

# Japanese Art & Cultural Center



A Learning Place for Traditional  
Japanese Martial Arts & Fine Arts

## 日本芸術文化センター

禅に由来する日本の伝統武道  
／文化の研究と指導

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### 日本芸術文化センターについて

ミツワ サンノゼ店に隣接する「日本芸術文化センター」は、子供から大人まで誰でも気楽に日本の伝統武道（空手道、剣道、柔道、合気道、弓道など）や伝統芸術（書道、茶道、華道、墨絵、尺八、日本舞踊など）を習える場所です。また、エクササイズ教室（ヨガ、ピラテス、ウォーキングなど）、語学教室（日本語、英会話／英作文、翻訳）、絵画教室（洋画・日本画）、子供向けのお絵かき教室／習字／そろばん／アニメ・漫画の描き方／ダンス教室などもご提供しています。

### 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、参加する毎に課金（12～15ドル程度）する制度を採用しています。月謝などはなく、入会金・年会費も無料です。そのため、生徒は各自の仕事、学校、家庭の都合の良い日にちと時間を選んで自由に練習／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
- 英会話・英作文
- 翻訳（英和・和英）
- 茶道
- 尺八
- 書道
- そろばん
- 日本画／墨絵
- 華道／フラワーアレンジメント
- 日本舞踊／着物の着付け



- 墨絵／油絵／水彩画／パステル
- アニメ・漫画の描き方
- アクセント／ボキャブラリー教室

### 座禅／エクササイズ教室

- 座禅／月例座禅会
- 気功体操
- ヨガ
- ピラティス
- マッサージ／整体
- ウォーキング
- キッズダンス／ママとダンス



### 禅と武道について



「禅」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、禅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、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たち（戦国武将、大名、将軍を含む）は幼少より禅を修行し、禅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。「禅」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。

## 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
- Kids' JAM (Japanese Arts & Music)



## 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



JACC hosts free group meditation sessions in morning and evening hours. No prior experience is needed; beginners and drop-ins are always welcomed. Also, monthly Zazenkai (meditation meet) is held on the 2nd Saturday 8-10pm then Sunday 6-8am.