

SHOHEI JUKU

AIKIDO CANADA

Issue 240
OCTOBER 2025



一つ一つの技
一つ一つの言葉
一回一回の呼吸

全てが一つ一つの重なりです。
＝積小為大＝

—菅沼先生ご著書、「一日は一生の縮図なり」ページ93より抜粋—

Every technique, every word, every breath,
everything
is built on top of the other.

**"Piling up small efforts
to achieve a great thing."**

A day is a microcosm of a life time, page 93 by Morito Sukanuma Sensei

生きる言葉 WORD TO LIVE

一人の小過を責めずー

他人のちっぽけな過失をとがめない

相手を喜ばせて、一緒に楽しく生活していきたいなら、
ちっぽけな過失や失敗について、神経質にとがめるのは、
あまり得策とは、いえない。
過失をとがめる前に、相手をよく見てやることだ。
相手だって、こちらから注意する前に、"失敗しちゃたあ"と
いう反省の表情をしているのではないか。

ー菜根譚よりー

"Don't criticize others for their small mistakes"

If you want to make others happy and enjoy life together,
it's not a good idea to overly criticize them for their small mistakes
or failures. Before criticizing someone for their mistake, take a good look at
them. Even before you can point it out, the other person will likely, have a
look of regret on their faces, like "I missed up,"

From Caigentan

道歌 SONG OF THE PATH

魂のあか
破れ衣を
とりのぞき
天の運化に
開き光れよ

植芝盛平(翁先生)

Tama no aka
yabure groom o
torinozoki
ame no unka ni
hiraki hikare yo

By Morihei Ueshiba
(O-Sensei)

Cast off the
tattered robes that
stain your soul!
Open yourself to Heaven's dictates
and shine brightly!.

Translated by John Stevens



MESSAGE FROM

TAMAMI NAKASHIMADA

夢...

私はよく夢をみる子供でした。大人になった今も、夢を見ています。夢で何度も起こされ、恥ずかしながら、二度寝もできない時もありと...若い頃はそれでもガバッと起きてさっさと仕事に出て平気だったんですが、今はちょっと翌日きついですね。稽古に出る前に、ちょっとお昼寝(?)ほんのちょっとのお昼寝で、また体力復活!夢の中で、私は空を飛んでいたり、走っていたり、泣いたり、とにかく忙しい〜鳥になって、青空を飛んでは、ピー〜ピー〜、走っては、エッサエッサ、泣いてはシクシクと、その度に一番可哀想なのが、主人です!翌朝、いつも眠そうな顔で起きてきたので、"眠れなかったの?"と聞くと、ただ、"うん!うん!"というだけ。私のせいで眠れなかったなんて思いもしなかった私でした。(笑)やっと気づいたのが、それも最近なのでした。長い間主人に迷惑かけてしまって、本当にピンボケの私が恥ずかしい〜そんな夢見る私の夢は、なんといっても、"美"美しくなりたい!それが私の今の夢。若い時にもっと"美"の追求をしておけばよかったんですが、今、この歳になって美しくなりたいたいという思いが増してきました。可笑しいですね。この私がこんなこと思うなんて。"老いてますます美しく!"ある日、この言葉を聞いて、カッコいいなあ〜自分もそう歳をとっていいくらいいいなあ〜と思いました。容姿端麗、心寛容、そして。。。やっぱりこの言葉が浮かびました〜"和顔愛語"

本当の"美"にはこの言葉が含まれているんですね、きっと。。

中嶋田玉美

今月の言葉:いつでも夢を〜♪

Dream

I used to have a lot of dreams as a child. Even now that I'm an adult, I still have dreams. I've been woken up so many times by my dreams that, to my shame, there are times when I can't go back to sleep... When I was younger, I could still wake up and go to work quickly, but now it's a bit tough the next day. Before going to practice, I take a little nap. Just a short nap helps me regain my energy.

