



SHOHEI JUKU AIKIDO CANADA **NEWSLETTER**

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15th Anniversary Edition

酉



“ 天行健 ” (てんこうけん)

中国の易経の中に

“ 天行は健なり。 君子以て自らつとめて怠 (や) まず ”

とあります。

天体の運行は確実で怠りがない。

太陽、月、星、春夏秋冬のめぐりは順序正しいものである。

人間もそのように努力しつづけていきなさいという

教訓だそうです。

(菅沼守人師範 九州派遣45周年 記念集より抜粋)

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Quote of the month

*"Intensive Love does not measure,
it just gives."*

- Mother Teresa -

強い愛は、分け隔てをせず、
ただ与えるものです。

- マザーテレサ -

COVER English Translation

"Heaven's movement is ever vigorous"

There is a saying in Chinese ancient divination.

"As Heaven's movement is ever vigorous,
so must a gentleman ceaselessly strive along."

The celestial bodies revolve certainly and diligently.

The cycle of the sun, the moon, all the stars and four
seasons are in an ordered sequence.

It is said to be a moral lesson for the human being to
keep making efforts.

Translated by Mrs. Yasuko Garlick



"Excerpt from 45th
Anniversary Special Edition of
Kyusyu Appointment of Master
Morito Suganuma".

“With the compliments of the seasonr”

Happy New Year, Everyone!

Yet another new year has started. Has everyone got out of the bed quickly and wash face with fresh water to wake up to the New Year? The sign of the oriental zodiac for this year is ‘Rooster’ or ‘Chicken’ as it is commonly called.

Chicken has long been considered an animal of good luck, as it gets to doodle-doo first thing in the morning. Its cries still stick in my memory as my grandmother had bred many of them. Their cries used to mean the start of the day! I feel grateful about the chickens that are the closest animal to human being. They could wake us up in the morning as well as provide us with nutritious eggs. “moderation of two actions” is eating less and drinking less. Overeating and excessive drinking is not good, and they are some of the causes for obesity. We should be very aware of that. For the three in “ampleness of three actions”, moving a lot (exercise), resting a lot (relaxation) and contacting a lot (contact with many people. things and objects). “None of the one, little of the two and lots of the three” are the keys for health and longevity.

Right on! I was going to lose the weight I gained during the holiday seasons! I ran out to play in the snow with great spirit like a delighted dog running around the garden. It was oh, so very cold, that I was shivering, and wend back inside as soon as I got out. It was my New Year’s Day.

I would appreciate your kind guidance this year, in spite of my shortcomings.

Tamami Nakashimada

Words for the month:
Simple and innocent.

*Message
from
Tamami
Nakashimada*

” 謹賀新年 “

明けましておめでとうございます。

新しい年が、また、スタートしました。みなさん！年の初めは、
寢床からぱっと起きて、新鮮な水で顔を洗って、スカッとされたでしょうか？
今年の干支は、”酉” です。俗に言われる、“ ニワトリ ”。

昔からニワトリは、朝一番に鳴くことから、とても縁起が良い動物だとされたようです。
私の祖母もたくさんニワトリを飼育していましたので、あの朝一番の鳴き声は、いまでも、
耳にこびりついています。あの鳴き声が、朝のスタートでした！人間に一番身近なトリの
ニワトリは、朝起こしてくれるだけではなく、私たちにおいしい、栄養のある卵も提供して
くれる、本当に有り難い動物だとあらためて思います。

