

Japanese Art & Cultural Center



Learning Place for Traditional
Japanese Martial Arts & Fine Arts

日本芸術文化センター

禪に由来する日本の伝統武道
／文化の研究と指導

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主旨

「日本芸術文化センター」は、剣道、柔道、空手道、合気道、弓道などの日本の伝統武道、および書道、茶道、華道、日本画（墨絵）、尺八などの伝統文化を教える人たちにそのための場所（道場および教室）を提供し、修行、研究、指導を通して広く一般への普及を図ることをその使命としています。また、ヨガやピラティスなどのエクササイズ教室、日本語と英語（ESL）の語学教室、翻訳講座、洋画（油絵、水彩）、子供向けのお絵かき教室、書道・そろばん教室やアニメ・漫画の描き方教室などもご提供します。

禪と武道について

「禪」は古代インドにその起源を持ち、古代中国で発達し、日本へは平安時代に伝わりました。既に「神道」という宗教を持っていた日本では、禪は宗教としてよりもむしろ「修業の手段」として位置付けられ、一般庶民ではなく主に天皇や将軍を含む貴族や武家など支配者階級に属する人々が禅僧の指導の下で自らその修行を行い、財政的援助を与えました。特に、その後明治の初期まで日本のリーダーであった武家階級に属する人々（戦国武将、大名、将軍を含む）は幼少より禪を修行し、禪の修行の一形態として武術（現在の「武道」）を稽古し、そうして得られた悟りの境地を「書」や「茶」や「華」や「工芸」で表現すると共に、優れた人間性と高い人格・良識を培って社会、経済、政治を主導し、今で言う政治家、公務員、警察官、自衛官、教師、医師などの社会的役割を担っていました。「禪」は「武士道」の基本哲学であり、その根底にある高潔な考え方や生活態度は日本が真に世界に誇るべき高いレベルの文化遺産です。その一部を、リーダーとしての資質を育むための教育の一環として、現代の日本人ばかりでなく世界中の人々に体験してもらう場所と機会を提供し、日本文化による世界文化への貢献を図り、さらに文化交流、理解、友好を促進して平和で豊かな国際社会の実現に寄与することが、「日本芸術文化センター」の目指すところです。

料金について

「日本芸術文化センター」では、10枚綴りのパンチカードを利用して、参加する毎に料金（12～15ドル程度）を支払う制度を採用しています。月謝などはなく、年会費も無料です。そのため、生徒は各自のライフスタイルに合わせ、仕事、学校、家庭の都合の良いときを選んで練習／クラスに参加できます。

武道教室

- 空手道
- 剣道
- 柔道
- 合気道
- 弓道
- 居合道
- 棒術

言語／文化教室

- 日本語
- 翻訳
- 英語
- 茶道
- 華道
- 尺八
- 書道
- そろばん
- 日本画／墨絵
- 油絵／水彩画／パステル
- アニメ／漫画の描き方

座禪／エクササイズ教室

- 座禪
- ヨガ
- ピラティス
- マッサージ

Japanese Art & Cultural Center

Learning Place for Traditional Japanese Martial Arts & Fine Arts

About Us

Japanese Art & Cultural Center offers classes and instructors on various Japanese martial arts, fine arts, Zen meditation and exercises.

Our Fees

All of our classes utilizes 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. Some instructors also offer private lessons.

Our Mission

The mission of the Japanese Art & Culture Center (JACC) is to foster, develop and promote the traditional Japanese arts and culture, within the scope of the greater Asian culture.

The Center provides venues to research, train and exchange knowledge and experience in Zen, including all arts, sports and cultural activities derived from it, as an educational tool to enhance individual integrity, compassionate character, profound awareness and self-actualization.

The Center hosts various Budo (*See below*) and cultural classes and seminars. Such training and studies are conducted to develop each participant's body, mind and spirit in order to cultivate well-balanced, decent individuals capable of making correct judgments and thereby constructing a civil, prosperous and peaceful society.

The Center encourages, supports and abets public participation on behalf of all individuals regardless of race, creed, age, sex or national origin.

Zen, Budo and Fine Arts

The *Zen* trainings at the Center are geared toward personal, physical and psychological growth and developments of each individual, empowering him/her to live 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 people. *Zen* 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 enemies within.

Budo is originated in the art called *Bujutsu*, or martial skills, developed by the Samurai of the ancient Japan during relatively peaceful era, which was regarded and practiced as supplemental to their *Zen* trainings. Sporting elements, including competition, to make practices safer and more enjoyable, were introduced into *Bujutsu* in the late 1800's 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 *Budo* trainings. Examples of such arts are *shodo* (calligraphy), *kado* (flower arrangement), *sado* (tea ceremony), *Nihon-ga* (Japanese paintings) 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.

Martial Art (Budo) Classes:

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

Linguistic & Fine Art Classes:

- Japanese language
- Japanese Translation
- ESL
- Tea Ceremony
- Flower Arrangement
- Shakuhachi (bamboo flute)
- Shodo (brush calligraphy)
- Soroban (abacus)
- Japanese Brush Painting
- Oil Painting
- How to draw Anime & Manga

Meditation and Exercise Classes:

- Zazen (sitting meditation)
- Yoga
- Pilates
- Massage/Body Therapy

