



静けさや岩に染み入る蝉の声

ガサガサしている心には蝉の声は聞こえません。

悟りたいと思っていると悟れないのと同じでしょうね。

—菅沼先生ご著書、“一日は一生の縮図なり”219ページより抜粋—

The sound of cicadas permeates the silence and rocks.

A restless heart cannot hear the sound of cicadas. It's the same as not being able to attain enlightenment. If you think, “I want to be enlightened”.

A day is a microcosm of a life time, page 219 by Morito Suganuma Sensei

生きる言葉 WORD TO LIVE

じゃあ秘密を教えるよ。

とてもかんたんなことだ。

ものごとはね、心でみなくてはよく見えない。

いちばんたいせつなことは、目に見えない。

—サン・テグジュペリー：フランスの作家、飛行士。—

So I'll tell you a secret. It's very simple.

You can't see things clearly
unless you look with your heart.

The most important things are invisible to the eye.

Antonio de Saint-Exupery, French author and aviator.

道歌 SONG OF THE PATH

まよいなば
悪しき道にも
入りぬべし
心の駒に
手綱ゆるすな

植芝盛平(翁先生)

Mayoi naba
ashiki michi nimo
irinu beshi
kokoro no koma ni
tazuna yurusuna

By Morihei Ueshiba
(O-Sensei)

Lose your way
and you will
enter a bad path;
do not give rein to the
wild stallion of your heart.

Translated by John Stevens



MESSAGE FROM

TAMAMI NAKASHIMADA

“繰り返し！繰り返し！”

夏が来たと思えば、もう秋に突入。

季節の流れはなんと早いことか。。。。

そう感じているのは私だけでしょうか？

散歩の途中で見かけていた、あの黄色く明るいおおきな

ひまわりの花が、頭を下げ枯れていました。

ああ～これで夏は終わりなんだなあ～そんな寂しい気もした

夕暮れの散歩道…

さて、秋になり、また新たな気持ちで残り半年どう過ごそうかと

思っていたら浮かんできた言葉が：～”繰り返し！繰り返し！”

私は熱心な読書家でもないのですが、ある日、一冊の本に出会い、

それから毎朝、目をつぶって開いたページを読んでいます。

時々同じページを開くときもあります。また同じページを開いて

しまったと思いながら読んでいると、その文章に隠れている意味が、

だんだんと感じられてきました。繰り返しを続けていくというのは、

こういうことなのか！と。とても単純なことなのですが、その単純な

ことを繰り返すことは、いつか自分の力、蓄えになるような気もし

ました。

それは合気道の稽古にも通じるものだと思います。

審査前には熱心に稽古に来て頑張っていた人たちが、審査後、昇段後

には見かけなくなることが多いものです。いろいろ事情もあるかと思

いますが、とても残念なことだと思います。

“繰り返し、繰り返し”、それは、“継続”。

ゆっくりでいい、早く上手になれなくてもいい、自分のペースで、

繰り返し、繰り返し稽古を積んでいくうちに、何か自分の中にも新しい

発見があり、もっと深く知りたいという気持ちも出てくる。

そして、それが自分の“自信”にもたどり着く、そんな気がします。

よし！今年後半は、“繰り返し、繰り返し”、

ただただ、ひたすら繰り返し！！

中嶋田玉美

今月の言葉：満月、満腹、満笑…😊

“Repeat and repeat!”

Just when it seemed like summer had arrived, we're already into Fall. How quickly the season change... Am I only one who feels that way?

The bright yellow sunflowers I'd spotted on my walk were now bowing their large heads. Ah, so summer is finally over... That's what thought on my evening walk..

Now, autumn has arrived, and I'm thinking about how I'll spend the rest of the year with a renewed sense of purpose, when a word came to my mind...

“Repeat, repeat!”

