

The JCCC: A Solid Past, an Exciting Future

For over 50 years, the **Japanese Canadian Cultural Centre (JCCC)** has served the Greater Toronto Area (GTA) as the gathering point for the Japanese Canadian community and for those of non-Japanese ancestry who have an interest in things Japanese.

Open to everyone regardless of race, religion, sex or age, the JCCC provides a place - and more importantly, the impetus - for the exchange of ideas; a showcase for those with Japanese artistic and athletic talents; social and intellectual events: the history and future of the **unique Japanese-Canadian community**.

The JCCC offers a wide variety of **Japanese cultural programs and experiences** for its 3,500 members - almost half of whom are of non-Japanese ancestry. The JCCC showcases the creative energy and dedication of many talented artisans, musicians, dancers and martial arts practitioners.

The JCCC fosters mutual understanding and facilitates the exchange of information about Japanese culture with the community-at-large through a wide range of exciting programs. The Centre also works to build a **spirit of cooperation and harmony** among people of different cultures by coordinating community events and programs with other ethnic organizations.

Registered charity # 118972967RR0001

Annual Membership Fee (plus HST)

| | | |
|----------------------------|------------------------------------|------------|
| Regular: | Individual (18 & over) | \$30.00 |
| | Family (incl. Children 17 & under) | \$50.00 |
| Senior: | Individual (65 & over) | \$20.00 |
| | Couple | \$35.00 |
| Supporting Member*: | Partner | \$150.00 |
| | Leader | \$500.00 |
| | Ambassador | \$1,000.00 |

**Income Tax receipt will be issued for amount in excess of regular membership fee*

Corporate Member:

| | |
|-------------------|------------|
| Director's Circle | \$150.00 |
| Leader's Circle | \$500.00 |
| President's Club | \$1,000.00 |
| Chairman's Club | \$5,000.00 |

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Annual Events at the JCCC

| | |
|------------------|--|
| January | Shin Nen Kai * Traditional Japanese New Year dinner Oshogatsu Kai - New Year's Festival |
| March | Haru Matsuri - Spring Festival |
| May | Annual Bazaar |
| June | Toronto Japanese Film Festival * Showcasing the finest Japanese films |
| July | Nostalgia Night * Celebration of the Japanese Canadian community Natsu Matsuri & Obon - Summer Festival |
| September | Family Golf Tournament |
| October | Issei Day * Celebration of Japanese Canadian seniors |
| December | Fuyu Matsuri - Winter Festival |

All JCCC events are open to public, unless otherwise noted. Please contact the JCCC for further details.

Policies for Cultural Classes/Recreational Classes & Workshops

JCCC Membership is required for registration to any cultural or recreational classes. The JCCC welcomes non-members to participate in their seasonal workshops. All fees are payable in advance. A \$20.00 administration fee will be charged on returned cheques.

Refund

Any payments made to the JCCC (including membership, class and workshop fees) will be non-refundable.

Reimbursement

Classes cancelled by the JCCC may be rescheduled; however, classes missed by students will not be reimbursed.

Plan to Protect®

As an organization that provides a wide range of programs and services for children, youth, and the elderly, the JCCC has taken steps to be able to demonstrate a duty of care in preventing abuse.

The JCCC is proud to say that all our board members, staff, and program instructors, are trained in abuse awareness and prevention. We partner with Plan to Protect®, the standard for abuse prevention and detection for the youth, elderly, and the vulnerable population, to ensure that our programs adhere to best practices. As such, all tiers of operations at the centre have engaged in implementation of guidelines and procedures that reflect our commitment to the safety and wellbeing of our members.

We welcome your feedback on any issues concerning the safety of our programs and care of our members. Please contact jccc@jccc.on.ca with your concerns.

Health and Safety

JCCC is committed to provide a safe and enjoyable environment for all members and visitors. Participants are required to read and abide by the Code of Conduct included in this program booklet.

Participants are asked to wear suitable footwear in the washroom area in order to keep the classrooms and dojos clean.

Pick-Up and Drop-Off of Young Members

We would like to remind everyone that the JCCC is a public space. While the classroom environment is safe and monitored, our large building facilities have many rooms and corridors which we cannot guarantee are monitored or supervised at all times. Therefore, we would like parents to adhere to the following procedures:

Pick-Up and Drop-Off

Children 12 years old and under must be accompanied by a parent or guardian inside the building until they are dropped off in the classroom or dojo and picked up promptly at the end of class:

- a) They must not be dropped off or left unattended if the instructor is not ready to receive them.
- b) They must not be dropped off or left unattended in the parking lot, i.e. they must not be left to enter, exit and/or wander the building on their own.
- c) A parent or guardian must be present to receive their children promptly at the end of class.
- d) Parents or guardians who are not present to pick up their children promptly will be contacted by the JCCC.
- e) For each child's safety, authorities (Toronto Police Services) will be contacted if a child is not picked up 30 minutes after the end of class, and contact has not been established with a parent or guardian.

