

SHOHEI JUKU

AIKIDO CANADA

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”知る者は言わず
言う者は知らず。（老子）。
なるほど、うまいことを言うもんですね。”

—菅沼先生ご著書、一日は一生の縮図なり、ページ 213 より抜粋—

“Those who know do not speak,
and those who speak do not know.
(By Roushi)
I see, that's a very good point.”

A day is a microcosm of a life time, page 213 by Morito Suganuma Sensei

生きる言葉 WORD TO LIVE

”感謝の言葉をふりまきながら日々を過ごす。
これが友を作り、人を動かす妙諦である。”

—デール・カーネギー（アメリカの教育者、自己啓発作家）—

"Spend each day expressing gratitude.
This is the secret to making friends and
inspiring others."

Dale Carnegie, American educator and self-help author

道歌 SONG OF THE PATH

根元の
気はみちみちて
乾坤や
造化もここに
はじめけるかな

植芝盛平（翁先生）

Kongen no
ki wa michimichite
kenkon ya
zoka mo koko ni
hajime kerukana

By Morihei Ueshiba (O-Sensei)

At the Source,
ki, rich and abundant:
the creation of
the universe
began right there.

Translated by John Stevens



MESSAGE FROM TAMAMI NAKASHIMADA

”比べるなら昨日の自分”～春の合気道講習会

山田康平指導員ご指導のもとに3月28日から始まりました3日間の講習会も無事に終わることができました。祥門会、そして、私たち祥平塾の皆さんの多大なるご協力に心よりお礼を申し上げます。

講習会中は、指導員の丁寧、かつ、優しい気配りの感じられた、とても良い雰囲気の漂った3日間であったと思います。転換から始まり、基本技と動きを中心に、四方投げ、小手返し、回転投げ、一教、二教、三教、四教、入身投げ、腰投げ、呼吸投げなどを、正面打ち、横面打ち、片手取り、両手取り、諸手取り、後ろ両手取りなどと、いろいろな打ち方、取り方から稽古をさせていただきました。

また、指導員は私たちからの質問に対しても、ご自分の考えと言葉で返答くださいました。

* 日常の稽古に対しての心がけは？

* 受ける側の二教裏技の手首の痛さを避ける方法は？

* 腕の短い相手に対しての押さえを決める時の自分の体勢をしっかりと保つにはどうすれば良いのか？

* 自分の相手のどこを見ればいいのか？

* YouTubeには一つの技について、さまざまなやり方、説明が載せられているが、

それに対してどう思われるか？

* 稽古を長く続けるにあたって、大切なことは何か？（年齢や体の故障を含め）指導員は、ゆっくり、ゆっくりと私たちの質問に対して、ご自分の思いや考えを述べられました。

”比べるなら昨日の自分”

誰かと比較せず、世間の価値観とは関係なく、

”あるがままの自分”を見て、”あるがままの自分”を見せて行けばいいのです。

”昨日できなかったことが今日できるようになる”ことに喜びを見出して、

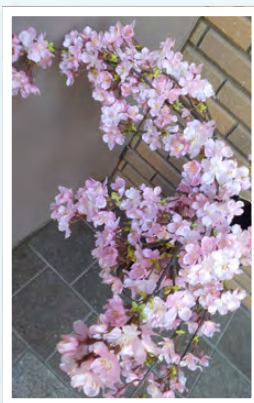
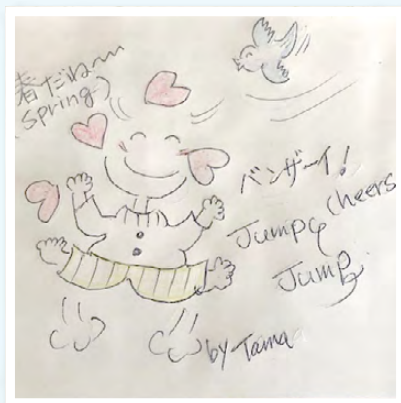
”あるがままの自分”に磨きをかけていきましょう！

山田康平指導員は、私たちにこの言葉を残して行かれました。

感謝、

中嶋田玉美

今月の言葉：自由に生きよう、空を飛ぶ鳥のように～



”Compare yourself to yourself yesterday.” - Aikido Spring Seminar....