I'm not an avid reader or anything, but one day I came across a book, and since then, every morning, I close my eyes and read the page I open to. Sometimes I even find myself on the same page. As I continued reading, thinking, “Oh, I've opened the same page again,” the meaning written on that page gradually began to sink into my heart deeply. So this is what it means to keep repeating something! It's such a simple thing, but I felt like repeating something that simple thing over and over again might someday become a source of strength for us all.

I think this can also be applied to Aikido training. Some people who were enthusiastic about practicing before their exams have stopped coming to practice as often after their promotions due to various circumstances. I think that's very unfortunate.

“Repeat and repeat.” means “Continue.”

It's okay to go slowly, and it's okay not to improve right away. Just keep practicing at your own pace, over and over again. As you continue doing this, you'll discover new things about yourself and develop a desire to learn more. And I think that's how you gain confidence.

Okay! I'm going to keep forward with this for the second half of the year.

“Repeat and repeat...just keep repeating..”

Tamami Nakashimada

Word of the month: Full moon, full stomach, and lots of laughs!



DOJO REPORT



We held a summer luncheon after practice yesterday, the 30th, in a shady spot in TLCC. Thank you to Amy and Claire, who organized this event. It was after practice, everyone was thirsty and hungry, so we all enjoyed chatting and eating delicious foods and drinks. This was our dojo first time event, we hope to continue it as an annual dojo summer event!

Thank you again for your cooperation and support!

SJAC Board

Good morning, Sensei,

The summer heat is beating me here, but it's August, and winter will be coming soon.

You can't imagine how happy I was when I saw the picture of all the familiar faces from the dojo. Seeing everyone still learning Aikido and practicing together warmed my heart. I wish I could be there with you all.

You and everyone at the dojo have always been like my family here in Canada.

I have learned and continue to learn that I am limited and weak, and that this is a gift. It teaches me to live humbly and to respect even the smallest things around me. I know I can't change the situations in the world, but I can change myself to become better, to live simply, and to live a life worthy of respect. That is what I have learned from Aikido.

Cassie Vu



Dear Tama Sensei,

It has been such a precious experience practicing with you over the past year!

This past year was not easy for me, but every time I stepped onto the mat, I felt encouraged and uplifted by you. Your tornado-like energy has inspired everyone in the dojo, and absolutely me as well.

I'm deeply grateful for your teaching and care. Please also take good care of yourself while bringing so much energy and inspiration to everyone.

I'll return to Vancouver next May, and I very much look forward to practicing with you again then!

With great gratitude ❤️,

Celeste

Hello sensei,

We have been enjoying a steady month of training on the Sunshine Coast over this August. With this summer's godo geiko and the Powell Street Festival enbu kai in our recent memory we are revitalized for the summer! April, Andreas, Josh and Misha continue to train regularly and with good energy! It is only for a short time during the year that we can sweat from warm up! I remember Suganuma sensei advising us to stretch an "extra little bit" during the warmer months as it will be more difficult in the cooler months. April and I will be making the effort to train at TLCC once a month moving into the fall and we hope to see you there! If you're coming to the Coast let us know and we'll set up some training time if your visit doesn't coincide with our regular schedule of Monday and Wednesday evenings.

Gambatte Kudesai!

