what makes me happiest. It's great to see that kind of world coming into view..

(To continue next issue...)

(Excerpt from Sensei-Morito Suganuma, "Life is up to you."
Page 59, 60 61.)

"人生手前持ち"

(三月号より続く。。)

四

頭っちゅうのも自分の生命の働きではあるけれども、
頭の世界は抽象化してしまう。
善なら善、悪なら悪、明治なら明治、大正なら大正、
というように。明治ならこうだ、大正ならこうだ、と。
その考えている頭というものは今のこししかないんだ。
坐禅してくると、生命のそれ自体に直接自分がぶつかる。
ここに全部あるんだ、ということがはっきり自分のもの
として掴まえられる。
頭で持っている世界でしょう、明治、とか、大正、とか
いうのは。教えられたり、読んだりして頭で掴まえたもの
でしょう。

ー今、こししかないですよー。

ー一人一人手前持ちの世界をつかめる。

コマーシャルでもなんでもないのですよ。自分で一番うれし
いことだから皆さんにお伝えするのです。

そういう世界の姿が見えてくるというのはありがたいことで
すよ。

(七月号へ続く。。。)

ー菅沼守人先生ご著書、人生手前持ち、ページ59、60、
61により抜粋ー

AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu

Translated by Ai Li

How Personality Shines as a Result of Repetitive Practice

(Continued from the February 2025 issue)

I would like to talk about a characteristic way of Aikido practice a bit more precisely. Generally speaking, Aikido practice is categorized as a form of practice. I believe that the reason it has been said that "Aikido is a form of practice" is that many traditional martial arts incorporate this style, making it easy to explain. There are other ways of practising martial arts; one is called "Ran-Dori," where techniques are executed by both sides practically while they are moving actively. Another style is "Shiai (game)," but Aikido does not follow this style. In Aikido, people watch the instructor's demonstration first, then practice the technique repetitively. This style is called "Kata-Geiko (form practice)" in general, but neither O-Sensei nor Doshu-Kisshomaru has used the term "Kata-Geiko" before. According to the second Doshu Kisshomaru, O-Sensei used to say, "It is Ki-Gata (the form of spirit)".

In Aikido practice, even though the instructor demonstrates the technique to the students, not everyone moves exactly as the instructor shows. The students never move in the same way as the instructor because everyone has their own body type and different skill level, and those differences make the conditions vary. There are about 30 instructors in the main dojo, and the same instructor never teaches the same class every day. Even though it is the demonstration of the same technique, each style is naturally a result of each instructor's repetitive practice. People often say, "In Aikido, it seems that each technical movement drastically differs between each instructor." There are people who wonder what the basics are even though they need to practice the basic techniques repetitively. I think this is a natural inquiry. Everybody has a different body type, personality, and way of thinking; therefore, it is natural that each instructor moves differently. However, they are not executing different techniques, and the concepts of each technique remain the same. While watching demonstrations as a learner, I would like you to accept that this is a characteristic of Aikido rather than thinking that it is wrong if one teacher teaches differently from another. As for the teachers, they are not expecting all the students to move exactly the same. I believe that the same thing applies to any kind of lesson. Aikido is not supposed to fit into one form in the first place. Instead, it would be impossible to decide that "this technique should be like this". However, it does not mean that you can do whatever you want, which is way too far from the basics. For example, when you do Ikkyo, Irimi-Nage or Shiho-Nage, you should use the basic Tai-Sabaki and Kokyu-Ryoku, which is built up by Kokyu-Ho. I would like you to repeat those basic practices because everything is in the basics. Some unusual or unconventional things may look impressive, but they do not last. My role is to cherish the practice day by day and to just execute sincerely the things O-sensei and Kisshomaru, the second Doshu, passed on to us.