Supervision of Young Members at the JCCC

Children 12 years of age and under must be supervised at all times in the JCCC:

- a) They must not wander around the building and premises unsupervised.
- b) The JCCC asks everyone to kindly respect the irreplaceable artefacts in the Moriyama Nikkei Heritage Centre, and not run, play, or climb on any exhibits, rocks and wall in the Heritage Centre or any other part of the JCCC premise.
- c) Children whose parents or guardians have not yet arrived to pick them up must sit in the waiting area in front of the Martial Arts Dojo and not wander around the building.
- d) Children who are waiting for their parents to finish class must sit inside the classroom where parents are participating, and not wander around the building – permission is at the final discretion of the instructor.
- e) Children who are waiting for other siblings to finish class should wait with their parents in the waiting area outside the Martial Arts Dojo, and not wander around the building.

The JCCC is a vibrant centre, and there are often multiple events happening with a variety of attendees requiring the movement of various equipment. These guidelines are being implemented to ensure that all participants – especially our young members – remain safe. In order to ensure everyone's safety, the JCCC staff and instructors reserve the right to ask anyone whose actions are contrary to our policy to be dismissed from programming.

JCCC PROGRAM

CODE OF CONDUCT

The Japanese Canadian Cultural Centre is committed to providing a healthy community environment through promoting respect, cultural understanding, and volunteerism. A positive environment exists when all members of the JCCC community feel safe, included, and accepted, and actively promote positive behaviours and interactions.

This JCCC Program Code of Conduct applies to all programs and courses offered at the JCCC. The standards of behaviour outlined in the Code of Conduct shall apply to all instructors, participants, and observers during program activities, whether at the JCCC or off-site.

Definitions:

“Instructor” is a general term describing the leader, facilitator, person in charge, teacher, sensei (Japanese term for a teacher), judge, coach, official or other individual responsible for a program at the JCCC. For the purpose of this Code of Conduct the term instructor applies to all described in this definition.

“Program” is a general term describing a permanent or temporary course, class, program, training event, tournaments, shinsa (Japanese word for examination) or other event occurring regularly, irregularly or once. For the purpose of this Code of Conduct the term program applies to all described in this definition.

“Observers” are parents, guardians, persons in charge of a minor and family members, or others viewing the program with an interest in a participant or others. For the purpose of this code of conduct the term observer applies to all described in this definition.

“Participants” are adults, youth and children actively enrolled and engaged in a program at the JCCC. Terms used to describe a participant are: student, member, trainee, etc., including visiting participants. For the purpose of this code of conduct the term participant applies to all described in this definition.

“Bullying” is defined as unwanted, aggressive behaviour that involves a real or perceived power imbalance and is repeated or has the potential to be repeated. Types of bullying can include: verbal, social, physical, cyber, racial, anti-LGBTQIA+, and sexual harassment.

“Dojo” is the venue for martial arts programs.

Conduct:

1. Instructors and participants are deemed to be representatives of the JCCC and as such any statement made or task performed reflects on the JCCC and the program offering. Therefore, every instructor and participant shall abide by the Code of Conduct as well as the Policies and Procedures of the JCCC. As well, instructors and people in positions of authority shall treat every participant equally and fairly without bias or prejudice.
2. Bullying or harassment by participants, instructors or observers will not be tolerated. Participants are encouraged to alert the instructor and/or the JCCC if they feel they have observed bullying or they feel they were bullied or placed in a position of potential threat.
3. Swearing is strictly prohibited. Swearing refers to the use of offensive, abusive or insulting language.
4. We expect all participants and observers to practice:
 - a. Respect for the Instructors.
 - b. Respect for the other participants.
 - c. Respect for the Japanese Canadian Cultural Centre premises, the venue in which the program is being conducted and other users of the JCCC.
5. In the event that a program is a martial arts program, a sport or game activity, all participants and observers shall abide by the general rules of "Fair Play":
 - a. Respecting the rules of the game
 - b. Respecting officials and accepting their decisions
 - c. Respecting the opponent and other participants
 - d. Providing all participants with equal opportunities
 - e. Maintaining dignity under all circumstances and demonstrating good sportsmanship.
6. With regards to martial arts programs, respect and discipline are key elements of martial arts training. Participants and observers must understand that there is an expectation of practices that reinforce martial arts teachings.

Failure to comply with the Code of Conduct may result in consequences for any instructor, participant, or observer of JCCC programs, including but not limited to suspension and expulsion from any programs or activities at the JCCC, and a revocation of JCCC membership.