Russ

DOJO REPORT



SHOHEI JUKU DAYORI

IN 447 金起7月9日	
<p>○ 九日の行事予定</p> <p>7 (日) 水曜会 (小)</p> <p>14 (日) 水曜会 (小)</p> <p>15 (日) 水曜会 (小)</p> <p>16 (日) 水曜会 (小)</p> <p>17 (日) 水曜会 (小)</p> <p>18 (日) 水曜会 (小)</p> <p>19 (日) 水曜会 (小)</p> <p>20 (日) 水曜会 (小)</p> <p>21 (日) 水曜会 (小)</p> <p>22 (日) 水曜会 (小)</p> <p>23 (日) 水曜会 (小)</p> <p>24 (日) 水曜会 (小)</p> <p>25 (日) 水曜会 (小)</p> <p>26 (日) 水曜会 (小)</p> <p>27 (日) 水曜会 (小)</p> <p>28 (日) 水曜会 (小)</p> <p>29 (日) 水曜会 (小)</p> <p>30 (日) 水曜会 (小)</p>	<p>○ 九日の行事予定</p> <p>7 (日) 水曜会 (小)</p> <p>14 (日) 水曜会 (小)</p> <p>15 (日) 水曜会 (小)</p> <p>16 (日) 水曜会 (小)</p> <p>17 (日) 水曜会 (小)</p> <p>18 (日) 水曜会 (小)</p> <p>19 (日) 水曜会 (小)</p> <p>20 (日) 水曜会 (小)</p> <p>21 (日) 水曜会 (小)</p> <p>22 (日) 水曜会 (小)</p> <p>23 (日) 水曜会 (小)</p> <p>24 (日) 水曜会 (小)</p> <p>25 (日) 水曜会 (小)</p> <p>26 (日) 水曜会 (小)</p> <p>27 (日) 水曜会 (小)</p> <p>28 (日) 水曜会 (小)</p> <p>29 (日) 水曜会 (小)</p> <p>30 (日) 水曜会 (小)</p>



<https://en.shoheijuku.org/blog/2025/09/03/shoheijuku-newsletter-september-2025/>

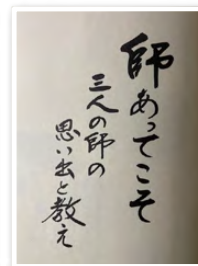
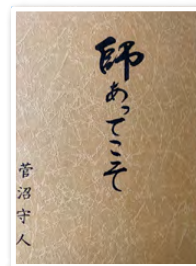
BECAUSE OF MY TEACHER..

Memories and teachings of O-Sensei



By Morito Sukanuma Sensei

Translated by Tamami Nakashimada



"Tie"

This happened when I accompanied him to the Ueno branch of Omotakyo (I have forgotten the official name), which was located near Shinobazu Pond in Ueno.

That day, Accompanied him wearing casual attire, a Hongkong shirt and tie, which were popular at the time.

We were let into a room and four or five other people were chatting around O-Sensei, when he suddenly looked at me and laughed, saying "You always wear the same tie, do you only have one?" He told me to "Buy a tie", and gave me 1,000.yen and a book called "The teaching of Omoto".

(I wrote of the back of the cover that I received it on May 4, 1967).

(To continue next issue...)

"ネクタイ"

上野の不忍の池近くにあった大本教の上野分苑(正式名称はわすれました)にお供もした時のこと。

その日は私は当時流行していたホンコンシャツにネクタイという軽装でお供しました。

部屋に通されて、大先生を囲んで四、五人で歓談している折、大先生はふと私の方を見られて"お前いつも同じネクタイをしているが一本しか持っていないのか"と笑われて、"ネクタイを買いなさい"と言われ、千円と"大本のおしえ"という本を頂戴しました。(昭和四十二年五月四日に頂戴した、と表紙の裏に書いてあります。

(次号へ続く。)

Note: Starting with this month's issue, we will be publishing the Sukanuma Sensei's book, "It's all thanks to my teachers". We'll continue to put "Jinseitemaemochi" again near future so please look forward! Thank you!

Correction: The name of the English translator of "Jinsei Temaemochi", which was published in the summer version, has been corrected to T. Nakashimada from Ai Li.

To All SJAC members,

I had a bicycle accident at the end of July and I had to take a break from teaching to recover. I apologize for the inconvenience this caused.

I would like to express my. Sincere gratitude for the warm messages of sympathy and gifts you all sent me.

While I was recovering, I felt a strong desire to return to training with you all as soon as possible. To achieve this, I realized that I needed to first recuperate and aim for a full recovery. And I realized once again that I love Aikido!