The three days seminar, which began on March 28 under guidance of Instructor Yamada, was able to be completed without incident, thanks to The tremendous cooperation of Shomonkai and everyone at Shoheijuku.

I would like to express my sincere gratitude.

During the seminar, Instructor Yamada was very polite and kind consideration, and I felt that the careful and kind consideration, and I felt that he made very good atmosphere through 3 days seminar. Starting with Tenkan, we practiced focusing mainly basic wazas and movements such as shihonage, kotegaeshi, kaitennage, ikkyo, nikyo, sankyou, yonkyo, iriminage, koshinage, kokyunage, etc from various striking and graving such as shomen-uchi, yokomenuchi-uchi, katatedori, ryotedori, morotedori and ushiro ryotedori etc.

Instructor-Yamada also answered our questions with his own thoughts and words.

*What do you keep in mind in your daily training?

*How can you avoid the pain from 2kyou Ura as a uke?

*What is the best position to use when pinning an opponent with short arms?

*Where should I look at my opponent when I'm practicing?

*There are many different ways and explanations for one technique on YouTube, but how do you feel about them?

*What is important to continue practicing for a long time? (Include aging and having physical injuries..)

Instructor Yamada slowly and carefully answered our questions and expressed his thoughts and ideas.

”Compare yourself to yourself yesterday.”

Don't compare yourself to someone else, regardless of the values of the world, just look at yourself as you are and show yourself as you are. Find joy in being able to do today what you couldn't do yesterday, and polish your true self.

Instructor Kohei Yamada left us with these words.

Gratitude.

Tamami Nakashimada

Word of the month:

Live freely, like a bird flying in the sky~

DOJO REPORT

YAMADA SHIDOIN SEMINAR

Event Photograph by Agatha, Celeste, Ai and Claire. Edited by Agatha.



This was my first full Aikido seminar and it was really special to attend for all 3 days! I appreciated seeing Yamada sensei's teaching, and I feel like my practice has improved thanks to the seminar. It was a lot of fun to come together and sweat with everyone- it made me feel like I was part of something bigger than myself, and I really connected with the community element of our Aikido during the seminar. I'm very happy I was able to test during the seminar and I'm looking forward to the next big event.

Jenny

I'm so happy to have participated in this seminar and test!



This year marks the 10th year of my first encounter with Aikido. With Vancouver's cherry blossoms in full bloom this week, I recall my time as an exchange student in Tokyo ten years ago— walking through streets with falling sakura petals after class, heading to the dojo with my Aikido clubmates.

Training at SJAC marks the third country where I've practiced Aikido, following Japan and China. What surprises me most is the consistency and discipline that cross borders. Whether in Asia or North America, the format of daily training, seminars, and tests remains consistently rigorous and precise.

I'm grateful to Yamada Sensei for coming to Vancouver and demonstrating such professional and beautiful techniques! A sincere and heartfelt thank you to Tama Sensei for guiding my training and always energizing me! And I truly appreciate my training partners, especially Darcy, Vince, Frank, Naoya, Ai, and Clement, who have been my uke during the test and test preparation.

Many members at SJAC have trained with Tama Sensei for decades, I hope to practice here for a long, long time as well.

I've heard that I smiled during my test. I hope that's not true (It seems that we're supposed to keep a serious expression during tests). But if it is, it only means that Aikido truly relaxes me!

Thank you Tama Sensei! Have a great day and week!

Best, Celeste

It was great!

Frank



YAMADA SHIDOIN SEMINAR

DOJO REPORT



Hello Tama Sensei!

I enjoyed very much our spring aikido seminar with Yamada Sensei. I appreciate Yamada Sensei's efforts to travel to Vancouver and bring the Shohei Juku Aikido teachings to us. Yamada Sensei's remarkable dedication to aikido shows in his strong enthusiasm for teaching and openness to socialize with the students. I am grateful for the opportunity to test for my 4th dan under these auspicious conditions.

