

# Japanese Art & Cultural Center



*A Learning Place for Traditional Japanese Martial Arts & Fine Arts*

日本芸術文化センター

日本の伝統武道／芸術／文化教室

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## KARATE

Traditional Japanese karate-do (the Way of Karate) is designed to develop each student's character through simple and profound sets of exercises. JACC offers **Shotokan-**



style karate directed by Sensei Akihiro Omi who is the chief instructor at the *Karate-do Yushin-juku*.



## JUDO

Judo, which translates to "the Gentle Way", is a Japanese martial art based on grappling and throwing. Judo is great way to learn self-defense as well as to increase cardiovascular health. The head instructor, Sensei Chuck Jefferson is a multiple-time Pan American & National Judo champion, and coached the San Jose State University Judo team, one of the most successful Judo program in America, for many years.



## AIKIDO

Aikido, the Way of Harmony with Energy, is a modern Japanese martial art which strives to avoid conflict, both physically and mentally, by redirecting an opponent's aggressive energy in order to dissipate it. Using mainly throws and pin-holds, aikido blends with the motion of the attacker rather than opposing it.



JACC offers two aikido programs: one taught by Sensei Bruce Mendenhall (Saturday 11AM), and the other taught by Sensei Steve Scott (Thursday 7PM).

## KENDO

Kendo, or the Way of the Sword, is a traditional martial art practiced and developed by the samurai warriors of ancient Japan. Kendo is a way of life designed to contribute to self-development through the training in the guiding principles underlying the art of the sword.



## KYUDO

Kyudo, the Way of the Bow, is a modern Japanese martial art that preserves the deep cultural and historical significance of archery, transformed from its roots in hunting, warfare and ritual into a discipline for physical, moral, and spiritual development.



## IAIDO

Iaido, pronounced like "yee-eye-doh", is a Japanese martial art associated with drawing of the sword. It is almost entirely practiced using solitary *kata*, or forms, against imaginary opponents attaching from various directions, situations and techniques.



## BO-JUTSU

Bo-jutsu is a classical martial art using a long stick (staff). Our bo-jutsu class, taught by Sensei Akihiro Omi of Yushin-juku, is based on Shotokan karate.

CURRENT CLASS SCHEDULE IS POSTED AT:

[www.jpnarts.org](http://www.jpnarts.org)

## About Us

The Japanese Art & Cultural Center offers classes in various Japanese martial arts, fine arts, Zen meditation and exercises. It is for all people from all communities.

## Our Fees

Many of our classes utilize the **punch-card** system in which students pay only for the classes they attend, without monthly fee, annual membership fee or long-term contract. Most of our regular classes cost around \$10 to \$15 per class. Drop-ins (\$2 more) and private lessons (\$40-50) are also available.

## Martial Art (Budo) Classes:

- Karate
- Kendo (Japanese fencing)
- Judo
- Aikido
- Kyudo (archery)
- Iaido (sword draw)
- Bo-jutsu



## Linguistic & Fine Art Classes:

- Japanese language
- English (ESL)
- Flower Arrangement
- Shodo (brush calligraphy)
- Soroban (abacus)
- Painting (Japanese, Water Color, Oil, Pastel)
- Nihonbuyo (Japanese Dance)
- How to dress in Kimono



## Meditation and Exercise Classes:

- Zazen (sitting meditation)
- Kikoh (energy development) exercise

- Walking
- Body Therapy / Beauty Care workshops

## Children's Classes:

- Japanese for Kids
- English (ESL) for Kids
- Painting for Kids
- Shodo (calligraphy) for Kids
- Soroban (abacus) for Kids
- How to draw Anime & Manga
- Kids' Dance



## Zen, Budo and Fine Arts

The Center offers various classes in Japanese martial arts (**Budo**) and fine arts, derived from **Zen**, as an educational tool to enhance individual integrity, compassionate character, profound awareness and self-actualization.

The **Zen** training at the Center is geared towards personal, physical and psychological growth and development of each individual, empowering him/her to live a happier and fuller life.

The Center defines **Zen** as a practical philosophy born in ancient India, developed largely in China, and then transmitted to Japan, where it was studied, practiced and financed mostly by the *Samurai*-class. **Zen** is comprised of static and moving meditations guiding individuals to attain enhanced levels of awareness, or enlightenment, without any specific religious connotations. Defining and practicing **Zen**, as a non-religious activity, carries a significant importance when we attempt to utilize the concept and methodology in the context of general education.



**Budo** is a Japanese term meaning "martial way" signifying that it is a way (passage) to attain enhanced awareness and character development. **Budo** differs

from other so-called "martial arts" in that it is not designed to defeat external enemies in combat but rather to develop each student's character by defeating the enemies within.

**Budo**, originated in the arts called *Bugei*, or martial performance, and *Bujutsu*, or martial skills, developed by the Samurai of the ancient Japan. Whereas *Bugei* were developed during Japan's extensive period of civil war, *Bujutsu* were developed during a relatively peaceful era, and practiced as supplemental to the Samurai's **Zen** training. Sporting elements, including competition, to make practices safer and more enjoyable, were introduced into *Bujutsu* in the late 1800's, during the *Meiji* period, giving the birth to what is now known as **Budo**. Major **Budo** disciplines include *kendo* (fencing), *judo*, *karate-do*, *aikido*, *iaido* (sword draw) and *kyudo* (archery).



Profound arts and crafts, developed by the *Samurai* in ancient Japan, are manifestations of their **Zen** and **Bujutsu (Budo)** training. Examples of such arts are *shodo* (calligraphy), *kado* (flower arrangement), *sado* (tea ceremony), *Nihon-ga* (Japanese painting) and *shakuhachi* (bamboo flute).

The Center attempts to invite as many members of our extended communities to participate and share the virtues of such arts by continuing the research, study and practice of **Zen** and **Budo**, which were very much an integral part of the *Samurai's* lifestyle, hoping that our ancestors' arts would benefit each individual as well as our communities as a whole.

## Zen & Zazen at JACC



JACC hosts free Zazen (sitting meditation) sessions from time to time. No prior experience is needed; beginners and drop-ins are always welcomed. Please inquire for time & date for the next session.