そのような親切なニワトリに見習い、今年一年、私たちも他に親切に、おおらかに、そして、
元気に羽ばたく年にしていきましょう！

新年早々、湯船につかり、リラックスして、本を読んでいたら、この言葉を目にしました。

＝健康な毎日を過ごすために、心がけてもらいたいのは、” 一無、 二少、三多 ”＝
“ 一無 ” は、やっぱりタバコです。タバコは、癌、心筋梗塞、脳卒中、脳血栓症等の
病気にかかるリスクが高くなるそうですので、やめましょう。“ 二少 ” は、
少食、少酒。食べ過ぎ、飲み過ぎは、だめですね～太る原因でもあります。用心用心。
そして、最後の ” 三多 ” ですが、多動(運動)、多休(休養)、多接(多くのヒト、コト、
モノに接する)。“ 一無、二少、三多 “ これが健康長生きの条件だそうです。
よう～し！休み中に増えた体脂肪、ぜったい落とすぞ～！！私は、気合い十分に、
犬は喜び庭かけまわり～と、ばあーつと雪の中に飛び出したのですが...
外は、ブルブル、寒～い、おお～寒い～、あわてて家に逆戻りの私の元旦でした！
こんな私ですが、みなさん、今年も宜しく願い致します。

中嶋田玉美

今月の言葉： 天真爛漫！

DOJO REPORTS

Trout Lake Dojo

Happy New Year everyone!

A new session has just started and I was surprised with many kids from the previous session has decided to continue in the winter session. I want us to focus more on how can we be more in the present. It means that is learning how to behave in a calm and our mind focused, breathing to discipline ourselves and most important is how to listen with both ears and still seeing clearly what is coming towards us.

Agatha

Surrey Dojo

Happy New Year!

It's hard to believe another year has gone by! We had our first Monday aikido this week and Surrey Aikido students continue to strive to get to the next level in their aikido journey. I truly appreciate the students' dedication in their practise. What a perfect start for the Winter Intensive Practise that's coming up.

We're also looking forward to the upcoming seminar in March, to meeting the uchi deshi and to everyone getting together for keiko for the entire weekend.

My wish for 2017 is for everyone to be healthy and stay safe and my hope is for everyone to achieve their goals for 2017. I look forward to seeing you all on the mats!

My focus for 2017 is: MINIMALISM (to have less stuff, less wants, to let go of materialistic things that I no longer need). I was inspired by a documentary called "The Minimalists." They say:

"What is minimalism? If we had to sum it up in a single sentence, we would say, Minimalism is a tool to rid yourself of life's excess in favor of focusing on what's important—so you can find happiness, fulfillment, and freedom. Minimalism is a tool that can assist you in finding freedom: Freedom from fear. Freedom from worry. Freedom from guilt. Freedom from depression. Freedom from the trappings of the consumer culture we've built our lives around. Real freedom."

"That doesn't mean there's anything inherently wrong with owning material possessions. Today's problem seems to be the meaning we assign to our stuff: we tend to give too much meaning to our **things**, often forsaking our health, our relationships, our passions, our personal growth, and our desire to contribute beyond ourselves. Want to own a car or a house? Great, have at it! Want to raise a family and have a career? If these things are important to you, then that's wonderful. Minimalism simply allows you to make these decisions more consciously, more deliberately."



Jojo

DOJO REPORTS

Port Moody Dojo

In Port Moody Dojo we continued training right until the end of the year. We were privileged to be joined by Tama Sensei in December - and as always we could learn a lot during the dynamic class. We also have few new students in the adult class - so we will be working on basics at the beginning of 2017.

Our Kids and Parents class starts on the 7th of January and we hope to have a lot of fun until Spring Break.

I am looking forward to 2017 to continue grow the dojo, building the friendship and practising Aikido with our members. Happy New Year to All!

André



Photo by André Kaminski

Sunshine Coast Dojo

January has been a good month for aikido training on the Sunshine Coast. Classes are well attended and we are studying basic techniques against various attacks. For example: ikkyo response to aidori, katatedori, shomenuchi, yokomenuchi etc. As a teacher I find this keeps things fresh and, for students, this provides enough exposure to a certain technique (ikkyo for example) that one can really “get it” by the end of the practice session.

Good luck to everyone on their winter intensive training!

Russ

VOLUNTEER FOR KIDS CLASS NEEDED

Our kids class always need your help. It is very fun to work with kids and we guarantee you have a good time with our kids members. If you would like to volunteer, please speak to Tama sensei, Shinobu or Agatha. We appreciate your support.

