



© Margot Lacroix

山岡鉄舟は自分の木刀だったか竹刀に、
”人の短を言う勿れ、己の長を説く勿れ”と
書いて修行したそうです。
偉くなる人は心がけが違いますね。

—菅沼先生ご著書、一日は一生の縮図なり、ページ 195 より抜粋—

It is said that Tesshu Yamaoka wrote the words,
“Do not criticize others’ shortcomings, and do not
talk about your own strength,” on his wooden or
bamboo sword while practicing his martial arts.
People who become great have a different
mindset.

A day is a microcosm of a life time, page 195 by Morito Suganuma Sensei

生きる言葉 WORD TO LIVE

”まじめな人より、うまが合う人とつき合う。”

人は一人一人タイプが違う。節操かたく、潔白な人とは、面白さがないということだろう。世俗に超然とした聖人より、人間、ちょっぴり世俗に汚れているくらいがいい。

— 葉根譚より —

"Associate with people you get along with,
rather than serious people."

Each person is different. A strict and pure person is probably not interesting. It's better to be a person who is a little tainted by the world than a saint who is aloof from the world.

Caigentan

道歌 SONG OF THE PATH

ふとまにと
神習いゆく
みそぎ業
神の立てたる
合気なりけり

植芝盛平(翁先生)

Futomani to
kami Narai yuku
misogi waza
kami no tatetaru
aiki narikeri

By Morihei Ueshiba
(O-Sensei)

Techniques of purification
taught by futomani
and the gods.
Aiki(do) was established
by the Divine.

Translated by John Stevens



MESSAGE FROM TAMAMI NAKASHIMADA

やさしい夏によせて…

カナダの7月と8月の夏はもう半ば近くになりました。
いつも感じることは～夏ってやっときたかと思うとすぐに去っていく。
日本の極暑に比べれば、この自然の流れに文句は言えません。

今、世界中で悲惨なことが起こっております。
報道されるたびに心が痛みます。明るい未来を期待している子どもたち、
そして、日々懸命に生きてある人たちのことを思うと、今、私に生じている
ことは些細なことだと感じられます。大きく目を開いて、大きく心を開いて
みれば、今、自分がこうして命があり、生かされていることが、いかに幸せな
ことかと実感させられます。

ある朝、庭に出てみると、萎れていたダリアの花が、元氣よく明るい色を
見せてくれました。私の不注意で、水掛けを怠ったせいで、萎れていたのです。
ああ～なんてことしたんだらう～私はあわてて水をかけました…
鮮やかな黄色と赤のダリアの花。生き延びてほしい、そう心で願っていました。
そして、翌朝、スーッと背筋を伸ばし、凛としたダリアの花を見た時、何か私は
元氣をもらいました。

生きることって、自分ひとりでは難しい時もある。
時には弱音も吐いていい。辛い時はその辛さを見せてもいい。
そして、我慢せず、人に甘えてもいい。あなたのことを思ってくれている人は、
ぜったいにあなたを助けてくれる。それは、若かろうが、老いていようが関係ない。
自分の今いる位置、立場から離れて、素直に目を開いてみよう。
何も言わずにあなたのことをいつも気にかけている人が側にいる。
その存在に素直に感謝してこそ、ひとは本当に優しくなっていく。

感謝…

中嶋田玉美

今月の言葉: “一步控えめ。。。” 私の好きな言葉の一つです。

On a gentle summer...

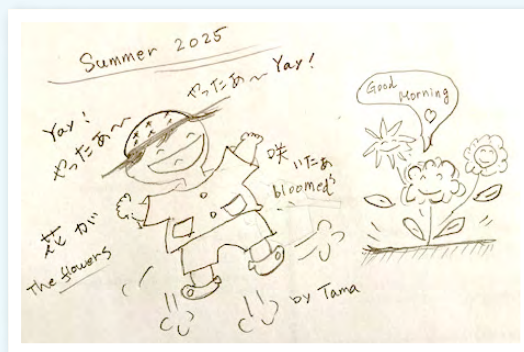
We are almost halfway through the Summer, the months of July and August in Canada. I always feel that Summer just arrives and then disappears quickly compared to the extreme heat in Japan. I can't really complain about this natural process.

