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“右に偏せず 左に偏せず。
癖をとっていくのが修行。
合気道は中庸を重んじる武道です。”

=開祖=

—菅沼先生著作：一日は一生の縮図なり、69ページ—

Neither to the right nor to the left.

Training is about breaking bad habits.

Aikido is a martial art that values moderation.

(Founder)

A day is a microcosm of a life time, page 69 by Morito Suganuma Sensei

生きる力 WORD TO LIVE

人を見るには、ただ後の半截（はんせつ）を看よ
(人生は、前半より後半に勝負をかける)
世の中には、ごく稀に、一見、前半も後半もいいという人もいる。
が、よく看ると、その人は、陰や裏側で、他人に知られたくない
苦悩を抱えているものだ

—菜根譚より—

**To understand a person, only consider the latter half of their life.
(In life, the second half is more important than the first half.)**

There are rare people in this world who, at first glance,
Seem to have a good first and second half. However, if you look
closely, you will find that, behind the scenes, they are harboring
anguish that they don't want to others to know about.

From Caigentan

道歌 SONG OF THE PATH

天かけり
光の神は
降りたちぬ
かがやきわたる
海の底にも

Amakakeri
hikari no kami wa
oritachinu
kagayaki wataru
umi no soko nimo

植芝盛平（翁先生）

By Morihei Ueshiba (O-Sensei)

The Divine Light
that spans Heaven
must descend to earth,
and illuminate everything
right to the bottom of the sea.

Translated by John Stevens



MESSAGE FROM TAMAMI NAKASHIMADA

大切なものの。。。

もう晩秋、そして、また、明るいクリスマスが近づいて来ている。。。そんなことをふと感じながら歩いている私。なぜだろう、いつもこの時期になると、一年の、そして、私の人生を振り返ってしまう。若い頃はそんなこと思う時間もなかったんだろうか?いや、きっとあったはずだ。あったけど、もう記憶の中から消えてしまった。。。そんな気がする。消えていったものは、仕方がない。消えて行ってしまったものを泣きながら追いかけるよりも、今、与えられた時間と人生を自分なりにしっかりと生きて、進んでいくことの方が、大事なんだ。

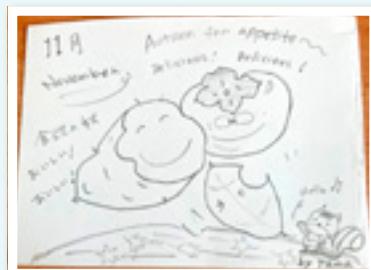
ある日、ある人がこう私に言った。。。私はもう自分の人生に後悔はない。したいことはもうやったし、行きたいところには、もう行けたし、やりたいことはない、あとは人生の終わりを待つだけだ。。。と。私は黙って言葉を聞いていた。そうなんだろうか?それで与えられた人生を待つだけで終わらせて本当に後悔はないのだろうか?人生100年時代だと言われている。本当に人生は100年時代なんだろうか?それは限られた人がそう言っているに違いない。そういうながらでも何とか生きて苦しんでいる人はたくさんいるはずだ…苦しみを抱え、苦しみ悲しみを口に出せずに、助けを求めてくても言えないで苦しんでいる人が周りにたくさんいるはずだ…私たちはそれが見えない、感じられない独りよがりの世界の中で、生きている気がする…

今、私たちに必要なものは、強い励ましや、効き目のあるアドバイスなんかじゃない。ただ、側にいてくれること、側でじっと聞いてくれること、側で微笑んでいてくれること、そおーっと、温かい手で私の手を取ってくれる人。。。何もいらない、何も高価なものはいらない、そのままじっと側にいてくれる人、そんなあなたを大切にして生きていきたい。

強い風の吹く日、舞いながら落ちてくる紅葉が、優しく私を包んでくれた。

中嶋田玉美

今月の言葉：命、それはかけがえのない宝。



Something important

It is already late autumn, and the bright Christmas is fast approaching ...

I was walking along thinking about these things. I don't know why, but whenever this time of year comes around, I find myself looking back on my life. Did I have time to think about such things when I was younger? I'm sure I did. But it has now vanished from my memory... That's how I feel. There is nothing you can do about things that have disappeared. Rather than crying and chasing after things that have disappeared, it's more important to live the time and life you've been given now in your own way and move forward.

One day, someone said to me, "I no longer have any regrets about my life. I've already done everything I wanted to do, I've been where I wanted to go, there's nothing I want to do anymore, all I have to do is wait for the end of my life ..." I listened to his words in silence.