Leading up to my test so many of my peers and fellow aikido-ka shared their commitment and kindness, helping me prepare. Daily training with Russ was an incredible and humbling experience. At this level, it's easy to get trapped in the idea of knowing it all. But, this experience taught me there is always something new to learn! How exciting is that?!

Above all, Tama Sensei, you are an incredible, positive influence on my martial art and personal growth. I am deeply grateful for your continued dedication to aikido. I appreciate the time and energy you afforded me over the past few months. Sometimes the path is not clear. Trusting the process and leaning on your guidance provided the strength I needed to persevere.

Domo Arigato Gozaimasu, April

DOJO REPORT

YAMADA SHIDOIN SEMINAR

Event Photograph by Agatha, Celeste, Ai and Claire. Edited by Agatha.

I very much enjoyed the weekend seminar with Yamada sensei! I love the way he conducts himself...his gentle, solid technique. His thoughtful and caring instruction (showing the testing requirements during class so all the testee's were comfortable). These are the actions of a leader and teacher. Gassho!

The testing, too, was very good. Everyone makes small mistakes but the attitude, the intensity, of the people testing was really good! It is just too bad we have to wait until next year to host Yamada sensei again!

Russ

We had another fantastic and successful seminar with Yamada Sensei—the third one, if I recall correctly. I truly admire Yamada Sensei's energy. There's a unique blend of gentleness and martial strength in him that's hard to put into words. He certainly has that elusive X-factor!

I also want to express my gratitude to the many volunteers who contributed to making this seminar such a success. Despite some last-minute challenges with the seminar room setup, Dietrich's quick and skillful "Tenkan" really helped resolve the situation smoothly. Great work, Dietrich!

Additionally, our female members shone brightly during the seminar. Melanie's vibrant, "bunny-like" energy and her ever-present smile were especially uplifting. She truly is a force to be reckoned with!

I would also like to express my gratitude to several individuals for their time and leadership: Claire, Dietrich, Ian, Mizuki, Clement, Peter, Arnell, Melanie, Jennie, Kayla, Pat (someone's father from Surrey Dojo), Darcy, Naoya, Rie, Miho, Ai, Frank, Vince, Morteza, Aggie, and, of course, all the Shomankai members who contributed to the success of this seminar. If I have inadvertently missed anyone's name, please forgive me. 🙏

Thank you, Tama Sensei, for graciously hosting Yamada Sensei and ensuring all his needs were taken care of during the seminar. Your efforts truly made a difference Sensei!

Till the next Seminar!

Thanks, Siamak



YAMADA SHIDOIN SEMINAR

Aikido Shoheijuku Demonstration -55th anniversary of Suganuma Sensei's Kyushu mission.

This year, eight of us will be participating. This year, Moriteru Ueshiba Doshu is invited for this special event, and I heard that eight dojos from overseas will be participating.

We are very honored to be able to perform in front of Senseis and participants.

As a representative of SJAC, we would like to give a magnificent demonstration.

Representative SJAC members:- Russ, Darcy, Keith, Rie, Clement, Melanie, Vince and myself, total 8 members.

Tamami Nakashimada

DOJO REPORT

＝菅沼守人先生九州派遣五十五周年記念、合気道祥平塾演武大会＝
今年は私を含めまして、八名が参加いたします。

今年の演武大会は、菅沼先生の九州派遣五十五周年記念ということで、本部より

植芝守央道主も来られ、また、海外からも八道場が参加とされたと伺いました。

先生方をはじめ、そして、多勢の参加者の皆さんの前で演武させていただくことは

とても光栄に存じます。祥平塾合気道カナダ道場の代表として、堂々とした演武を

披露できたらと思います。

参加者会員：ラス、ドルシー、キース、リエ、クレメント、メラニー、ビンセント、

そして、私の全8名。

中嶋田玉美



DOJO REPORT

YAMADA SHIDOIN SEMINAR

Event Photograph by Agatha, Celeste, Ai and Claire. Edited by Agatha.

The three-day seminar was a joyous celebration of aikido and a unique opportunity to witness everyone's diverse perspectives and passionate practice. It was a golden chance to immerse myself in the practice and learn from the rich tapestry of aikido philosophies. Reconnecting with Yamada sensei from the last fall seminar was a delightful chance to revisit the basics and reignite my aikido.

