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合氣道は
心と体の大掃除

—菅沼先生著作：一日は一生の縮図なり、216ページ—

Aikido
is a through cleansing
of the mind and body.

A day is a microcosm of a life time, page 216 by Morito Suganuma Sensei

生きる力 WORD TO LIVE

若い人から多くを学ぶ

自分の代わりが見つからない。この仕事を後輩に任せていたら全てがダメになってしまう。そこまで、自分こそはと、いき込む必要は、ない。自分より年下の新しい世代は、確実に成長している。一日も早く、次の世代に、自分の仕事を託すことだ。若い人から進んで学びとることができれば、最高！肉体は老いても、心だけは、若やぎ、もうろくしない。

—菜根譚より—

Learn a lot from young people

I can't find a replacement. If I leave this job to a junior,
Everything will fall apart. There's no need to be so self-absorbed.
The new generation, younger than me, is certainly growing.
I need to entrust my work to the next generation as soon as possible.
It would be wonderful if I could actively learn from young people.
Even if my body grows old, my heart remains young and unaffected.

From Caigentan

道歌 SONG OF THE PATH

三千年の
御親の仕組
成り終えぬ
よさしのままに
吾はしとめん

Michitose no
mioya no Shikumi
nari oenu
yosashi no mamani
ware wa shitomen

植芝盛平（翁先生）

By Morihei Ueshiba (O-Sensei)

Built up over eons,
this endless
Divine Creation.
I vow never to mar
Its goodness.

Translated by John Stevens



MESSAGE FROM TAMAMI NAKASHIMADA

”メリーメリークリスマス”

おお～サンタさんがソリに乗ってやってくる季節となりました。サンタさん、我が家にも来てくれるかなあ～小さな子供のように夢を追っている私です。

また、この時期は、今年一年を振り返る貴重なひと時でもあります。

今年は道場も活気のある一年でした。それを物語ることができたのは、道場クリスマス会での活気でした。若い会員から、大人の会員のみなさん、そして、家族や友人と、たくさんの参加で盛り上がった会でした。
はじめから終わりまで、明るい笑い声、楽しいおしゃべりでいっぱいのひと時でした。それに加えまして、おいしいご馳走と。。。お心遣いに感謝。

”継続は力なり。”

こうして継続できるのは、私たちを陰で応援してくださってあるみなさんのおかげだと思っております。

今年もありがとうございました。
来る年もどうぞよろしくお願い申し上げます。

中嶋田玉美

今月の言葉：“絆” それは、心の結びつき。

♪♪Merry Merry Christmas! ❤️♪

Oh! It's the season when Santa comes on his sleigh. I wonder if he will come to my house and drop off gifts too?
I am chasing dreams like a little kid 🎅

This time of year is also a precious time to reflect on the past year.

First of all, this year has been a lively one at the dojo. This was evident in the energy of the dojo Christmas party. It was a lively event with many members, from young to adult, as well as supporting families and friends. From start to finish, it was filled with bright smiles and fun talkings. And, of course, there was delicious foods...too!

Thank you all for your thoughtfulness.

There is a saying that : “ Persistence is power,” but I believe it's only with the support of our family and friends who cheers us on behind of the scenes that we've been able to continue.

Thank you for this year.

I look forward to your continued support in the year to come....

Tamami Nakashimada



Word of the month:
"Kizuna(Bond)", it is a bond of the heart.

DOJO REPORT

Parent & Kid class report:

This fall session has concluded successfully. Seven parent-kid pairs (total 14 members) participated this time. This class is for young children (age 4 and under), so the atmosphere is lively and fun, with children running around the dojo loudly. Rolling, and sometimes even crying to their parents! It's always so nice to see everyone's smile at the end of practice, and hear them say, "That was fun!" Seeing everyone having fun gives us the strength to continue.

We hope many parents and children will participate in the winter session in the new year!

T. Nakashimada

親子のクラスレポート :



この秋のセッションも無事に終了いたしました。
今回は、合計 7 組の親子の参加（14 メンバー）がありました。
このクラスは小さなお子さん（4 歳以下）となっていますので、道場内を大きな声で駆け回ったり、転がったり、時には親に泣きついたりと、とっても賑やかな雰囲気のなかで、楽しく稽古をしております。いつも稽古の終わりには、皆さんの笑顔を見て、そして、" 楽しかったです！ " と言葉をいただけて、本当に嬉しく思います。
皆さんが楽しんでくれることで、私たちも続けていく力を与えられております。

また新年の冬のセッションにも、多くの親子さんが、参加されますように！

中嶋田玉美

Dear Tama Sensei,

Thank you very much for the training session—I have learned a lot today! Thank you also for the gracious and lovely souvenir. Domo arigato gozaimashita!

