



Shohei Juku Aikido Canada

Newsletter

March-April Issue 2015 • #119

春 Spring!

We are still feeling a chill in the mornings and evenings, but the cherry blossoms have begun to fall. Just when they reach full bloom, in a matter of days they begin to fall all over the place.

“花の命は短くて 苦しきことのみ 多かりき。。。”

“The lives of flowers are short, life is full of difficulty...” (Fumiko Hayashi)

As I get older, living here away from Japan, looking at the beautiful cherry blossoms fills me with with emotion and thankfulness.

The cherry blossoms were in full bloom as we held our seminar with Nakamura-shihan, on March 20 to 22. During the three days, he practiced many things with us: triangle positioning of our feet (with inside and outside feet), movement of arms and legs in tankan (not moving your upper body too much, and keep a feeling of moving forward), “gasho tankan” from shomen-uchi and tsuki (entering without wasted movement), flowing movement from shomen-uchi and shiho-nage when being pushed, body movement to the inside when not being pushed, how to break balance (kuzushi) using atemi, hand/arm movement, pair drills 3 and 5 with boken (sword), and pair drills with jo (staff). Practicing with weapons created a different kind of tension than our usual practice. One thing that remains in my mind was when one participant asked, “What should I do to learn to release my tension?” he replied, “Well, I think you’ll master it if you practice the basic techniques regularly,” and “for weapons training, even starting when you’re older, you can keep going without pushing too hard.”

Nakamura-shihan’s Aikido is due to his immeasurable enthusiasm as a professional, his wealth of deep knowledge, and his constant drive to “study more!” and “practice more!” Thank you so much Shihan!

On April 19 this year will be the 45th Anniversary Shohei Juku Enbu Taikai (Demonstration Performance) for Suganuma-shihan’s Kyushu branch of Aikikai in Japan. Russ, Agatha, Thomas and I will be attending. Suganuma-sensei has put his heart into teaching for 45 years—a long time—and we, as his students can continue with Aikido for a long time too. The four of us will represent our dojo, and make every effort to show Sensei our respect and in giving our demonstration. We’ll also bring back lots of stories! Keep us in your thoughts as we go!

Tamami Nakashimada

Quote of the Month:

Part of being optimistic is keeping one’s head toward the sun, one’s feet moving forward.

Nelson Mandela



春 Spring!

まだまだ、朝晩冷えを感じる日が続いていますが、桜の花は、散り始めました。

あっ!満開だあーと思ったら、数日後には、もうちらほらと散り始める、桜の花...

“ 花の命は短くて 苦しきことのみ 多かりき。。。 ” (詩:林 芙美子)

年齢を重ねるごとに、異国で見る桜の花の美しさに、感動、感謝の念があふれて参ります。

桜の花が満開の頃、中村師範をお迎えしての、講習会が、3月20日-22日に開催されました。

この3日間を通して、三角体の足の並び方(内側の足、そして、外側の足)の再確認、転換の動きの中での、足の動き方、手の動き方の説明(上体をあまり動かさないように、前へ前へと気持ちを持って行くこと)、正面打ち、そして、突きからの、合掌転換(無駄のない入り方)、正面打ち四方投げからの、押された感覚を流す動き方、何も押されないときの、内側への体さばき、当て身を使っての崩し方、手のさばき方、そして、組太刀3と5の稽古、組杖の稽古をして下さいました。武器を使っての稽古は、何かしら、違った緊張感が、感じられました。一会員から、” 脱力の仕方をマスターするには、どうしたら良いか?” の質問に対し、” 日頃の基本技の稽古の中で、それは、マスター出来るのではないかと思います。” とお答えになられ、また、

” 武器の稽古は、年を取ってからも、無理なく続けることが出来ると思います。” と言われた事が、頭に残っています。

中村師範の合気道に対する、プロとしての、計り知れない情熱と、奥深い知識にふれ、”もっと、勉強しなくては!もっと、稽古しなくては!”と思った次第です。師範、有り難うございました。

今年は、4月19日に、菅沼守人師範九州派遣45周年記念の祥平塾演武大会が催されます。

ラス、アガサ、トーマス、そして、私の4名が参加します。45年もの長い間、菅沼先生のお心のこもったご指導のお陰で、私たち門下生は、今でも長く、合気道を続ける事が出来ていると思います。わたしたち、4名、道場を代表し、先生に精一杯の敬意を表し、演武を努めて参ります。そして、たくさんのお土産話を持って戻って来ます。楽しみにしててくださいね。

中嶋田玉美

今月の言葉: “楽観的であるということは、顔を常に太陽に向け、足を常に前へ踏み出す事である。”

Part of being optimistic is keeping one's head toward the sun, one's feet moving forward.