Tragic things are happening all over the world right now. Every time I hear about them in the news, my heart aches. When I think of the children who are hoping for a bright future, and the people who are working hard every day to survive, what is happening to me now seems insignificant. If I open my eyes and my heart wide, I realise how fortunate I am to be able to live like this.

One morning, I went out to my garden and saw that it was wilted Dahlias had regained their vibrant, bright colours. They had wilted because I had been careless and neglected to water them. "What have I done???" I thought to myself, and quickly watered them...The vibrant yellow and red dahlias, I prayed in my heart that they would survive, and the next morning, when I saw the straightened and dignified dahlias, I felt somehow I got energy back from them.

Sometimes it is hard to live on your own, it is okay to let out your weakness. It is okay to show how tough it is when you are feeling down yourself. And it is okay to rely on others instead of holding back. Someone who cares about you will definitely help you. That does not matter if they are young or old. Step away from your current position and situation (take away your pride) And honestly, open your eyes. There is someone by your side who always cares about you without saying a word. Only by being truly grateful for their existence can one become truly kind.

Tamami Nakashimada



Word of the month:

"One step back..." This is one of my favorite quotes.

DOJO REPORT



It's taken a little over 10 years. And there were many days when I thought I could never do it. And if I'm being honest, it's still hard to believe that I made it to Shodan. I would never have gotten this far if it weren't for Tama-sensei and the rest of the dojo family who encouraged, corrected, and guided me every step along the way. Words can't express my gratitude enough. There is still so far to go, and the learning never stops. I can't wait to see what comes next!

Clement



Sensei,

It's good to hear from you and know you are doing well. Weather is the same to your side. It's very hot and then the temperature drops down.

I read the article that you told us about your father. It's beautiful and it reminds me about old days. There's something about the past that often feels simpler, warmer and more meaningful. Those moments with parents, a meal was prepared with care, conversations without interruption, the sense of being together without distractions from phone, screens or any modern technologies. That's kind of peace that life nowadays rarely allows.

I miss you Sensei,

Cassie Vu



Dear Sensei,

I want to express my sincere gratitude for awarding me my 4th dan promotion. It is a humbling experience and a reminder that the learning continues.

I am thankful for everyone's help during the preparation leading up to my test. Practicing with an amazing group of dedicated aikidoka and pushing me to do better.

I am particularly grateful for your guidance, Tama Sensei. The teaching is the same but I am receiving it in a new light.

Receiving this rank is an honour and I feel a deepened sense of responsibility and commitment to my practice and the Shohei Juku Aikido community.

It has been an amazing experience!

April Qureshi

DOJO REPORT

I wish there was another word to express how much gratitude I have to say to all of my dojo family. Aikido is an art of harmony of the spirit, and it shows us the way to live and to be a better person as an individual.

I love practising with all of you sempais and kohais that have been my guidance all these years. I learned how to be more gentle and harmonious with you and my techniques, which has shaped me into the person I am today.

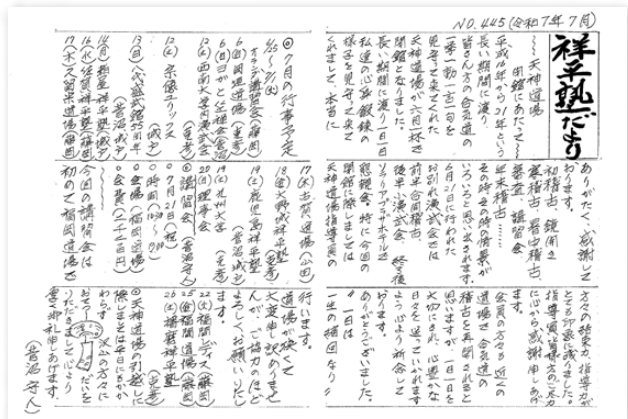
However, my most immense gratitude is to Tama Sensei. Your guidance through the years has transformed me into a person of patience, compassion, and positivity.