JCCC FALL 2019 CLASS SCHEDULE

| Class | Start Date | Time | Cost (+ HST) | Level |
|--|--------------|----------------------|-------------------------------------|-------------------------------------|
| Bunka Shishu (p.10) | Mon. Sep. 16 | 7:30 - 9:30pm | \$72.50 (adults); \$45 (seniors) | All |
| | Tue. Sep. 17 | 10:00am - 12:00pm | | All |
| Chado (p.11) | Sun. Sep. 8 | 11:00am - 1:00pm | \$90 + Materials | All |
| Ikenobo Ikebana (p.12) | Wed. Sep. 18 | 7:30 - 9:00pm | \$75 + Materials | All |
| | Thu. Sep. 19 | 1:00 - 2:30pm | | All |
| Sogetsu Ikebana (p.12) | Thu. Sep. 19 | 7:30 - 9:00pm | \$75 + Materials | Beg. & Int. Adv. I & III Ext. |
| Japanese Language (p.13) | Tue. Sep. 17 | 7:00 - 9:00pm | \$110 | All |
| Kitsuke - Kimono Dressing (p.14) | Fri. Oct. 18 | 7:00 - 8:30pm | \$50 | All |
| Sumi-e (p.15) | Mon. Sep. 16 | 7:30 - 9:00pm | \$70 + Materials | Beg., Int.&up |
| | Wed. Sep. 18 | 10:30am - 12:00pm | | Adv.(3yrs+) |
| | | 1:30 - 3:00pm | | All |
| Shodo (p.16) | Fri. Sep. 20 | 1:00 - 3:00pm | \$95 | All |
| | | 3:00 - 5:00pm | | All |
| | | 7:00 - 9:00pm | | All |
| Hula (p17) | Mon. Sep. 9 | 7:00 - 8:30pm | \$65 | Senior |
| | Thu. Sep. 12 | 7:00 - 8:30pm | \$75 | Int. II |
| Ukulele (p.18) | Thu. Sep. 5 | 7:00 - 8:00pm | \$60 | Adv. Beginner |
| | | 8:00 - 9:00pm | | Int. |

JCCC FALL 2019 WORKSHOP SCHEDULE

| Workshop | Page | Dates | Time | Cost (+HST) | |
|--|------|--------------|---------------------|---------------------|---------------------|
| | | | | JCCC Member | Non-Mem |
| Origami (p.19) | 19 | Thu. Sep. 19 | 7:30 - 9:00pm | \$7 | \$10 |
| | | Thu. Oct. 17 | | | |
| | | Thu. Nov. 21 | | | |
| Kumihimo (o.19) | 19 | Sun. Sep. 15 | 1:00 - 4:00pm | \$15 + Materials | \$20 + Materials |
| | | Sun. Oct. 6 | | | |
| | | Sun. Nov. 24 | | | |
| Japanese Homestyle Cooking Demonstration (p.20) | 20 | Mon. Sep. 23 | 7:00 - 10:00pm | \$30 + Materials | \$40 + Materials |
| | | Mon. Oct. 21 | | | |
| | | Mon. Nov. 25 | | | |
| | | Mon. Jan. 20 | | | |
| | | Mon. Feb. 24 | | | |
| Senior's Supper Club (p.21) | 21 | Thu. Sep. 19 | 11:00am - 3:00pm | \$25 | \$30 |
| | | Thu. Oct. 17 | | | |
| Taiko Workshop (p.22) | 22 | Sat. Sep. 7 | 6:00 - 8:00pm | \$25 | \$30 |
| | | Sat. Oct. 5 | | | |
| | | Sat. Nov. 2 | | | |
| | | Sat. Dec. 14 | | | |



BUNKA SHISHU

Needle Punch Embroidery

10 Classes

Bunka Shishu, Japanese “Needle Punch” embroidery, uses rayon lily thread combined with specific stitching techniques to create lovely pieces of art. Students begin by stitching a small pictorial sampler and progress to kits depicting traditional Japanese scenes, flowers, animals, or people.



Classes open to others who wish to complete their stitchery.

Instructors:

Poncey Acromond

Sono Sugie

| Start Date | Time | Level |
|--------------|-------------------|-------|
| Mon. Sep. 16 | 7:30 - 9:30pm | All |
| Tue. Sep. 17 | 10:00am - 12:00pm | All |

Fee: \$72.50 (plus HST) for adults, \$45 (plus HST) for seniors.
Materials are extra and are payable to the instructor.



CHADO URASENKE

Tea Ceremony - The Way of Tea

日本語可

8 Classes

Students will learn procedures for making tea as well as how to integrate the spirit of tea into their study and daily lives.