Ian Chin



As we come to the end of the year I want to thank all the students who come and train on the Sunshine Coast and make our dojo the way it is...always a place to look forward to coming to and always a place to leave...feeling better than when one arrived. The genuine sincerity of Misha, Josh, Eduardo, Andreas, Stewart & April is awe inspiring for me. I am honoured to be your instructor.

We will start the new year with a training session on Saturday, January 3rd from 11-12:30. April and I will hold our home open for social time, drinks, food (aikido videos) etc that day. All are welcome! If you are a Vancouver student and find yourself on the Coast, or simply wish to come for a visit, we'd be happy for you to join! Ferry pick up and drop offs can be arranged. An email with details is to come.

I don't know about you..but life just seems to get weirder and weirder as I get older. So, going to the dojo and training aikido is a valuable anchor that helps me stay centered and grounded when facing all the "weirdness" out there. Lets keep going, keep connecting, keep sweating!

Gassho!

Russ

Dear Tama Sensei,

Thank you very much for the training session—I have learned a lot today! Thank you also for the gracious and lovely souvenir. Domo arigato gozaimashita!

Ian Chin

DOJO REPORT

Surrey Dojo Report:

Last week, I took part in a training session at the Surrey Dojo for the first time in a long while. Training is held inside a high school in Surrey. This year marks the Dojo's 15th anniversary.

During this time, the dojo's location has changed several times, which may have caused inconvenience to everyone, but we owe all to your continued support.

This fall, we started using a session-based system, and we are seeing results, with new members joining.

I hope that you will continue to improve as you roll and stand up again and again in the spacious dojo space!!

I look forward to see you all with a good energy and lively smile for coming new year!

T. Nakashimada

サレー道場レポート :

先週、私は久しぶりにサレー道場の稽古に参加いたしました。稽古はサレー市内の一高校内で行われております。今年で開設15周年となりました。この間、道場の場所も幾度か変わり、皆さんに不便な思いもさせてしまったかと思いますが、これまで続けてこれましたのは、皆さんのご協力の賜物です。

この秋から、セッション方式で取り組みました。その効果も見え、新しい会員も加入。広い道場スペースのマットの上で、何度も転がり、立ち上がりながら、益々精進していきましょう！

来る年も、笑顔で元気な皆さんに道場で、また会えることを願っております。

中嶋田玉美



The annual SJAC Dojo Christmas party was a great success with lots of laughter last night! We had new faces and many families in attended, making it a very lively event

We would like to express our sincere gratitude to Ian, who opens his home for us for this event every year. Thank you, Ian for your kind support.

There are not many days left in the year.

*"All's well that ends well."
(If the year ends well, all's well that ends well...)*

With this in mind, please spend the end of the year in good spirits!!!

Thank you for your cooperations!



BECAUSE OF MY TEACHER..

Memories and teachings of O-Sensei



By Morito Suganuma Sensei



Translated by Tamami Nakashimada

"O-Sensei's favourite sword"

(Continued from the previous issue)

Although I wasn't able to receive the Founder's staff, By a stroke of luck I was able to receive the Founder's favourite wooden sword.

Mr. Nobutoshi Baba, who runs a chiropractic clinic in Sawara Ward, Fukuoka City, brought me his favourite wooden sword.

It seems that Mr. Baba received it from his senior, Mr. Hisao Hori, who ran a chiropractic clinic in Hyogo Prefecture.

Mr. Hori trained under O-Sensei through an introduction from Mr. Jigoro Kano of the Kodokan, and O-Sensei personally bestowed the wooden sword upon him.

Mr. Hori became physically disabled in his later years and was no longer able to wield the wooden sword, so Mr. Baba received it in the hopes that someone who would cherish it would receive it.

"大先生ご愛用の剣"

(前号より続く)

開祖の杖は頂けなかったが、ひょんなことから開祖ご愛用の木剣を頂くことができました。

福岡市早良区でカイロプラティックの治療院を開業している馬場信年氏がご愛用の木剣を持って来てくれたのです。

兵庫県でカイロの治療院を開いておられた馬場氏の大先輩である堀肥左夫先生から馬場氏が頂いたそうです。

堀先生は、講道館の嘉納治五郎先生の紹介で大先生の下で修行され、大先生からその木剣を頂かれたそうです。

その堀先生が晩年体が不自由になり、木剣を振れなくなったので、誰かに大事にしてくれる人に貰ってもらいたいということで馬場氏が頂いたということです。

SHOHEI JUKU DAYORI

<https://en.shoheijuku.org/blog/2025/12/12/shoheijuku-newsletter-december-2025/>



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)

This applies to the Embu which you perform your techniques in front of a big crowd.