(Excerpt from page 132, 133, 134 and 135, continue to next issue)

形を繰り返した先に個性が輝く

"合気道特有の稽古法"について、もう少し詳しくお話ししたいと思います。

合気道の稽古は、一般に形稽古と分類されます。"形稽古である"と言われることが多いのは、古流武術・武道の多くがこの様式を採用しており、説明しやすいのでそう言われてきたのだと思います。この他にお互いの実践的な動きの中で技をかけあう"乱取り"と言われるものや"試合"の形式をとった稽古がありますが、合気道ではそれらは行なっていません。

合気道では指導者のお手本を見たうえで、その技を反復して稽古をしていきます。一般的には"形稽古"と呼ばれる形式ですが、開祖も吉祥丸道主も"形稽古"という言葉を使ったことはありませんでした。

吉祥丸二代道主によりますと、開祖自身は、"気形じゃ"と言われていたといえます。

合気道の稽古では、指導者が稽古する人々の前で技を示しても、稽古をする人が皆、それと寸分違わず動くわけではありません。個々それぞれ体格も持てる能力も異なるし、技の中で微妙に条件も異なってくるわけですから、同じ動きをしていたら、これはおかしいことになります。

また本部道場には三十名あまりの指導者がありますが、毎日同じ指導者が同じクラスで稽古を指導しているわけではありません。同じ技の得手であっても、指導者が稽古を積み重ねた上で身につけ自然と表れたものです。

合気道は指導者によって、技の動きがずいぶん違うようですね、という声を聞きます。基本の稽古を積み重ねるにしても、何をもって基本というのか、悩んでおられる方もいるでしょう。これは当然の問いかけだと思います。人間は皆、それぞれの体格や性格、もののとらえ方などが違うので、指導者によって動きが異なるのもあたり前のことなのです。

だからと言って、全く違う技を行っているわけではありませんし、根幹となる部分は同じことを行なっています。

教わる人も"あの先生と、この先生で技が違うのはおかしい"ということではなく、これも一つの特徴だと素直に受け止めて、お手本を見て欲しいと思います。教える側も、全員が全く同じように技ができるようにと指導しているわけではありませんし、それは全ての習い事において同じではないでしょうか？

逆に、"こうあらねばならぬ"と決める方に無理があるのであって、本来、合気道は型にはめるものではありません。だからといって、基本から逸脱してかけ離れた合気道を稽古してもいけません。

基本の体捌きと、呼吸法で養った呼吸力を生かして、一教や入り身投げ、四方投げなどの技をかけていく。そういう基本的な稽古をしっかり積んでいただきたいと思います。すべては、基本の中にあります。

何か目先の変わったものや、奇を衒(てら)ったものは、見栄えはするとしても、決して長続きはしません。日々の稽古を大切に、開祖—吉祥丸二代道主と伝わってきたものを大事に行なっていくことが、私の役目です。

(ページ 132、133、134、135 から抜粋、次号へ続く。。。)



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DOJO ANNOUNCEMENT

Summer Program July - August

TLCC DOJO:

Adult Class: Age 17+

Monday 5:30 pm - 7:00 pm
Tuesday & Thursday 6:00 pm - 7:30 pm
Saturday 11:00 am - 12:30 pm
\$80/month • Drop-in \$15

Beginner Class 13+

Thursday 5:00 pm - 5:50 pm
July 03 - August 28
\$94.50/9 sessions • Drop-in \$12

No Class on:

August 01 Canada Day
August 02 Powell Fest demo day
August 04 B.C. Day

Kids class:

8-12 yrs old class

Saturday 10:00 am - 10:50 am
July 05 - August 30
\$80/8 sessions • Drop-in \$12
No class on August 02 (Saturday)

Summer Program July - August

Godō-Geiko (合同稽古) *Joint practice*:

Date: July 19th, Saturday.

Place: Sunshine Coast Dojo (Chief instructor: Russ Qureshi).

* Please check the poster which is on dojo notice board for more details.

SJAC Shochu-Geiko (暑中稽古) *Summer intensive practice*

Date: July 21st (Monday) to July 31st (Thursday).

Place: TLCC Dojo.

* Member who attends 7 days straight (7/21, 22, 24, 26, 28, 29 and 31) will get a certificate and a gift from dojo!!!

Annual Powell Japanese Summer Festival Aikido Demonstration:

Date: August 2nd (Saturday).

Time: Currently scheduled at 11:30am to 12:00pm.

Demo Venue: Currently scheduled at Japanese Language School Gym.

SURREY DOJO:

Surrey Dojo is closed during the summer and starts from September!

SUNSHINE COAST DOJO:

Monday & Wednesday Age 13+ 6 pm - 7 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 Summer 2025 Trout Lake Recreation Guide
at the front desk.

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.