For people who have previously taken any JCCC Chado course.

Few spots may be available for beginners.

Class instructions will be adapted to the level of experience of students.

| Class Dates | Time | Level |
|---|------------------|-------|
| Sun. Sep. 8, 22 Oct. 6, 20 Nov. 3, 17, 24 Dec. 8 | 11:00am - 1:00pm | All |

Fee: \$90 (plus HST); \$25 for tea and sweets (plus HST)

Please pay \$25 for tea and sweets when you register.

Maximum Number: 9 students

Necessary equipment include: fukusa, kobukusa, yo-ji and kaishi.

Attire: Casual western clothes. Kimono is not required for the class but participants need to bring an extra pair of socks (preferably white) or tabi to change into once they arrive in class.



IKEBANA

Flower Arrangement

Ikebana is the art of arranging flowers or plants to reflect their natural beauty. The JCCC offers classes by the Ikenobo School and the Sogetsu School.

IKENOBO

10 Classes

Ikenobo expresses both the beauty of flowers and the beauty of longing in your heart. Ikenobo considers a flower bud most beautiful. You will take home your creations.

*Instructor: **Betty Lou Arai** - is a Professor of Ikebana - Ikenobo School, headquartered in Kyoto. She has studied in Japan and has been teaching since 1977. The styles of Ikenobo are always changing and Mrs. Arai teaches both modern and traditional styles.*

| Start Date | Time | Level |
|--------------|---------------|-------|
| Wed. Sep. 18 | 7:30 - 9:00pm | All |
| Thu. Sep. 19 | 1:00 - 2:30pm | All |

* No class on Oct. 30 and Oct. 31

Fee: \$75 (plus HST). Materials are extra. Starter Kit, as well as scissors, containers, floral tape, kenzan and kenzan case are available at the JCCC Giftshop.

SOGETSU

10 Classes

Sogetsu Ikebana Toronto East Branch

The Sogetsu School of Ikebana believes anyone can arrange Ikebana anywhere with a multitude of materials. Sogetsu encourages students to be individual and imaginative. There are no limitations to the variety of materials used depending on various levels prescribed in the Sogetsu Text Book used worldwide.

Naomi Abe - Director, Sogetsu Ikebana Toronto East Branch.

*Instructors: **Ruby Chan** and **Ayako Sugino**.*

| Start Date | Time | Level |
|--------------|---------------|--------------------------------------|
| Thu. Sep. 19 | 7:30 - 9:00pm | Beginner & Intermediate |
| Thu. Sep. 19 | 7:30 - 9:00pm | Advanced I,III Extension (Freestyle) |

Fee: \$75 (plus HST). Materials are extra. Starter Kit, as well as scissors, containers, floral tape, kenzan and kenzan case are available at the JCCC Giftshop.



JAPANESE LANGUAGE FOR ADULTS

10 Classes

Students learn the language of modern Japan. Structured classes, in an informal setting, provide the opportunity for active participation and practice.

Instructors: *Akiko Maruoka (Coordinator), Taiko Feldkamp, Noriko Furuya, Natsuko Mayers, Namiki Mochizuki, Hiroko Morris, Kosuke Shimizu, Osamu Shinya, Sachiko Suzuki.*

BEGINNER I provides learners with basic conversation strategies and essential vocabulary. The Hiragana writing system will be introduced. This class is for students who are studying Japanese for the first time.

BEGINNER II builds on the foundation established in Beginner I. The focus remains on practical communication in every day life, as well as a study of basic grammar and Hiragana. The Katakana system will be introduced.

BEGINNER III focuses on practical communication such as asking permission, refusal and expressing preferences. Students are required to finish Beginner II or have basic knowledge of Hiragana and Katakana writing systems. Study will focus on exercising Hiragana and Katakana.

INTERMEDIATE I balances the need to actively communicate with a further deepening of the learner's mastery of reading, writing and grammar. Students need the knowledge of Hiragana and Katakana. Some Kanji will be introduced.

INTERMEDIATE II is a continuation of Intermediate I focusing on developing more fluency in everyday communications.

INTERMEDIATE III is a continuation of Intermediate II focusing on developing more fluency in everyday communications.

CONVERSATIONAL JAPANESE is a class that maintains and improves your knowledge through a variety of oral communication skills. Everyone is welcome if you have completed the Intermediate III or equivalent level.

Textbook:

Beginner I, II, III Japanese for Busy People (Japanese Kana Version) Vol. 1

Intermediate I, II, III Japanese for Busy People Vol. 2

Conversational Japanese – no textbook required

Textbooks can be purchased at the JCCC Gift shop.

| Start Date | Time | Level |
|-------------------------------|---------------|-------|
| Tue. Sep. 17 | 7:00 - 9:00pm | All |
| Fees: \$110 (plus HST) | | |



KITSUKE

Kimono Dressing

日本語可

6 Classes

In the old days in Japan, mothers taught their daughters how to wear kimono. Nowadays, it is quite common to go to a dressing class to learn how to wear kimono, as kimono is no longer the everyday attire in Japan.