During the seminar, I observed Yamada sensei's emphasis on circular movement, a fundamental aspect of aikido. This topic of movement continued from the previous fall seminar. I have since been incorporating this movement into my aikido practice. Tama sensei has also encouraged us to focus on this movement during our daily classes. Understanding and applying the circular movement has significantly improved the fluidity and effectiveness of my basic techniques.

One of the most significant moments of the seminar was when Tama sensei asked me to take my test. Her guidance and feedback on my short announcement were invaluable, helping me to focus more on my breathing, turning, extension, and maintaining a relaxed yet alert body. This experience not only prepared me for the test but also deepened my understanding of the importance of these elements in aikido practice.

I want to express my heartfelt gratitude to Yamada sensei, who flew over to mark my next adventures in aikido. Your teachings have truly elevated my aikido practice to a new level. I also want to thank all my sempai and kohai who have been practising with me; your support and camaraderie have been invaluable. And to Tama sensei, your role model has been a guiding light in my aikido journey.

Gratitude, Agatha



YAMADA SHIDOIN SEMINAR

What an amazing opportunity to have Yamada-sensei back so soon after the last seminar in October! At every seminar, I realize the longer I do Aikido, the more I find just how much I don't know, and still need to learn. Testing for shodan was an incredible moment and opportunity for me, and I was reminded from watching everyone's tests that Aikido is a journey that we are all on together, and that we can't do it alone. We can only grow by helping each other, and always remembering that learning and growing is always done better together. Thankful to my dojo family, and I'm excited to see what comes next!

Clement

DOJO REPORT



DOJO REPORT

SHOHEI JUKU DAYORI



<https://en.shoheijuku.org/blog/2025/04/10/shoheijuku-newsletter-april-2025>

Happy Birthday to you



Matt, Ezume, Katharine, Agatha, Hiroshi, Clement,
Russ, April and myself!!!



We are all born in April~

Hooray!

Let's jump like a rabbit 🐰 and

fly like a spring bird 🐦!

お誕生日おめでとうございます。



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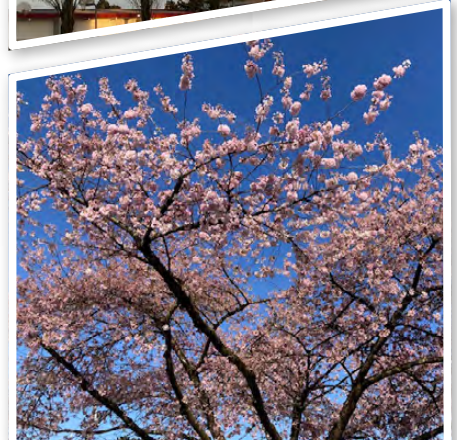


SHARE YOUR MEMORIES WITH US

info@shoheijuku.ca



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DOJO ANNOUNCEMENT

TLCC DOJO:

Adult Class: Age 17+

Monday 5:55 pm – 7:30 pm
Tuesday & Thursday 6:00 pm – 7:30 pm
Saturday 11:00 am – 12:30 pm

Beginner Class 13+

Thursday 5:00 pm – 5:50 pm
January 9 – March 13
\$105/10 sessions • Drop-in \$12

Parent & Kid (4–6 yrs) Aikido class. *This class is for one parent per child.

Saturday 10:00 pm – 10:45 pm
January 11 – March 15 • \$130/10 sessions • Drop-in \$15 for one parent per child.

Kids class:

5–7 yrs old class

Monday 4:45 pm – 5:45 pm
January 6 – March 10
\$90/9 sessions • Drop-in \$12

8–12 yrs old class

Tuesday 4:45 pm – 5:45 pm
January 7 – March 11
\$100/10 sessions • Drop-in \$12

SURREY DOJO:

at North Surrey Secondary School. Wednesday
Age 13+ 6:00 pm – 7:30 pm

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 Spring 2025 Trout Lake Recreation Guide
at the front desk.



Aikido Martial Arts Training

Fall Session Now open for registration

\$40/month

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.