Is that really the case? So, would you really have no regrets if you just waited through the life you were given? They say we are living in an era where we can live to 100 years old. But is it really true that we can live to 100 years old? I'm sure that only a limited number of people are saying this but there must be many people who say this but are somehow struggling to survive ... There must be many people around us who are suffering, unable to express their pain and sorrow, unable to ask for help even if they want to ...

It feels like we are living in a self-centered world where we cannot see or feel this.

What we need now is not strong encouragement of effective advice. Just, someone to be our side to listen quietly, to smile, to gently hold our hand with their warm hands ... we don't need anything, nothing expensive.

I want to live my life cherishing you, you are the person who stays by my side just as you are.

On a windy day, the falling autumn leaves gently enveloped me...

Tamami Nakashimada

Word of the month:
Life is an irreplaceable treasure.

DOJO REPORT

Parent & Kid class report:

This class was started with the goal of providing a way for Parent and kid to spend some fun time together, but at first, we never imagined it would continue for as long as it did. Once it started, many parents and kids continued to participate in every session. Seeing parents and kids jumping, bouncing, and Rolling around hand in hand, it makes us feel warm inside and fun.

We want to cherish the bond between parents and kids that Aikido connection!

T. Nakashimada

親子のクラスレポート：

このクラスは、少しでも親と子供が楽しく一緒に過ごせる時間を目的にスタートしましたが、最初はこんなにクラスが続くとは思ってもみませんでした。スタートしてみると、毎回セッションに継続して参加される親子会員も多くなりました。飛んだり、跳ねたり、転がったりと親子で手を繋いでやってある姿を見ていると、私たちまで温かい気持ちになります。

合気道を通して親子の”結び”を大事にしていきたいですね！

中嶋田玉美

Surrey Dojo report:

This year marks the 15th anniversary of Surrey dojo!

We've been able to continue for this long thanks to everyone at the dojo, who has helped find a locations for the dojo and who has also helped teach in my place when I'm unable to.

We currently rent space for our dojo within a high school. During practice, we sometimes see and hear the voices of young high school students all around us, which I think adds a fresh dimension to our training and makes it even more fresh feeling.

Thank you to Nathan, Darcy, and Arnel, who have come to train at Surrey dojo for many years and have helped with teaching.

Welcome everyone to Surrey dojo!

T. Nakashimada



The Sunshine Coast dojo continues along enjoying training with Misha, Josh, Eduardo, April, Andreas, Stewart and Russ. The highlight this month has been our trip to Vancouver. Even Megan joined us from Vancouver Island (I commend her effort to attend!) Unfortunately, Tama sensei was away that week. Fortunately, Siamak sensei was there to instruct and we all very much enjoyed his class! We are looking forward to coming again soon!

Russ

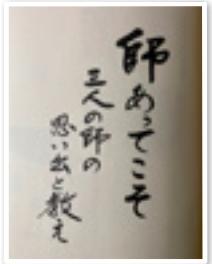
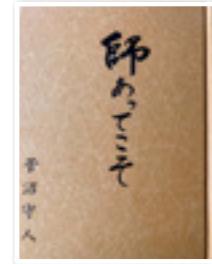


BECAUSE OF MY TEACHER..

Memories and teachings of O-Sensei



By Morito Suganuma Sensei



Translated by Tamami Nakashimada

"Memories of a Cane"

In his later years, O-Sensei would always take a cane with him when he traveled. One time, when I accompanied him to Kamakura, the tip of O-Sensei's cane slipped on the stairs at Tokyo Station, causing it to fall down the stairs with a clatter.

"O-Sensei, please hold on to the banister," I said, and hurried down the stairs to pick it up.

I was meant to have received that memorable cane after O-Sensei passed away, but for various reasons I was unable to get it, and it is now on display in O-Sensei's exhibition room.

Feeling sorry for no longer having his cane, Fujita Masatake Shihan offered to give me O-Sensei's favorite loin cloth (commonly known as a fundoshi). However, I refused, saying, "I don't need it," because I wanted the cane so badly. However, thinking about it later, I couldn't help but feel sad that I had refused something O-Sensei had always worn with him.