In my dreams, I fly, run, cry and am always busy-I become a bird, flying through the blue sky, chirping, running, scurrying, crying, sobbing-and every time this happens, the one who feels the most sorry is my husband! The next morning, he was always looking sleepy, so when I asked him, "Couldn't sleep well?" He just replies, "Yes! Yes!" I never thought that it was because of me that he couldn't sleep well (lol). It was only recently that I finally realised it. I've been causing him trouble for so long, and I'm really embarrassed about myself.

My dream is about all "Beauty." I want to be beautiful! That is my current dream. I wish I had pursued "Beauty" more when I was younger, but now, at my age, I feel an increasing desire to be beautiful. It's strange, isn't it!? For me to think like this....

"As I get older, I become more and more beautiful!"

One day, I heard this phrase and thought,

"That is so cool! I wish I could grow old like that, too."

Beautiful appearance, generous heart, and

These words came to mind...

"Peaceful face and lovely word."

I am sure that true "beauty" contains those words.

Tamami Nakashimada



Word of the month: Always dream ♪♥

DOJO REPORT

SJAC Class report:

The fall session started in September.

The Children's classes (Monday and Tuesday) exceeded their capacity again, just like last time! With new children joining, we're practicing with renewed enthusiasm.

We hope that the parent-child class on Saturday will be fun and enjoyable aikido experience, filled with smiles and joy for parent and children.

"Aiki is Love 🍷"

SJAC Board

Hello sensei!

We are enjoying training as the weather begins to cool and it's, almost, dark when we leave after class! Practice is focused on beginner basics with Josh, Misha, Eduardo, Andreas & April making regular attendance. The highlight of this past month was bringing Misha to Trout Lake dojo and introducing him to the main dojo! He was happy and impressed when we went home and chatted:) We will come in for practice again this month and we look forward to seeing all of our dojo mates!

Gassho!

Russ

クラスレポート :

九月より秋のセッションが始まりました。

子供クラス（月曜日と火曜日）は、前回と同様に

定員数を超えた申し込みがありました。

新しい子供たちの参加もあり、また新たな気持ちで稽古を

しております。土曜日の親子のクラスは、親子で、笑顔いっぱいの

楽しい合気道の時間を過ごしていただければと願っております。



SJAC Announcements:

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- 1) 10/13 (Monday) No class. Thanksgiving holiday.
- 2) 11/15 (Saturday) AGM. I will be held at TLCC after our regular class. We hope for many of members to attend.
- 3) 12/06 (Saturday) SJAC Christmas party. We are currently looking for a venue. If your place available or know of an available place, please let us know.

Thank you for your support and cooperations!

SJAC Board.

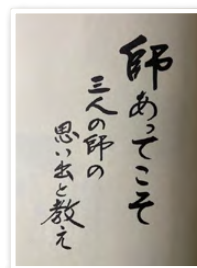
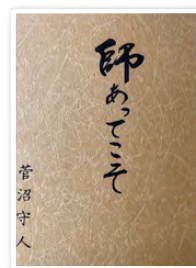
BECAUSE OF MY TEACHER..

Memories and teachings of O-Sensei



By Morito Suganuma Sensei

Translated by Tamami Nakashimada



"Where is my son?"

Soon after I became an uchideshi, it was during morning practice on a cold day.

About 30 or 40 people were participating in practice. O-Sensei (the Founder) looked around the students, apparently looking for someone who could take a ukemi, and asked,

"Where's my son...?"

O-Sensei kept calling the uchideshi "Son, Son."

As therefore no other seniors there, I stepped forward, and he smiled and said,

"You won't get recognized if you're so far back."

I had performed O-Sensei's ukemi many times before, but at that moment, I remember feeling a sense of joy and happiness throughout my body, knowing that "O-Sensei had recognized me."

(To continue next issue...)

"うちの息子は?"