In these six classes, you will learn how to wear kimono including explanation of the accessories and preparation needed for dressing and how to tie obi. You will practice repeatedly throughout the course. For those interested, instructions on how to make some of the accessories can be provided after class.

Items needed for this course are:

Kimono, Obi, Obijime, Obiage, Obimakura, Jyuban Hadagi, Koshimaki, Datejime, Koshihimo (2)

| Class Dates | Time | Level |
|--------------------------------------|-----------------|-------|
| Fri. Oct 18, 25, Nov 1, 8, 15, 22 | 7:00pm - 8:30pm | All |

Fee: \$50 (plus HST)
Maximum Number: 8 students

Kimono rental may be available for an additional fee and security deposit. Please indicate at time of registration. Kimono Rental (includes all accessories): \$50 + HST (deposit: \$250)

Instructors:

Kyoko Sugita - "Kimono Fun" co-founder/Discover Japan instructor
Completed all the courses up to the advanced course of actress Chieko Misaki's Kitsuke-kyoshitsu School in Japan

Hiroko Piggott - "Kimono Fun" co-founder/Discover Japan instructor
Through her practice of classical Japanese dance, she regularly wears kimono.

Kimono Fun: In addition to providing kimono dressing services to various events on a voluntary basis, *Kimono Fun* holds regular meetings to study kimono coordination and to seek simpler style of kimono dressing so that going out in kimono will be easier and fun. It also offers workshops to make small kimono items and creates opportunities to wear kimono.



SUMI-E Brush Painting

日本語可

8 Classes

Sumi-e is a traditional Japanese brush painting technique, which is based on using brush and black ink or subtle watercolours on rice paper. This course is open to students of all levels, from beginner to advanced.



Creative Sumi-e Course (Wednesday mornings only)

This course is open for students who have 3 years or more experience in Sumi-e. During this course, students will develop their styles and create artworks of their own and also study Sumi-e techniques of specific historical Japanese artists.

Instructors:

Hiroshi Yamamoto (Hakuho) - Studied Japanese Traditional Art and Art History at the Kyoto Industrial Design Institute Japan and the Kyoto Japanese Art School. Hiroshi has held more than 30 exhibitions in Canada, US as well as in Japan. Hiroshi is a member of Sumi-e Artists of Canada and Yugen Artists Group. He has taught Sumi-e for more than 14 years.

Neli Iordanova - Studied Sumi-e for over 10 years, most recently under Hiroshi Yamamoto. Neli is a member of Sumi-e Artists of Canada, Yugen Artists Group and regularly exhibits her paintings in Toronto and had a show in Japan in 2018.

| Start Date | Time | Level |
|--------------|-------------------|---|
| Mon. Sep. 16 | 7:30 - 9:00pm | Beginner, Intermediate, Advance, Extension |
| Wed. Sep. 18 | 10:30am - 12:00pm | 3 years or more experience |
| Wed. Sep. 18 | 1:30 - 3:00pm | All |

Fee: \$70 (plus HST)

Materials are extra. Brush, sumi (ink stick), suzuri (inkstone) and rice paper are available at the JCCC gift shop.



SHODO Calligraphy**

日本語可

6 Classes

In Japan, calligraphy is considered one of the fine arts. It not only implies the skilful writing of characters in the usual meaning of the English word "calligraphy", but also the entire culture associated with it as a discipline. It is a sister art to poetry and painting.

*Instructor: **Noriko Maeda***

Studied Shodo for many years before establishing Kuran no Kai in 1982, an organization to further the study and teaching of Japanese calligraphy. Ms. Maeda has exhibited her works both in Canada and Japan. www.norikomaeda.com



Calligraphy by Peter Wakayama

Class Dates

Fri. Sep. 20, 27, Oct. 4, 18, 25, Nov. 1

Time

1:00 - 3:00pm
3:00 - 5:00pm
7:00 - 9:00pm

Level

All
All
All

Fee: \$95 (plus HST). Materials are extra.

****THIS POPULAR CLASS IS FULL.**

Please call the JCCC 416-441-2345 to place your name on the waiting list.



HULA

10 Classes

Hula, the ancient dance of Hawaii, has evolved into a modern form that is known for its grace and fluidity of motion. Hula is a discipline of the body, mind and spirit expressing the beauty of the world. It tells stories of almost any phase of life. In this class, students will enjoy a refreshing time and great exercise for their health.

