

SHOHEI JUKU

AIKIDO CANADA

Issue 243
JANUARY 2026



© Kerry Webster/unsplash



”多逢勝縁”
(たほうしょうえん)

いい人との出会いが良い運命をもたらすそうです。
よい人との出会いを！

一菅沼先生著作：一日は一生の縮図なり、239 ページ

“Tahou Shoen”

(Many encounters bring good fortune)

It is said that meeting good people will bring good destiny! May you meet good people!

A day is a microcosm of a life time, page 239 by Morito Sukanuma Sensei

SUGANUMA SENSEI'S NEW YEAR GREETING

菅沼守人先生の新年のご挨拶：|

明けましておめでとうございます。

皆様お健やかに新年を迎えられたこととお慶び申し上げます。

私は毎年新年には、その年に心がけたい言葉を書いて道場に掲示しておりますが、今年は“自利利他”と書きました。これは仏教の教えだと思いますが、自分の喜びが相手にも喜びとなり、世間の人達にも喜ばれる生き方にも通じると思います。

近江商人は、“三方よし”といって、“売り手よし”^I“買い手よし”^I“世間よし”を心がけていたそうです。

私たちが合気道で自分の喜びともなり相手にも喜ばれ世間の人からも喜ばれるような生き方ができればいいなと思って揮毫しました。

今年もよろしくお願いいたします。

＝祥平塾だより、一月号より抜粋＝



New Year's Greeting from Morito Suganuma Sensei

Happy New Year.

I hope you all have welcomed the New Year in good health. Every New Year, I write down a phrase I want to keep in mind of the year and post it in the dojo. This year I wrote, "self-benefit and altruism." I believe this is a Buddhist teaching, but also I think it applies to living a life in which your own joy brings joys to others and is pleasing to the general public.

Omi merchants are said to have striven for "three-way good", meaning "good for the seller", "good for the buyer", and "good for society".

I wrote this phrase for the people that we hope that we too can live a life in which aikido brings joy to ourselves, pleases others, and is pleasing to the general public.

Thank you for your continued support this year.

- Excerpt from the January issue of Shoheei Juku Newsletter -



MESSAGE FROM TAMAMI NAKASHIMADA

高い空に向かって、よ～い、どん !!

” 新年明けましておめでとうございます。
今年もよろしくお願いいたします。”

今年の干支は丙午だと言われている。
馬のイメージは、駆け回っている姿。
前に前に向かって歩き、走り、進んでいく姿。
大きな目を開いて、長い足を高く蹴り上げている姿。
実にかっこいいなあ～と思ってみたいです。
時々、馬は何を考えているんだろうとも。。。.
ひょっとすると、何も考えずに、そのときどきの感情で
動いているのかな～人間は考える動物だと言われていますが、
実は、人間も馬と同じ、感情で動く動物なのかもしれないと
思えてきました

あまり頭の中だけで考えていても、物事は実現しない。
たくさん知識だけを集めていても、耳だけで聞いているだけで
いても、本当のことはつかめない。
生きている間、体を動かそう。動いていれば自分の中の光が
湧き出てきそう。パア～と感情の光が噴き出してきて、
自分を解放できそう、そんな気がします。

馬のように、輝く光に向かって、一歩、一歩、進んで行きましょう！

自分に優しく、そして、あなたに優しく。。

中嶋田玉美

新年の言葉： ” 凛然 ” 自然に、あなたらしく。



♪ Merry Merry Christmas! 🎄🎅

Happy New Year.

Thank you for your continued support this year again! This year's zodiac sign is apparently The Fire Horse. The image of a horse is one of a galloping horse. Walking, running, and moving forward. With their big eyes open and their long legs kicking high in the air. I think they are really cool. Sometimes I wonder what horses are thinking... Maybe they don't think at all, but just act on their emotions at the time. Humans are said to be thinking animals, but I have come to think that, like horses, we are actually animals that act on emotion.

Thinking too much only in your head won't make things happen. If you just collect all sorts of knowledge or listen with your ears, You won't grasp the truth. While you are alive, keep moving your body. It seems that when you move, the light of emotion within you will well up. It feels like a burst of emotional light will burst forth and you will be able to free yourself.

Like the year of the Horse, let's move forward step by step toward the shining 🌟!

Be kind to yourself, and to others.....

Tamami Nakashimada



New Year's Word: "Rinzen" - Be natural and be yourself-😊

生きる言葉 WORD TO LIVE

正しいことを言う時は、少し控えめにする方がいい。
正しいことを言う時は、相手を傷つけやすいと気づいている方がいい。
-吉野 弘・詩人-

*夫婦であろうと、親子であろうと、友達であろうと、それを心に留めておくと
人間関係が少し柔らかくなる気がします。*

— —
When you say the right thing, it's better to be a little more reserved.

When you say the right thing, it's better to be aware that it may
hurt the other person.

Hiroshi Yoshino, Poet.

道歌 SONG OF THE PATH

道人の
するどく光る
御剣（御心）は
身魂の中に
ひそむ悪魔に

植芝盛平（翁先生）

Dojin no
surudoku hikaru
miturugi (mikokoro) wa
mitama no naka ni
hisomu akuma ni

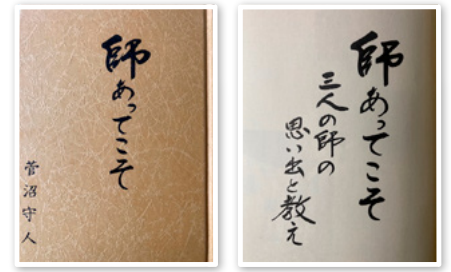
By Morihei Ueshiba (O-Sensei)

The penetrating brilliance
of true techniques applied by
those of the Path
strikes at the evil one lurking
within their own bodies and minds.*.