I am able to feel this way thanks to this unfortunate accident and all of your kind support. "A healthy body and healthy mind." Thank you very much.

Tamami Nakashimada.



SJAC 会員の皆様へ、

7月末に不慮の自転車事故を起こしてしまい、治療のために指導の方を休ませていただきました。その間、皆様には大変ご迷惑をおかけいたしました。皆様より温かいお見舞いのメッセージや品などをいただきまして、こころよりお礼を申し上げます。

治療をしている間、一日も早く道場に戻り、皆さんと稽古がしたいという思いが込み上がってきました。それには、まづ、今は、完治を目指して養生することだと。そして、私は改めて、合気道が好きなのだ。こういう思いをもてましたのも、今回の事故、そして、皆様からのサポートのおかげでございます。

"健康康心"

ありがとうございました。

中嶋田玉美



AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu
Translated by Ai Li

All You Need is Aikido for Aikido

As one of the trends following World War II, some Aikido masters teach a method of training that incorporates Jo and Bokken as part of Aikido training; however, this approach sometimes causes misunderstanding.

The founder of Aikido, Morihei Ueshiba O-sensei, had used a wooden sword and Jo, and even a shield to explain what Aikido is. He also had learned many kinds of old-style martial arts. I think that is because those masters were studying under O-sensei when he was also training and studying some other old-style martial arts just for his own research to create Aikido.

However, he often used to say "Everyone who came to me is my student. Everyone came to learn Aikido", "If you want to learn Aikido, all you need is Aikido training. You do not need any other martial arts".

Additionally, some teachers teach Aikido in connection with Zen; however, O-sensei and the second Doshu, Kisshomaru, never learned Zen. Neither of them has said "Zazen is good for Aikido".

O-Sensei studied Shintoism, Kojiki (the oldest Japanese history), and Kotodama (the spirit of language) under Onisaburo Deguchi from Ohmoto-kyo (a new religion based on Shintoism).

However, he never insisted on his students to learn what he had studied, except Aikido. He never said to his students who came to train for Aikido, to learn sword or jo, nor to believe in Shintoism, nor to study Kotodama.

It is up to you what you train at the same time as you train for Aikido; however, it is not appropriate for you to recommend other martial arts to your students (if they want to train for Aikido). As a teacher, you should not forget that you are teaching Aikido, with the sign of Aikido, as an Aikido instructor.

It is not a bad thing that you try to take good things from various martial arts into Aikido; however, you can achieve those "good things" only after you train for it for a very long time. Therefore, if you want to master one thing, you have to train just that continuously over and over.

Aikido, which O-sensei created and the second Doshu Kisshomaru systematised after World War II, is complete only by Aikido. It is not true that you cannot master or understand Aikido without learning other martial arts or philosophy at the same time.

(Continue to the next month)

合気道の修行は合気道だけでいい

戦後の一つの傾向として、杖や剣を用いての鍛錬法を合気道と一つにして説く師範がいるのですが、これは時に誤解をまねくことがあります。

開祖・植芝盛平翁は、合気道を説明する手段として木刀や杖を、時には槍などをもちいられました。多くの古武術を、開祖自身が学んでもいます。開祖ご自身の研究のために、合気道を創りあげるにあたってその時々稽古・勉強されていたものを、その頃に弟子入りして見ていたということも影響しているかと思います。

しかし開祖は、"ここへ来た弟子はみんなワシの弟子じゃ。合気道をやりきたのじゃ" "合気道の修行は合気道だけでよい。他の武道の助けはかりぬ。" と、常々おっしゃっていました。

また、合気道と禅を合わせて説く方もいますが、開祖も吉祥丸二代道主も参禅をしたことはありません。合気道に座禅がいい、といったこともありません。

開祖は大本教の出口王仁三郎に師事し、神道、古事記、言霊の研究もされていました。

しかし開祖は合気道以外のものを弟子に強要したことは一度もありませんでした。稽古にきた方に剣をやりなさい、杖をやりなさい、帰依しなさい、言霊の研究をしなさいといったことは一度もありませんでした。