My aikido journey still continues. The never-ending study of how to do this is still going. The study of life in the art of aikido is such a pleasure and an honour to be a part of. I am very proud of what I study, and I hope it will never end. I thank you all for the opportunity to practice with me, and this rank promotion is just another reminder that staying humble with a beginner's mind will take you as far as you can.

Agatha



SHOHEI JUKU DAYORI



<https://en.shoheijuku.org/blog/2025/07/08/shoheijuku-newsletter-july-2025/>



<https://en.shoheijuku.org/blog/2025/08/06/shoheijuku-newsletter-august-2025/>

DOJO REPORT



SJAC Summer Godo-Geiko (合同稽古) Report:

On Saturday, July 19th, we held our summer joint training at the Sunshine Coast dojo (Instructor-Russ).

We boarded the ferry from Horseshoe Bay and arrived at the site in about 40 minutes. Approximately 11 members from the TLCC dojo and 6 members from the Sunshine Coast dojo participated.

Training began at 11:30 am, led by Russ, and I took over instruction after that, concluding at 1:20 pm. Everyone was drenched in sweat, but they had a great time. Megan, who has moved to Vancouver Island, also participated, and it was wonderful to see her again after so long.

After training, we had our traditional lunch gathering at a local beer pub!

The post-training beer was exceptional!

Thank you again for your great participation and support.

Let's have another great time at our Godo-Geiko in the fall.

Tamami Nakashimada

Hey everyone,

Thanks for coming to the godo geiko yesterday. What a bunch of fun to see you all, to have the dojo crowded, to see young Maru vibing on the training...so good! Some photos attached that April took. If anyone has a group dojo photo and/or one of April receiving her certificate send them out to us:)

Russ



DOJO REPORT



To All SJAC members,

On, August 2nd, we successfully completed our Powell Festival Aikido demonstration. I would like to thank Siamak for his good guidance, Claire for your great MC and all participants for your great demo! There were about 20 members who participated this year, making for a lively demonstration. Although we started at 11:30am, slightly earlier than last year, I was delighted to see such a large audience. I look forward to participating with you all again next year.

Tamami Nakashimada



LIFE IS UP TO YOU

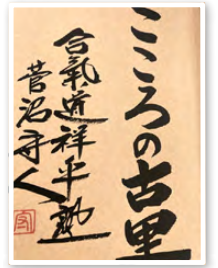
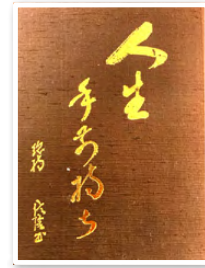
You are the ONE who lives your own life



Jinsei Temae — Mochi

By Morito Suganuma Sensei

Translated by Ai Li



"You live your own life"

(Continue from last month issue...)

#5

There is only this present moment. Thinking about tomorrow, the day after tomorrow, and next year is a world thought up by the head. What is real is this moment. What you think in your head is just your dead self running around in your head.

#6

If you just read the words of Zen Master Dogen,
You won't understand them.
A flower blooms whether it is loved or hated.
Humans come with a their own measure.
"it'll be problem if grass grows"
"I wish the flowers would bloom a little more" is just human
judgement.
A way of life that is in tune with all things,
A way of life that is in tune with all things,
It is called "The boundary between before and after," and
It is a way of life which you throw your entire life into each and
every places. Dogen Zen is all about living your life,
doing your best here and there, every day.

When disaster strikes, it is good to suffer disaster,
It is good to die when it is time to die.

Said the monk Ryokan. This is it.
The way you throw yourself everywhere,
This is what Zen Master Dogen talks about as enlightenment.
What you do will come back to you soon.
What you do will come back to you.
What you do will come back to you.
That is the foundation of Dogen Zen..

(To continue next issue...)

(Excerpt from Sensei-Morito Suganuma, "Life is up to you." Page 61 - 64.)

