

# 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・文化を学ぶ場所

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## Traditional Martial Arts at JACC

### KARATE

JACC's karate program features Shotokan which is a traditional Japanese karate style designed to develop each student's character, integrity and judgment skills through simple and profound sets of exercises. Our chief instructor, Sensei Akihiro Omi from Japan is a 7th degree blackbelt with 40+ years of experience in traditional karate-do. Sensei Omi trained under many legendary Japanese karate masters and served as the Northern California Karate Federation president, a National Karate Federation Technical Committee member, and a World Karate Federation judge. He is now the head of his own school, "Karate-do Yushin-juku" meaning "a school of gentle heart."



### 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.



### 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's aikido class is taught by Sensei Bruce Mendenhall who lived with and trained under Iwama Sensei in Ibaragi, Japan.

### 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 attacking 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.

## About Us

The Japanese Art & Cultural Center offers various Japanese martial art, fine art, language and exercise classes for everyone.

## Our Fees

Many of our classes use a **punch-card** so that students pay only for the classes they attend. We require no monthly fee, enrollment fee or membership fee. Most of our classes cost around \$17-24 per class. Drop-ins (\$2 more) and private lessons (\$40-80 depending on the subject and instructor) are also available.

## Traditional Martial Art (Budo) Classes:

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



## Linguistic & Fine Art Classes:

- Japanese (Conversational, Reading)
- English (ESL, TOEIC prep)
- Shodo (Brush calligraphy)
- Soroban (Abacus)
- Nihonbuyo (Japanese dance)
- Kimono (How to dress)
- Craft & Hawaiian Quilt-making



## Exercise Classes:

- Yoga
- Kikoh (Energy development exercise)

## Children's Classes:

- Japanese for Kids
- English (ESL) for Kids
- Shuji (calligraphy) for Kids
- Soroban (abacus) for Kids
- Kids' Dance (Nijiko Club)



## Zen, Budo and Fine Arts

JACC 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.



All trainings at the Center is geared towards personal, physical and psychological growth and development of each individual, empowering the person to live a happier and fuller life.

JACC defines **Zen** as a practical philosophy born in ancient India, developed largely in China and then transmitted to Japan, where it was preserved, studied, practiced and financed mostly by the people belonging to the ruling class including the *Samurai*. **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, profound realization and character development through the training in the moving form of Zen meditation. 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, enemies such as anger, hate, excessive sadness, shyness, doubt and hesitation.

**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 occasional free Zazen (sitting meditation) sessions, usually at 9am on the first Sunday of the month. No prior experience is needed and beginners are always welcomed. Check the JACC website for the next available session.

Find the latest class schedules in  
[www.jpnavarts.org](http://www.jpnavarts.org)