Translated by John Stevens

BECAUSE OF MY TEACHER..

Memories and teachings of O-Sensei



By Morito Suganuma Sensei

Translated by Tamami Nakashimada

Facial Expressions

This was a scene from a morning practice. O-Sensei looked at the far koi one of his uchideshi and said, "You face hasn't changed at all." It was very memorable for me. It would say things like, "It's written all over your face," and, "How dare you show your face here.."

Also, Shoji, the teacher of Zen Master Hakuin, is said to have told a man who came to him asking for an eye-opening ceremony for a Buddha statue he had carved, "Instead of carving for a Buddha statue, why don't you do something about your own face?"

It seems that improving one's facial features unlimitedly means cultivating the mind.

顔つき

ある朝稽古での一コマ。

大先生がある内弟子の顔を見られ、

”君は顔が前と変わってないなー”と言われたのがとても

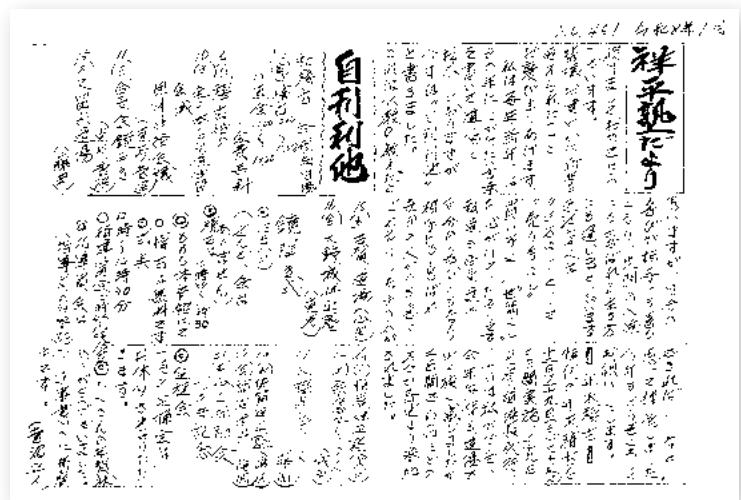
印象的でした。”ちゃんと顔に書いてあるよ”とか、

”どの面さげて”などといいます。

また白隠禅師の師である正受老人は、仏像を掘ったので開眼供養を
してくださいと頼みにきた人に向かって、”仏像を掘るよりもお前の
顔をなんとかせんかい”と言ったそうです。

面相をよくするということは、結局心を養うということになりそうです。

SHOHEI JUKU DAYORI



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 Feb 2 (Monday)

Beginner Class 13+

Thursday 5:00 pm – 5:50 pm
Jan 8 – Mar 12

Parent & Kid (4-6 yrs) Aikido class.

Saturday 10:00 pm – 10:45 pm
Jan 10 – Mar 14

Kids class:

5-7 yrs old class

Monday 4:45 pm – 5:45 pm
Jan 12 – Mar 9
No Class on Feb 16. (Monday)

8-12 yrs old class

Tuesday 4:45 pm – 5:45 pm
Jan 13 – Mar 1

SURREY DOJO:

Adult Class: 15+ *Beginners Welcome!*

Wednesday 6:00 pm – 7:30 pm
Jan 7, 14, 21, 28 and Feb 4, 11, 18
Feb 25, Mar 4, 11 and Apr 1, 8, 15, 22
(there will be no classes during spring break)
Apr 29, May 6, 13, 20, 27, Jun 3
(This session only has six classes)

\$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.

Note:

Please visit <https://troutlakecc.com/programs/>
or check out Winter 2026 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 class 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.

DOJO REPORT

SJAC Future Events 2026

Winter intensive practice 寒中稽古
Feb 2 (M) - Feb 12 (Th) at TLCC Dojo.

Spring seminar with
Mr. Kohei Yamada-Sensei, Fukuoka, Japan
March 20, 21 and 22.
Examination date is on March 21, Saturday.

Annual Aikido Shoheijuku Demonstration
April 29 (W), Fukuoka, Japan.

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

SJAC Board



Our SJAC Trout Lake Dojo instructors!



First practice at Surrey dojo on January 7th!
Happy New Year from Surrey members ♥

Annual Aikido Seminar 2026

Celebrating Vancouver Shomonkai's 25th Anniversary

KOHEI YAMADA SENSEI
from AIKIDO SHOHEI JUKU

Dates: March 20, 21 and 22, 2026
Place: Nikkei National Museum & Cultural Centre
6688 Southoaks Crescent, Burnaby, BC V5E 4M7
Tel: 604-777-7000

Friday, March 20

Class I: 6:15 PM ~ 7:30 PM

Saturday, March 21

Class II: 10:30 AM ~ 11:45 AM

Class III: 1:15 PM ~ 2:30 PM

Examination: 2:45 PM ~

Party: 5:00 PM ~

Sunday, March 22

Class IV: 10:30 AM ~ 11:45 AM

Embukai: 11:45 AM ~

Seminar Fees	Member	Non-member
Full Seminar:	\$150	\$180
Each Class:	\$45	\$60

VANCOUVER SHOMONKAI AIKIDO ASSOCIATION
<http://www.vancouveraikido.com/> / info@vancouveraikido.com



Lunch gathering after First practice of the year!