"人生手前持ち"

(前号より続く。。。)

五

今の一瞬一瞬しかないのですよ。
明日を考え、明後日を考え、来年を考えて
いるのは頭で考えた世界。
本当のものは、今の刹那(せつな)刹那(せつな)だ。
頭で考えていることは血が通っていない自己が頭の世界で
走り回っているだけです。
六

道元禅師のものはいきなり読んだって分かんですよ。
花は愛されていようが嫌われていようが、そんなことは
かまわず咲いている。人間は尺度を持って来て
"草が生えたら困るな" "花はもう少し咲いたらいいのにな"と
人間の尺度で決めているだけだ。
万法と波長を合わせて貰っている生き方、
"前後際断"(ぜんごさいだん)というが、そのところ、
そのところに生命の全部をたたきつけていく生き方。
毎日毎日、そこ、そこに、一生懸命になっていく生き方、
それが道元禅の全部です。

災難にあう時節には災難にあうがよく候、
死ぬる時節には死ぬるがよく候、と

良寛和尚が言ってるでしょう。これですよ。
そのところそのところに全部自分を投げ出していく姿、
これが道元禅師のいう悟りなんですね。
やったことがじきに自分に返って来る。
やったことが返ってくる。
やったことが返ってくる。
それが道元禅の根本です。

(次号へ続く。。。)

一菅沼守人先生ご著書、人生手前持ち、ページ61から6により抜粋一

AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu
Translated by Ai Li

The Essence is in The Basic

(Continued from the last month)

Students observe the instructor's demonstration carefully, then repeatedly practice the technique. As a result of this countless practice, their personality naturally emerges and shines through their movements.

Watch the instructor's demonstration and imitate it. On the surface, it seems as if the instructor allows students to copy them. There is a quote that says "fit into a mould", which might make you wonder if it is appropriate in the context of "respecting a personality".

No two human beings are exactly alike. Even though we all see the same instructor's demonstration and practice it, the way each person executes it appears different. The movement is shaped by each individual's inherent personality. Even if we try to copy the instructor perfectly, our own character influences our movements. That's why no instructor can produce an exact copy.

I believe it's similar to how all children grow up differently, even if they are born to the same parents, live together, eat the same food, and attend the same school.

Personality is not something created when someone "tries" to show what they think is their personality, nor when they "try" to act differently from others. It develops naturally and effortlessly. By consistently practising based on Aikido's fundamentals and principles, your technique becomes your own. Since it is built on a solid foundation, your execution remains firm and uniquely yours. This is true "personality".

Nothing is built without a basis. Personality grows through countless hours of practice. You cannot develop exceptional skills overnight. I believe that someday, after many years of practice, you will look back and see that your personality is reflected in your Aikido.

To cultivate this in your students, instructors should focus on teaching the fundamentals and principles of Aikido. Then, simply accept your students' personalities as they emerge through practising under your guidance. You don't need to actively seek your students' uniqueness; just keep teaching the basics consistently. .

(Continue to the next month)

基本に極意がある

(前号より続く。。。)

指導者が前で示した模範をしっかりと見て、それを淡々と積み重ねていくことで、やがて今度はそうやって稽古を続けてきた人の、その人なりの個性が輝き出すものです。

指導者の手本を見て、それを反復する。ともするとそっくりそのままコピーさせることのように思われがちです。"型にはめる"という言葉もあり、個性の尊重から外れることだと勘違いされる方もいるでしょう。

人間はそれぞれ誰一人として同じ人間ではありません。同じ手本を見て同じように稽古をしていても、少しずつ違うものになっていきます。その人が生まれながらにして持っているものから醸し出される体の捌きになっていきます。どれだけ忠実に手本通りにやろうと思っても、自然とその人の持ち味がにじみ出てくるのです。ですから指導者が自分のコピーを作ろうとしたところで作れないのです。

同じ親の元に生まれ育ち、同じ家に住み、同じものを食べて、同じ学校に通っても、それぞれ違う個性の子供に育つのと同じではないでしょうか。

個性というのは"自分らしさ"を出そうとしたり"人と違ったものを"と意識したものではなく、自然とその人らしさがにじみ出てきたもの。合気道の基本・大枠にのっとって稽古をしっかりと積み重ねていけば、その人らしい技になるのです。また、基礎・基本という土台の上に積み重ねて生まれたものだからこそ、ゆるぎない強さがあり、自身にもなるのです。それを本当の意味での"個性"と言うのでしょうか。