"杖の思い出"

大先生は晩年、旅をされる時は杖を持って出かけられました。鎌倉へお供した時のことです。

東京駅の階段で、大先生の杖の先がすべって、カラカラカラと階段から杖が落ちてしまった。

"大先生、手すりにつかまって下さい。" と言って私は慌てて杖を拾いにかけおりたことがあります。

その時の思い出の杖は、大先生が亡くなられてから私が頂けることになったのですが、いろんな事情で頂けなくなり、今、大先生の展示室に飾ってあります。

杖を貰えなくなって私のことをかわいそうに思って、藤田昌武師範が、大先生ご愛用（？）の下帯（俗にいう襷、ふんどし）をあげようと持ってきてくれたのですが、私は杖が欲しかったばかりに、"いりません" と断ってしまった。しかし、あとで考えてみたら、大先生が肌身離さず身につけておられたものを何で断ったのだろうと残念でなりませんでした。

SHOHEI JUKU DAYORI



<https://en.shohei-juku.org/blog/2025/11/10/shohei-juku-newsletter-november-2025/>

SJAC CHRISTMAS PARTY 2025

**Saturday, December 6th 2025.
It is a potluck party.
Bring something to share;
food and drinks to share.**

Secret Santa Game! The present exchange game! If you would like to join this game, bring a gift/person.

Please contact us for the address.
You must be in our mailing list.

Thank you for your support and co-operations!

SJAC Board

AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu
Translated by Ai Li

Just Show Your Daily Performance at Grading Test and Embu

(Continued from the last month)

There is a grading test for Kyu and Dan, to assess how the students train day by day and how much they progressed. There is a certain number of practice days required to be able to take the test for each Dan and Kyu. Those who achieved the number of practice days is eligible to show their examiner (Shihan) the required techniques for each Dan and Kyu. It is not only about techniques, but for the examiner to see if the examinees can defend themselves with proper Ukemi for each partner accordingly.

The purpose of the grading test for the examiner is not to make them fail. It is to see the progress or the achievement from their daily practice. For the examinees, the purpose is not simply to get the rank. It is to confirm how much you have mastered those required techniques.

There was no grading test before World War II. However, Aikido was spread out towards many people after the war, which then the grading system was established for one of the purposes for the people to practice.

Other than the entrance examination, the original purpose of the examination at school is also not to make their marks but to check how much they learned in class.

As long as you can show your daily performance to the examiner, you should be able to pass the test. You should not be intimidated from the test, or you should not attempt any techniques with details that you would not normally implement. Please try to perform just as you do at Keiko as usual.

(Continue to the next month)

審査も演武も普段通りに

合気道の稽古の積み重ねの成果を見るものとして昇級・昇段審査があります。それぞれの段・級に対して規定の稽古日数があり、それを重ねて審査資格を得た人が、それぞれの段・級によって決められた技を審査員（師範）の前で見せます。技だけでなく、規定の技に対する受け身についても、しっかりと相手に対応した受け身で身を守れているかを見ます。

審査とは落第させる事が目的のものではなく、稽古の成果を見るものです。稽古をする人にとっても、段・級をとるためのものではなく、自分がどれだけ技に習熟したかを確認するためのものです。

戦前は審査はありませんでしたが、戦後広く普及するにあたって、会員たちの稽古の目標の一つとして設けられた制度です。

入試はまた別でしょうが、通常の学校の試験・テストも本来の目的は成績をつけるためのものではなく、授業で教わった事ができるようになったかどうかを確認するためのもののはずです。

