

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

All 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 (\$40-80) are also available.

Martial Art (Budo) Classes:

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



Linguistic & Fine Art Classes:

- Japanese language
- Japanese Translation
- English (ESL)
- Flower Arrangement
- Shakuhachi (bamboo flute)
- Shodo (brush calligraphy)
- Soroban (abacus)
- Tea Ceremony
- 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
- Pilates
- Yoga
- Walking
- Body Therapy / Beauty Care



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 (ages 3 & up)
- Dance with Mom (ages 0-3)



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.

Zazen & Zazenkai at JACC



Free drop-in group meditation sessions are held in morning and evening hours. Free monthly Zazenkai (meditation meet) is held on the 2nd Saturday from 6pm to 9pm. No prior experience is needed; beginners are always welcomed.