Instructor: Renee Siao

| Start Date* | Time | Level |
|---|---------------|------------------------|
| Mon. Sep. 9 <i>(No class on Mon. Oct. 14 - Thanksgiving / make-up class on Wed. Oct. 16)</i> | 7:00 - 8:30pm | Senior's Class - FULL |
| Thu. Sep. 12 <i>(No class on Thu. Nov. 7)</i> | 7:00 - 8:30pm | Intermediate II - FULL |

***Schedule subject to change.**

Fee : \$65 (plus HST) for seniors class (65 years and over)
\$75 (plus HST)

Please register ONE WEEK PRIOR TO THE FIRST CLASS.





UKULELE

日本語可

8 Classes

Ukulele is a Hawaiian instrument that has gained much popularity in Japan and Canada. Students will learn to play and sing Hawaiian as well as Japanese, American and European popular songs.

Instructor: Harry Kawabe

Experienced players interested in joining can contact instructor Harry at kawabeharry@gmail.com or 905-791-2057.

| Class Dates | Time | Level |
|--|---------------|---------------------------------------|
| Thu. Sep. 5, 19, Oct. 3, 17, 31, Nov. 14, 28, Dec. 12 | 7:00 - 8:00pm | Advanced Beginner |
| Thu. Sep. 5, 19, Oct. 3, 17, 31, Nov. 14, 28, Dec. 12 | 8:00 - 9:00pm | Intermediate (Hoaloha & Piiialoha) |

*Classes run every other week.

Fee: \$60 (plus HST)





ORIGAMI

Fun with Folding Paper

Origami workshops need no previous experience and are open to everyone. The instructor, John Jay Guppy, has been teaching Origami around the GTA and beyond for many years and tailors every session to those who attend. John includes both traditional and new models and provides all the paper that you will need.



*Instructor: **John Jay Guppy***

| Dates | Time | Fee (plus HST)/Workshop |
|--------------|---------------|--------------------------------|
| Thu. Sep. 19 | 7:30 - 9:00pm | \$10 JCCC member |
| Thu. Oct. 17 | | \$7 Non-members |
| Thu. Nov. 21 | | |

To learn more about the Origami Society of Toronto please visit www.origamiToronto.org.

KUMIHIMO

What do the Samurai and Geisha have in common? Both required kumihimo to secure their clothing. Kumihimo loosely translates to “gathered threads.” Through different techniques, a person is able to gather many threads together to create a stronger cord. It is a form of Japanese style braiding. The technique has been around for more than almost 1,500 years and is enjoying a recent surge in popularity with crafters.

*Instructor: **Poncey Acromond***

| Dates | Time | Fee (plus HST)/Workshop |
|--------------|---------------|--------------------------------|
| Sun. Sep. 15 | 1:00 - 4:00pm | \$15 JCCC members |
| Sun. Oct. 6 | | \$20 Non-members |
| Sun. Nov. 24 | | |

\$20 materials fee payable to the instructor



JAPANESE HOMESTYLE COOKING

Demonstration Class

Mr. Shoji Yano is offering 5 cooking demonstrations at the JCCC. Focusing on taste, techniques and special ingredients that make Japanese cuisine unique, Shoji wishes to show that Japanese food is not only easy to prepare and serve, but is also healthy and delicious. Choose one or two workshops, or sign up for them all.

Shoji has been teaching cooking classes at the Canadian Japanese Cultural Centre in Hamilton before he started his manju and cooking demonstration workshops at the JCCC. He is a self-taught hobby chef with a passion for Japanese sweets and home-style cooking. Over time, he has built up quite a repertoire!

Please bring an apron, and be prepared to assist if needed. Each class consists of demonstration lesson, tasting of each dish and clean up.

Enrollment limited to 15 persons per class.

| Dates | Time | Menu |
|--------------|--------------|----------------|
| Mon. Sep. 23 | 7:00-10:00pm | Appetizers |
| Mon. Oct. 21 | 7:00-10:00pm | Steamed Dishes |
| Mon. Nov. 25 | 7:00-10:00pm | Main Meals |
| Mon. Jan. 20 | 7:00-10:00pm | Noodles |
| Mon. Feb. 24 | 7:00-10:00pm | Bento |

Fee (plus HST) : \$25 (JCCC members) /workshop
\$30 (Non-members) /workshop

Materials - \$10 payable to instructor

Class schedule is subject to change.

Please call JCCC reception to confirm before registering.