自分が合気道の稽古と併用して、何を修業されても結構ですが、弟子に"ぜひ、これをやりなさい"と、他の武術・武道を稽古するように勧められるのは感心しません。合気道の看板を掲げて、合気道の指導者として、合気道の指導に当たっているのだということを忘れてはいけません。

いろいろな武道の良いところを取り入れようと参考にされるのもいいですがそれはその武道の稽古を長年積んだ上に初めて身につくものです。一つのものを習得するためには、やはりそのことを積み重ねなければならないのです。

開祖が創造し、戦後に吉祥丸二代道主によって体系化された合気道は、合気道のみで完成しています。他の武道や哲学と併用しなければ強くなれない、理合いがわからない、などということはありません。

(次号に続く。。。)



SHARE YOUR MEMORIES WITH US

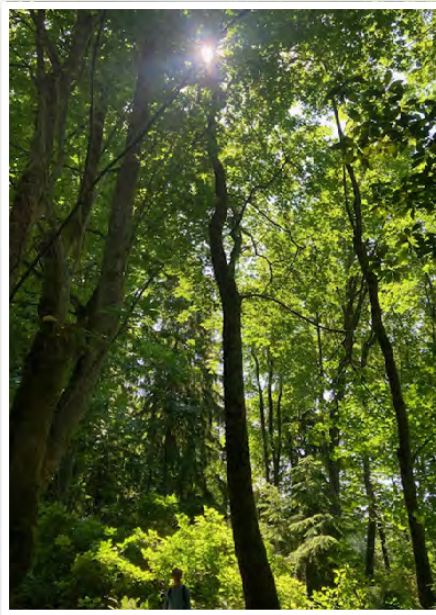
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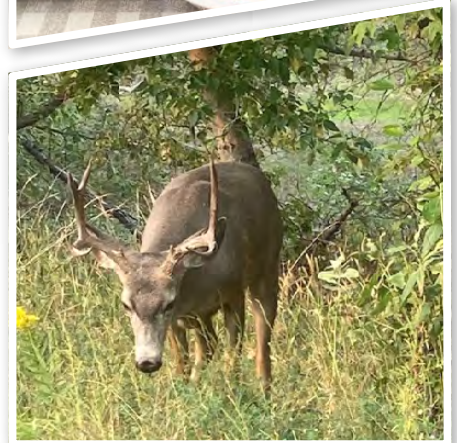
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DOJO ANNOUNCEMENT

Fall Program September – December

TLCC DOJO:

Adult Class: Age 17+

Monday 5:55 pm – 7:25 pm
Tuesday & Thursday 6:00 pm – 7:30 pm
Saturday 11:00 am – 12:30 pm
No class on September 30 (Monday)

Beginner Class 13+

Thursday 5:00 pm – 5:50 pm
Thursday Sep 4 – Dec 4

Parent & Kid (4–6 yrs) Aikido class.

Saturday 10:00 pm – 10:45 pm
Sep 6 – Dec 6

Kids class:

5–7 yrs old class

Monday 4:45 pm – 5:45 pm
Sep 8 – Dec 8
No class on October 13 (Monday)

8–12 yrs old class

Tuesday 4:45 pm – 5:45 pm
Sep 9 – Dec 9
No class on Sep 30 & Nov 11 (Tuesday)

SURREY DOJO:

Adult Class: 15+ * Beginners welcome!*

Wednesday 6:00 pm – 7:30 pm
Sep 10, 17, 24 & Oct 01, 08, 15, 22
\$70 (7 sessions), \$15/Drop in.

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 Fall 2025 Trout Lake Recreation Guide at
the front desk.



合気道 祥平塾 カナダ
SHOHEI JUKU AIKIDO CANADA

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.