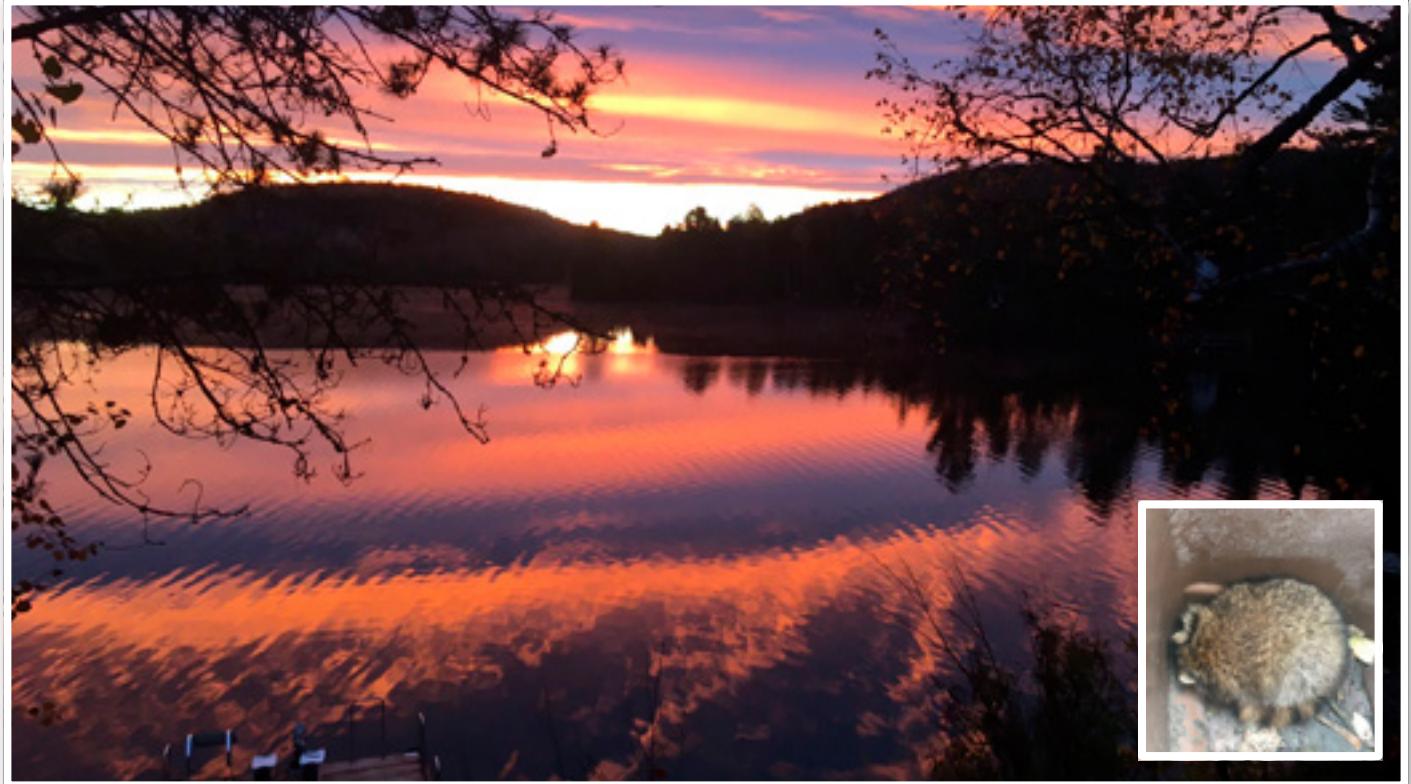
日ごろ稽古してきたことをそのまま出すことができれば、まず落とされるということはありません。審査だからと固くなることはありませんし、いつも以上のものを見せようと思っても、稽古してきた以上のことが出来るわけでもありません。普段通りにやることを心がけてください。

(次号へ続く。。。)

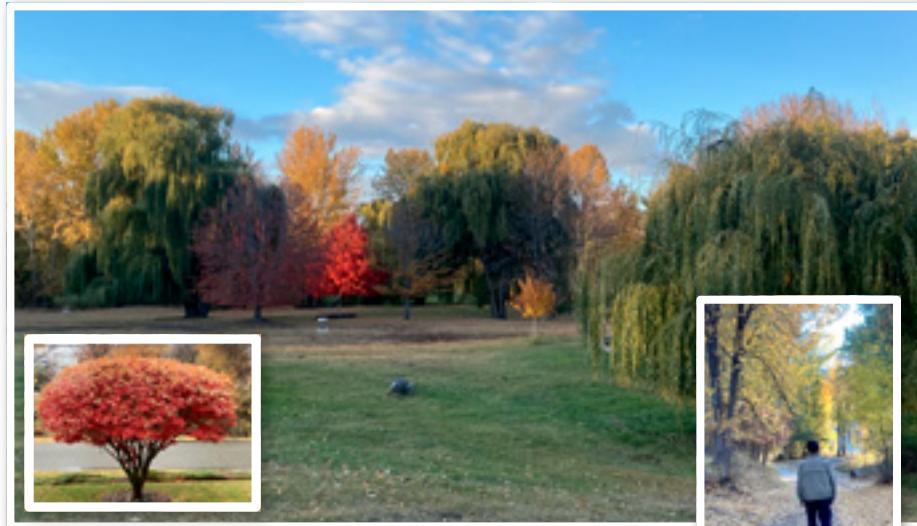


SHARE YOUR MEMORIES WITH US

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DOJO ANNOUNCEMENT

Fall Program September - December 2025

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 Sep 30 (Monday)	

Beginner Class 13+

Thursday	5:00 pm - 5:50 pm
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 Oct 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:

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 Fall 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.