内弟子に入って間もない頃、

ある寒い日の朝稽古のこと。

三、四十人ほどの人が稽古に参加していた。

大先生(開祖)が稽古人を見渡して受けの者を

探しておられる様子で、"うちの息子はどこにいる..."。

大先生は内弟子を"息子""息子"と呼んでおられた。

他に先輩が誰もいなかったので、私が前に出て行くと、

にこっとされ、"そんな後ろにいたらわかんじやないか"と言われた。

それまでも大先生の受け身は何度もとらせていただいていたが、

その時は、"大先生に認めて貰えた"と、嬉しさ、喜びが体中に感じられたことを覚えております。

(次号へ続く。)

SHOHEI JUKU DAYORI

<https://en.shoheijuku.org/blog/2025/10/08/shoheijuku-newsletter-october-2025/>



AIKIDO PRACTICE AND THE HEART

By Moriteru Ueshiba, Third Doshu
Translated by Ai Li

All You Need is Aikido for Aikido

(Continued from the previous issue)

The second Doshu, Kisshomaru, is the one who systematised Aikido for everyone, old and young, men and women, who enter the dojo just to learn Aikido, so that they can fully understand Aikido, with his thoughtfulness, considering the safety of techniques, and leading the instruction from the warmups to the basic movements. This is different from the era before, during, and right after World War II, when people learned Aikido with knowledge of other martial arts.

The founder, O-sensei, sought to create Aikido through various trainings and research. Kisshomaru then organised and systematised the training methods and techniques to fit them for the modern day. We should not forget that we are now training in Aikido.

There are many excellent Bujutsu-Ka and Budou-Ka who learned Aikido under the founder before and during World War II. Still, they barely knew the organised and systematised Aikido developed by the second Doshu, Kisshomaru, after World War II.

Before and during World War II, there were no specific names for each technique, unlike today. There was a term "Irimi", but there were no expressions such as "Omote Waza" and "Ura Waza".

O-sensei's way of teaching was to simply demonstrate techniques instinctively and let the students learn by themselves. He did not explain anything at all. Or I assume that his own method of techniques differed from time to time.

As for the grading test requirements, O-sensei used to give his students a promotion just by watching and judging from their daily practice, but then the second Doshu, Kisshomaru, systematised that the students require specific techniques for each grade and a certain number of practice days, so that any Shihan, who holds higher than sixth Dan, can examine their own students for the grading test from anywhere.

This historical background is why other Shihan and I in Honbu Dojo often emphasise Aikido, which was passed from O-sensei to the second Doshu, Kisshomaru, and to me.

(Continue to the next month)

合気道の修行は合気道だけでいい

合気道を広く一般に門戸を開くにあたり、戦前、戦中、あるいは戦後すぐの頃のように、他の武道を学んでから、合気道に入門してきた方々とは異なり、合気道だけを学ぶべく入門された方々にも、充分理解しやすいように、と心を配り、技の安全性を考え、準備体操、基本動作と順次に指導していくように工夫し、老若男女誰にでも稽古してもらえるように組み立てたのが吉祥丸二代道主です。

開祖が様々な修養、研究の末に合気道の創造に辿りつき、吉祥丸道主が時代に合う形に稽古法・技を整理、体系化しているのです。その合気道を、いま私たちは稽古しているのだということを忘れてはなりません。

戦前・戦中に開祖に学ばれた高弟の方の中には、武術家・武道家として卓越した腕前の方が幾人もいらっしゃいますが、こうした先人たちは戦後に吉祥丸二代道主が懸命に工夫して、技・稽古法を整理・体系化した合気道はあまりご存知ありません。戦前・戦中では今日のような合気道の技の名称は定かではありませんでした。入身という言葉はありましたが、表技・裏技という表現はありませんでした。

第一、開祖は技を閃きの中でやってみせて、あとは自分たちで自得するというやり方です。説明そのものがなかったのです。開祖が教えられた年代によっても、技法に違いがあった、と言っても過言ではないかと思います。