A WISDOM ADVICE

From Suganuma Sensei



菅沼守人先生からの一言：

今すること、していることに集中しなさい。

A simple word from Morito Suganuma Sensei:

Focus on what you are doing right now,
what you are going to do right now.

= 寒中稽古 =

Kanchu-Geiko **Midwinter Aikido Training 2017**

Winter event is a Japanese traditional for Martial arts practitioner in Japan. It has started in Edo Era and used to do in the early morning from early January to middle of February. Main purpose of this training is for developing strong mind and spirit during severe cold winter season.

TROUT LAKE HEAD DOJO

January 16th (Monday) - January 26th (Thursday)
for complete 7 classes!

SURREY DOJO

January 16th (Monday) - February 6th (Monday)
for complete 7 classes!

PORT MOODY DOJO

January 12th (Thursday) - February 23rd (Thursday)
for complete 7 classes!

*Members who will complete this 7 days practice will receive a small gift at the end!

NEW YEAR RESOLUTIONS!

From our members

I would like to wish everyone from Shohei Juku a happy 2017! It's hard to believe a year and a half has gone by since the beginning of my Aikido journey, and I couldn't be more grateful to everyone who has trained with me and become close dojo partners and friends over that time. My resolution for the new year is a simple one, to grow in my Aikido skills, both physically in training and in applying it to my daily life outside of the dojo as well. I am hoping for another great year of Aikido ahead and am resolved to receive at least my 4th kyu certificate this year! Thank you for everyone who continues to encourage and train with me, and providing a strong, supportive community where I can take small steps to show the world that being blind doesn't make anyone lesser than their sighted counterparts, both in martial arts and in life. Wishing everyone the best for the new year ahead!

~ Clement ~

In 2016 I had many good things and bad things happen to me at the end of the year. But I survived!!!

Goodbye, 2016 Hello 2017. May we all stay in good health and enjoy every moment.

My new year's resolution is to try not to complain as much. If unpleasant things happen to me I will try to make myself feel better (Wine? Just kidding).

I can make myself feel better by talking to my friends more and practice more Aikido this year. (too many injuries last year I won't have anymore)

Happy new year! 😊

~ Shinobu ~



Train harder towards
a sub 50 min 10K!

~ Ai ~

Live Now Live Here!
Enjoy this moment!!

~ Miho ~

NEW YEAR RESOLUTIONS!

From our members

My New Years Resolution is to be more consistent and patient in learning the aikido moves!

~ Leo ~

My New Year resolution is to maintain shoshin - beginner's mind.

~ Russ ~

Move Your Dreams Into Reality With Intention And Vision

Last night I met with a group of entrepreneurial women at a local restaurant to share the latest scoop. We dished on the holidays, family and the dreaded New Year's resolutions.

The act of resolving conjures up the idea that there is a need to solve a problem or provide a fix to our lives. That this plus that will equal something bigger and better.

Intention and Action

Rather than get bogged down in resolutions that peter out and rarely add up to anything we decided to set an intention with actionable steps that lead to a desired outcome.

The power of envisioning our future coupled with the engagement of our five senses creates a powerful tool that brings the future to the present allowing us to see the potential now.

When we take focused steps toward our intention the desired outcome has a chance of becoming a reality. My intention for the coming year 2017 is to step into Leadership both in my community of women in business and at home with my family. The potential for personal and professional growth this coming year is vibrating within me.

My coach tells me, "You're a racehorse chomping at the bit and stamping your feet ready to break into a full run when the gate opens."

This powerful image paired with the vision of crossing the finish line with a big smile, hands raised in victory, family and friends cheering me on and energy to spare puts me in a place of full of potential, ready to smash any obstacle that gets in my way (*sprinkled with love and gratitude!*).

Envision your Future

Envisioning your future is a powerful tool that can help you move your intentions forward as we step into 2017.

I often think about business and life from an Aikido perspective, in that there is only one thing to think about when the blade comes down on your head — get out of the way!