(ネルソン マンデラ) = Nelson Mandela =

Rules for the practice of Aikido:

合気道練習場の心構え

O-sensei wrote about rules of Aikido practice. There are 6 rules in particular that O-sensei wrote.

I would like to write one by one in our every month newsletter.

1.
合気道は一撃克く死命を制するものなるを以て、練習に際しては指導員の教示を守り徒に力を競うべからず。

Aikido can impact one's fate with a single strike, therefore student must carefully follow the instructor's teaching without competing for some purposeless sense of superiority.

Tama's note:

I always remember this moment with Suganuma Sensei in his class. Sensei was teaching one technique with little explanation.

We students were repeating this technique many time without talking....

Sensei came near me and quietly said to me
" *I don't need to be in this class....*" and Sensei walked away slowly. After receiving his simple message, I felt totally embarrassed.

I was explaining too much to my partner and I realized I was kind of showing off my knowledge without knowing it. Since then I have been trying to keep my mouth closed while I practice and when my mouth starts to open ...then I remember Sensei's message and I correct myself.

***People who talk too much, they don't know anything,
People who do not talk much, they know more than we expect.***

When I watched 2dai Doshu, Kisshomaru Ueshiba Sensei's regular class films, all his students included high rank black belt students were just repeating practice and not talking or stopping movements in his whole class!!!

**Less Talking, repeat your rolling and movement!!!
Follow teacher's guidance with your sincerity.**

Tamami Nakashdimada

=Health Body, Health Mind=

* The Healthy way for the Busy Person *

Masahiro Yasuoka Sensei defined three ways of keeping physically and mentally fit for the busy person (心身摂養法 shin shin setsuyoho), and practiced them for himself.

1) Always carry the Sprit of Happiness in your mind

心中常に喜神を含むこと
shinchu-tsuneni kishin o fukumu koto

No matter how hard things get, you should have some small space for the Sprit of Happiness, deep in you mind. For example, should someone say something bad to you, attempt to slander or pass rumors behind your back, naturally you will get mad, but even so inside your mind you should think,

" Wait, this is actually a good opportunity for me to reflect upon myself. It will help me grow as a human being. Good, good. "

From Aikido Preparatory Exercises by Morito Suganuma Shihan. (Saneatsu Mushyanokouji)

by Morito Suganuma Sensei from his book, Aikido Preparatory Exercises.



Hokusai: Boy on Mt Fuji

Gibsons Dojo Report:

Hello sensei,

March has seen a month of injuries at our little dojo on the Sunshine Coast. Several members have injured themselves and have not been able to train fully. The only good thing about that is that the injuries were not a result of their training! There is a fine line between shugyo training with an injury (struggle/try hard) and not giving yourself time to heal. Please make sure you take it easy on the mat if you are injured in any way. On the opposite end of the spectrum I would like to congratulate our student, Megan, who has been stepping up her physical training with pilates, yoga, and core work alongside her aikido training. I can really see how the extra training is helping her aikido become much more proficient. Also, Mark is really starting to relax into the form of our aikido kata and it shows with much more fluid and effective movement. Good work you two!

As you know, last month we had Russell Jacobson and Harumi Makiyama come and visit us. Russell graciously accepted my request for him to instruct two classes on a Saturday. The main focus was relaxation, connection and movement from the hara. While Russell's "style" is quite different from the Shohei Juku approach he was able to give some very helpful hints and tips to myself and the Sunshine Coast students. We appreciate his time and we appreciate Harumi coming and joining too! Next time we hope to see more Vancouver & Surrey members come and join us for a day.

Next week is Nakamura shihan at Nikkei Center. I am very much looking forward to that and spending some time with my Vancouver mates. We'll see you all there!

Peace,

Russ

Trout Lake Kids Monday Class Dojo Report:

I cannot believe that the first session of the year is almost finish.

I have enjoyed so much the time together learning about aikido.

The class is growing bigger. More and more kids are joining and they are all progressing really well.

I am excited to see them again in the second session and perhaps new members will join too.

Let's learn the art of harmony and see you in the next session.

Agatha Joe

Surrey Dojo

寒中稽古

(Midwinter intensive training)

=====

Surrey dojo had finished Midwinter intensive training on 20th of February.

There are 5 members succeeded this year!

Vincent, Nathan, Zoltan, Mark and Alex.

Congratulations! You receive a certificate and a small gift.

Surrey dojo is going to celebrate 5th year anniversary in May. We will announce more detail soon.

Surrey dojo welcomes all Shoheijuku members to train with us any time.

Our dojo location is very convenience near Surrey Central Sky Train Station so it is very easy to find us . We are at 2nd floor of North Surrey Recreation Centre.

Hope to see and train with you all!