TAIKO DRUMMING

Taiko workshops are being offered for beginners looking to try taiko for the first time, as well as returning taiko enthusiasts who wish to further develop their skills. Minimum age required is 8 years old.

| Dates | Time | Fee (plus HST) / Workshop |
|--------------|---------------|---------------------------|
| Sat. Sep. 7 | 6:00 - 8:00pm | \$25 JCCC members |
| Sat. Oct. 5 | | \$30 Non-members |
| Sat. Nov. 2 | | |
| Sat. Dec. 14 | | |

Participants must register at least one day prior to workshop. Registration on the day of the workshop will not be accepted.

Private workshops for groups of 5 or more may be arranged - great for family socials, birthday parties or team building activities. Please contact the JCCC to inquire.





JCCC MARTIAL ARTS

GENERAL INFORMATION

All of the martial arts programs operated at the JCCC are affiliated with Japan, and are recognized by Martial Arts federations on both national and international levels. Over the five decades of its operation, we have produced winners and international competitors. Our instructors do much more than teach skills and techniques - they educate students in the tradition and discipline associated with these sports. Classes are geared to different skill levels and age groups. Class observation is recommended before registering for those who are not familiar with Martial Arts.

JCCC MARTIAL ARTS PROGRAM FEES

| Class | Minimum Age | Fees | | | |
|-------------------------------|-------------|---------------------|---------------|----------------|---------------|
| | | Children (up to 14) | Youth (15-21) | Adults (22-64) | Seniors (65+) |
| Aikido (p.27) | 6 | \$38 | \$49 | \$60 | \$49 |
| Aikido - Women's Class (p.27) | 15 | - | \$25 | \$25 | \$25 |
| Iaido (p.28) | 15 | - | \$35 | \$43 | \$35 |
| Jodo (p.29) | 15 | - | \$25 | \$35 | \$25 |
| Judo (p.30) | 7 | \$43 | \$54 | \$65 | \$54 |
| Judo - Women's Class (p.30) | 7 | \$25 | \$25 | \$25 | \$25 |
| Karate (p.31) | 8 | \$38 | \$49 | \$60 | \$49 |
| Kendo (p.32) | 8 | \$38 | \$49 | \$60 | \$49 |
| Kyudo (p.33) | 16 | - | \$44 | \$55 | \$44 |
| Naginata (p.34) | 6 | \$25 | \$30 | \$35 | \$30 |

JCCC MARTIAL ARTS CLASSES YEARLY SCHEDULE

| | Sunday | Monday | Tuesday |
|----------------------------|---|---|--|
| Aikido (p.27) | 9 - 10am Youth +/Weapons 10 - 11:30am Youth +/General 11:40am - 1pm Children/General | 7 - 8am General | 6:30 - 8pm Youth +/Beg. & Gen. 8 - 9:00pm Youth +/Adv. |
| Iaido (p.28) | 1 - 3pm All Ages/General | | |
| Jodo (p.29) | 3:30 - 5pm All Ages/All Levels | | 9:15 - 10:30pm All Ages/All Levels |
| Judo (p. 30) | <u>September - June</u> 1:30 - 3pm Youth /Adult Women's Judo/ Special Club Activities <u>July - August</u> 1:30 - 3pm Youth/Adult Women's Judo | <u>September - June</u> 7 - 8:30pm All Ages/All Belts <u>July - August</u> 7 - 8:30pm All Ages/All Belts | |
| Karate (p.31) | | | 7 - 7:55pm All Ages/White, Yellow and Orange Belts 8 - 9pm All Ages/Green, Blue, Brown, Shodan-ho and Jr. Balck Belts |
| Kendo (p.32) | 8:45 - 10am All Ages/Non-Bogu 10am - 12pm All Ages/Bogu (Drills & Keiko) | 7:30 - 9pm All Ages/Bogu (Advanced Keiko) | |
| Kyudo (p. 33) | | 9 - 10:20pm General | |
| Naginata (p. 34) | 3:30 - 5:30pm All Ages/General | | 9:15 - 10:40pm All Ages/Advanced |

| Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|
| 7 - 8am General | 6:30 - 8pm Youth +/Beg. & Gen. 8 - 9:00pm Youth +/Adv. | 7 - 8am General | 11:30am - 1pm Women's Aikido |
| | 9:10 - 10:40pm All Ages/General | | 2:30 - 4:30pm All Ages/General |
| | | | |
| <u>September - June</u> 7 - 8:30pm All Ages /All Belts <u>July - August</u> 7 - 8:30pm All Ages/All Belts | | <u>September - June</u> 7 - 8:30pm All Ages/All Belts <u>July - August</u> 7 - 8:30pm All Ages/All Belts | <u>September - June</u> 10 - 11:30am All Ages/All Belts <u>July - August</u> <u>NO CLASSES</u> |
| | 7 - 7:55pm All Ages/White, Yellow and Orange Belts 8 - 9pm All Ages/Green, Blue, Brown, Shodan-ho and Jr. Balck Belts | | 8:55 - 9:55am All Ages/White, Yellow and Orange Belts 10 - 11am All Ages/Green, Blue, Brown, Shodan-ho and Jr. Balck Belts |
| 6:45 - 8pm All Ages/Non-Bogu 8 - 9:30pm All Ages/Bogu (Drills & Keiko) | | 7 - 9:00pm All Ages/Bogu (Drills & Keiko) | |
| | | | 11:30am - 2:00pm General |
| | | | |