Originally, Aikido techniques were secret and were not supposed to be shown in public. During the era of Showa 30's (around mid 1950's), they started the Embu style in order to spread and promote Aikido to many people. At the beginning, the people who demonstrated the techniques were limited to the founder, O'Sensei and other instructors. Afterwards, the Embu became one of the opportunities for all students to see how they had improved and to encourage themselves to make the Embu as their goals and reasons to practice harder.

The Embu environment is different from the grading test because the stage and the crowd are bigger than when you take a test. However, your executions should remain the same as they would at daily practice, without the pressure to demonstrate past your capabilities.

However, the difficult thing is to keep your regular, daily state and calmness, as it is natural to be nervous in the situation like the Embu. What you must do is to just train continuously not only the techniques but also your mind as well. The case for the experts such as Shihan and instructors might be different, but I would like the regular students to consider the grading test and the Embu as an opportunity to check what you have achieved.

Keiko is not only for the grading test and the Embu. Keiko itself is the purpose. Even though your test or Embu is not successfully executed, it does not mean that your Aikido life is over. You take it as a new motivation to practice Aikido and continue to practice with a positive mindset.

(Continue to the next month)

審査も演武も普段通りに

(前号より続く。。。)

技を大勢の前で披露する演武についても同じことが言えます。

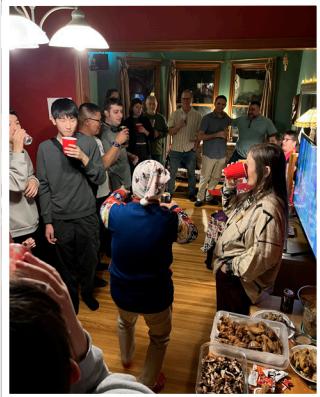
もともと合気道の技は門外不出、人前で披露するということはありませんでしたが、昭和三十年代に入り広く普及・振興するために演武会が始まりました。当初は、技を披露するのは開祖をはじめ指導者のみに限定されていましたが、稽古の成果の確認、また稽古の目標・励みの一つとして一般会員も演武をするようになりました。

会場も広くなり多くの人が見ている前でとなると審査とはまた違った状況ではありますが、いいところを見せようと意気込むことなく、普段の稽古通りに行なうことです。

ただ、この”普段通り””平常心”というのが実は難しいことで、人間である以上、緊張しても仕方のないことです。やはり稽古の積み重ねしかなく、技だけでなく心も練らなければなりません。専門家である師範・指導員は別として、一般の会員の方は、審査・演武は”自分が積み重ねきたものを確認する機会”だととらえて望んで欲しいものです。

審査や演武のために稽古があるわけではありません。稽古そのものが目的なのです。たとえ審査や演武で思うように出来なかったとしても、それでその人の合気道が終わってしまうわけではありません。稽古の課題が見つかったと前向きにとらえ、また稽古を続けていけばいいのです。

DOJO ANNOUNCEMENT



To All SJAC Members

The annual SJAC Dojo Christmas party was a great success with lots of laughter last night! We had new faces and many families in attendance, making it a very lively event.

We would like to express our sincere gratitude to Ian, who opens his home for us for this event every year.

Thank you, Ian for your kind support.

There are not many days left in the year.

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(if the year ends well, all's well that ends well...)

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please spend the end of the year in good spirits!!!

Thank you for your cooperation!

SJAC Board & T. Nakashimada

SJAC December Holiday/Practice Schedule 2025

Last practice of 2025: Dec 23 (Tuesday)

Dojo close: Dec 25 (Thursday) - January 01(Thursday)

(No class: Dec 27 (Sa), 29 (M) and 30 (Tu)

First practice of 2026:

January 03 (Saturday) TLCC 11 am - 12:30 pm

Note: If any changes occur to the above schedule,
we will contact you as soon as possible!

SJAC Board

SJAC New Board Members

President - Darcy

V. President - Claire

Secretary - Clement

Treasure - Melanie

Member at large - Jenny and Bobby

We are looking forward to work with
you all next year!

SJAC Board & T. Nakashimada

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:

Monday & Wednesday	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.



合氣道 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.