Tamami Nakashimada

Letters:

I am honoured to have had the opportunity to train with and learn from so many skilled aikidoka at the seminar. Especially, of course, from Nakamura-shihan, whose speed, power, and clarity of movement was very impressive and inspiring. I am thankful that I was given the opportunity to test and improve my abilities. Thank you to Shohei Juku and to Nakamura-shihan for making this great event possible!

Thanks,
Igor

I really enjoyed it. I liked that he showed us some things which I had never seen before and that his manner was humorous and friendly.

I was surprised that we didn't do much of a warm-up for each class, and next time I would try to do a full warm-up myself before class.

Angela

Hi Tama Sensei -
Nakamura Sensei Seminar -

I was not able to attend as many classes at this seminar as I would have liked to, but I very much enjoyed the time that I was able to attend. It was fun to see and learn Aikido through the slightly different perspective of Nakamura Sensei.

I also tested at this seminar for my 4th kyu rank. Being the last of the four called up to test that round I was positioned right in front of the Sensei's table, which is slightly more nerve racking to say the least. Yet I found that I was able to take a deep breath and do the techniques as I know them with confidence that Tama Sensei believed that I was ready. I am very appreciative of the support and encouragement that I have received from Tama Sensei always, and particularly for me to continue training and test while I am pregnant. After another positive seminar experience I am looking forward to the next seminar in October.

~Emily

-Good "back to the basics" session, especially footwork
-Very down to earth Sensei

Kevin

Thoughts on Nakamura Shihan's seminar:

What a refreshing and unexpected surprise to experience Nakamura sensei's seminar this weekend. I haven't seen sensei for several years. I remember his movement as extremely practiced.... sharp, fast & relaxed so I was looking forward to seeing him again. It was great to see how much better, it seems to me, that he has become! Throughout the weekend we practiced with bokken and jo but these were tools to bring us back to basics. The basics of the basics! How to move your body so aikido's kihon waza "works" and, thus, you can discover even deeper meaning with our basic waza. This was not only refreshing but also difficult to do. Was there just one or two exercises that brought out basic movement....? No, there were many, many! It was amazing to watch sensei take these basic movements and extrapolate them into applied waza.

The lesson for me is that "it" is all there. Pay attention, study the basics, spend some time thinking about how your body moves and you will improve well beyond what you think you can.

Russ

Annual O-Sensei Memorial Class

April 25th Saturday, 2015

Keiko Schedule:

09:30am-10:00am

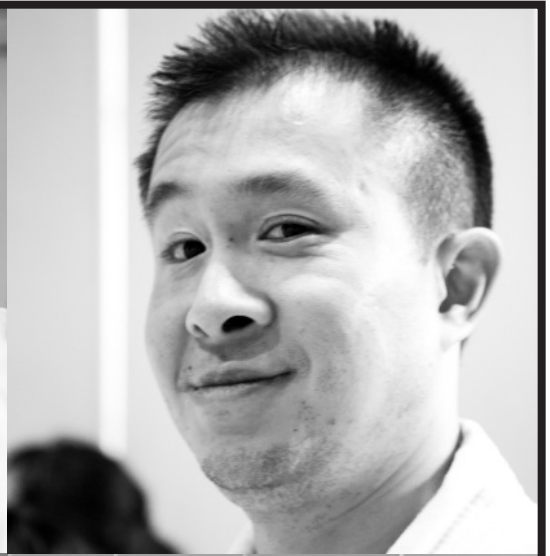
Meditation class by Magda

10:05am-10:35am Keiko #1 by Claire

10:40am-11:10am Keiko #2 by Mike

11:15am-12:15pm Keiko #3 by Tama

13:00pm-15:00pm Lunch gathering



Nakamura Sensei
Seminar
snap-shots



ART CORNER



Piet Mondrian - *Apple Tree in Flower* - 1912 - 78 x 106 cm - oil on canvas

Curves, horizontal and vertical lines of the tree create a sense of movement and space in this painting.

Editors note:

I really enjoyed the seminar with Nakamura-shihan on Saturday, He worked with us on the four directions. I like this move, I learnt this some years ago with Shinobu in kids class and it was so difficult for me to grasp how to do it properly - I was totally confused and frustrated to start with, but I focused hard so I could properly demonstrate for the kids. This I did because I wanted to sweat (glow) from exercise NOT embarrassment!. Nakamura Sensei showed us how to apply these four directions moves working with weapons.

I noticed that his demonstration looked so smooth and easy but when I tried to do it myself it was very difficult and I had a hard time trying to replicate the way he moved. This reminded me of my art demonstrations, because I am an expert in drawing I can demonstrate drawing and it looks easy and simple - when my students try to draw from my demonstration they cannot remember how I did it.....

It was a wonderful day - Thank you Shihan.

See you at the dojo

Katharine