昇級・昇段審査要項にしても、それまでは開祖が日頃の稽古を見て随時免除を与えていたのを、審査で行う技・受審に必要な稽古日数を定めることで、地方でも師範(六段以上)の資格を持っているものが独自に昇段審査が行えるようにしました。

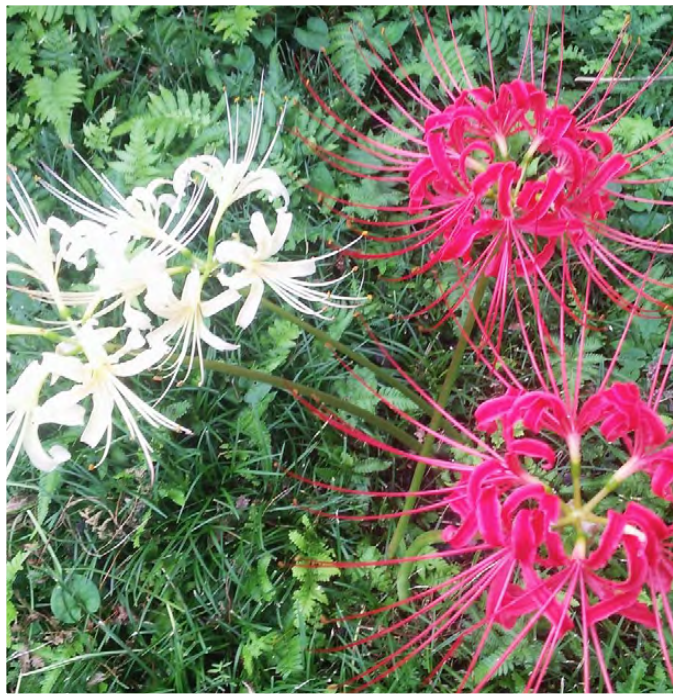
開祖一吉祥丸二代道主一私と受け継がれてきた合気道を私や本部道場の師範たちが、常々強調するのはそうした経緯があるからです。

(次号に続く。。。)

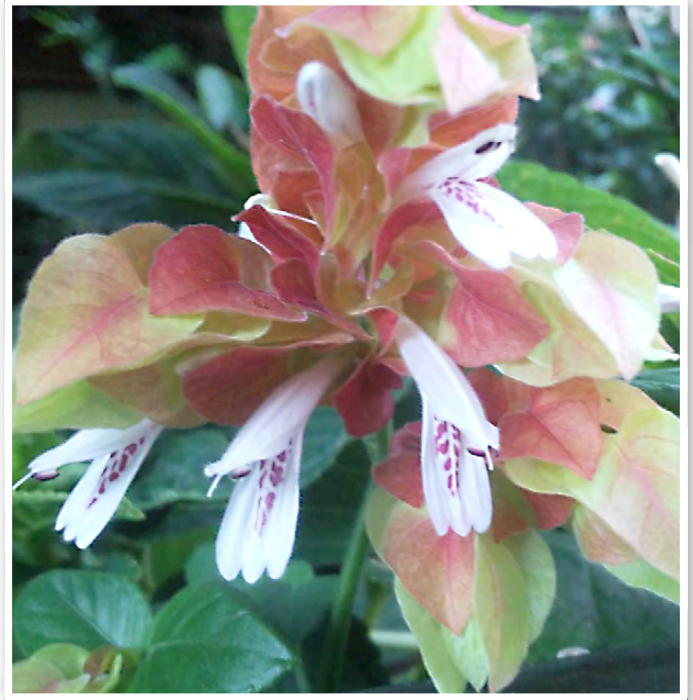


SHARE YOUR MEMORIES WITH US

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DOJO ANNOUNCEMENT

Fall Program September – December

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 September 30 (Monday)

Beginner Class 13+

Thursday 5:00 pm – 5:50 pm
Thursday 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 October 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+ **6 pm – 7 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 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.