基本無くしては何も生まれず、稽古を積み重ねてきた中からその人の個性は表れ出てくるものなのです。ある日突然、卓越した技量が身につくわけではないのです。積み重ねて、ふり返って見たら、その人の醸し出す個性となってくるものだと、私は思います。

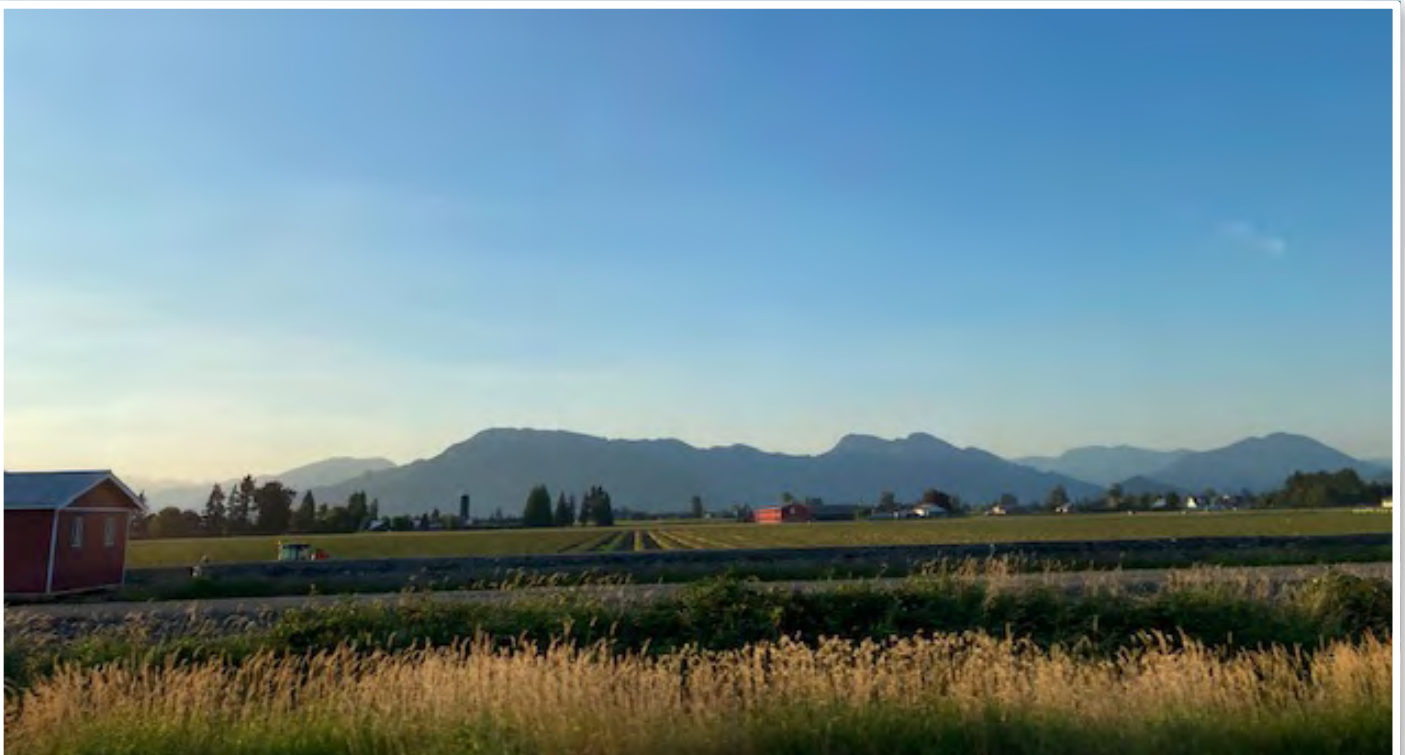
そのためにも指導者は基本・根幹となるものをしっかりと指導すること。その範疇で稽古をしているうちに生まれてくる、その人らしさを認める気持ちがあればいいのです。無理に"個性を伸ばそう""その人らしい技を"とことさらに意識するようなことはせず、淡々と基本に則った稽古を積み重ねていけばいいのです。

(次号に続く。。。)



SHARE YOUR MEMORIES WITH US

info@shoheijuku.ca



© Tamami Nakashimada

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.