Step by step we move through Aikido living micro moments, one to the next. We don't know the outcome but we trust in the movement. We envision coming out with our head on our shoulders and maybe a new perspective for our consciousness to mull over or an awakening in a muscle we haven't used in a while.

In this way, we can envision our lives, family and work as we move toward our intentions, step by step.

Back at the restaurant, after imbibing a few drinks and sushi rolls our mood was light and bubbly. We felt supported and hopeful. Beyond shared ideas and possibilities we came away with actionable steps that support our visions for 2017 and beyond.

What intentions do you have for the coming year? What tools and support systems will you use to move your dreams into reality? I'd love to hear from you <3

Wishing you all the best this coming year!!

~ Ria ~

STUDENT PERSPECTIVE

Is your aikido polite?

By Arnel Aliwalas

The word polite means different things to different people. To some, it might mean to be gentle, to someone else, it might mean to be respectful, and to another person, it means to be graceful. All of these are correct – Tama sensei mentioned in class that you are not being polite if you are not attacking Nage without intent and without Kiai. At first, I thought “I am being gentle in my attack – I do not want to hurt my partner – it would seem rude to hit them.” But Tama sensei was referring to being respectful to my partner’s learning. Attack with intention and energy.

Tama sensei made a sensible point that I am not being polite to my partner if I am not committing to my attack and not moving with intention because my partner will not get the benefit of learning how to move when a strong attack is being made. A good attack is respectful to your partner, but to also be gentle and not hurt them. I have definitely experienced this when I was beginning aikido and I would avoid training with people who seemed to want to hit me to hurt me. Now, I don’t mind when people try to hit me.

Are you breathing?

By Agatha Joe

Have you ever think that you are breathing properly? In a sense that you are not thinking why you are breathing while breathing.

It is the same in aikido. A lot of us forget to breathe during practice. I’m saying that most of us focus too much on the technique movements given during practice and we are forgetting to breathe properly.

There are ‘inhale’ and ‘exhale’. We are doing it, mostly the ‘inhale’ part. And for most of us did not exhale entirely. This is why “Kiai” during the attack for uke and projecting movement for nage is very important.

There is a relationship between nage and uke to make a technique harmonize. We should both breath together in sync with the same rhythm. Start from kamae stance, both nage and uke set themselves in such posture where both stand strongly and grounded on their center. When uke comes to attack, uke exhales with a ‘kiai’ (a strong breathing out to project the energy) while nage receive the attack with the same manner of exhaling to match uke. Once nage matches his/her breathing with uke to join into the rhythm relationship, only then both will complete the technique by exhaling together (uke exhale during ukemi and nage stand strong on his/her projection stance).

I guess what I am trying to say is that practicing your techniques as important as paying attention to your breathing.

I love when Tama sensei end the class with kokyu ho. In my opinion, this is a test of individual to maintain how important is your breathing after class finished, sweating and your objection is still the same, inhale and exhale.

2017 UPCOMING EVENT

January 16th - February 23rd

SJAC Kanchu Geiko (Winter Intensive Training) at 3 dojos.
(please refer the details on page 7)

February 20th (Monday)

Family Day Aikido public demo class at Trout Lake Community Centre.

Time: 12:00pm-12:30pm Place: Dojo room

March 11th (Saturday)

SJAC Sunshine Coast dojo-Godo geiko.

April 2nd (Sunday)

2nd Annual Cherry Blossom Celebration Aikido Demo
at Trout Lake Community Centre.

April 7th - 9th (Friday - Sunday)

Uchideshi Aikido Seminar at Nikkei Centre, hosted by Shomonkai Dojo.

* Testing will be on April 8th (Saturday)*

April 29th (Saturday)

Shohei Juku Aikido Annual Public Demonstration in Fukuoka, Japan

Special Note:

* Suganuma Sensei Seminar is on September 8th - 10th (Friday - Sunday)
at Trout Lake Community Centre!

We celebrate our dojo 15th anniversary since we have started dojo as
Shohei Juku Aikido Canada!

Let's focus on our big celebration for this year!