Levels: Beginner: new to the principle

General: have basic skills and/or have completed beginner classes

Advanced: have taken several sessions of classes

Weapons: Advanced students (min. 5 kyu preferred)



MARTIAL ARTS POLICY

JCCC Membership is required for registration to any martial arts programs. A Martial Arts Application Form (Waiver Form) must be completed in person upon registration.

Fees:

Fees are calculated monthly for participants regardless of how many classes the participant attends. Fees are assessed per calendar month regardless of when students start. Fees are due on or before the 1st of the month. All fees are non-refundable but can be applied to other JCCC Martial Arts Programs.

Fee Discounts (for advance payment ONLY)

Deduct 5% if paying for 3 months
Deduct 10% if paying for 6 months
Deduct 15% if paying for 12 months

Multiple Members Discount

Deduct 10% if more than 1 member of a family studies the same martial arts discipline.

Planned Absences

Whether for travel, work, injury or any other personal reasons, if participants wish to suspend their participation for any whole month(s), and not accumulate fee charges, they can only do so if they submit a suspension/termination form in the month before taking time off (found on p. 38; and also available at JCCC reception or at www.jccc.on.ca). Please note that verbal notification without written notice will not be acknowledged.

The participant must be absent for at least one full calendar month (i.e. the 1st to end of month) to be eligible for exemption.

Those who have already paid in advance can have their paid fees deferred. Without written notice, the JCCC will hold participants responsible for ongoing fee charges.

Withdrawal from Program

If participants wish to withdraw from the program, they must fill out form (found on p. 38, and also available at JCCC reception, or www.jccc.on.ca) and submit it to JCCC reception prior to withdrawal. Without formal written notice, the JCCC will consider participants active and will hold participants responsible for ongoing fee charges. Please note that verbal notification without written notice will not be acknowledged.



AIKIDO

Aikido's founder (or Kaisei), Morihei Ueshiba (1883-1969), "the great master", was a Japanese soldier and philosopher. He founded The Art of Peace or, "way of harmonizing energy" after many years of studying traditional Japanese martial arts including Kendo and Jujitsu. Kaisei developed the circular, flowing movements of Aikido to blend the energy of the attack and redirect these forces harmlessly. Practitioners train to develop their Ki or inner energy as well as their body through vigorous activity.



The JCCC Aikikai first opened in 1969 and is a member of the Aikikai Hombu Dojo, Japan (the world headquarters of the International Aikido Foundation), the Canadian Aikido Federation, and the Ontario Aikido Federation. The dojo has been developed by its honorary chief instructor, Osamu Obata Shihan, 7th Dan, until his retirement in 2018. Obata Shihan began teaching at the JCCC in 1972, after learning Aikido in Japan. Obata Shihan's teaching emphasized circular movements which blend the power of the attacker with the power of the defender. The philosophy of Aikido is revealed in the Japanese proverb: one does not have to fight in order to win. The dojo operates with the principle of "Jita Ittai, helping each other learn".

Aikido offers both physical training and discipline. The JCCC Aikikai offers both regular classes and specialized weapons training using the traditional bokken or wooden sword, jo or staff, and tanto or short sword/knife. Aikido is a non-competitive, defensive martial art open to both genders and all ages and abilities.

The instructors are: Paul Sunn, 6th Dan; Yoshi Ichida, 6th Dan; Masaru Matsubara, 4th Dan; Adrian Iliescu, 4th Dan (Chief Instructor); Masoud Arbani, 4th Dan; Camber Muir, 4th Dan; Collin Brown, 4th Dan; Paul Hui, 3rd Dan. For more information and a beginner's guide, please visit www.jcccaikikai.ca.

| Day | Time | Level |
|----------------|------------------|-------------------------------|
| Mon. Wed. Fri. | 7:00 - 8:00am | General |
| Tue. & Thur. | 6:30 - 8:00pm | *General |
| | 8:00 - 9:00pm | Advanced Only |
| Sat. | 11:30am - 1:00pm | General, Women Only |
| Sun. | 9:00 - 10:00am | Weapons (Min. 5kyu preferred) |
| | 10:00 - 11:30am | General |
| | 11:40am - 1:00pm | Children Only |

General: Open to all levels, including Beginner.

Advanced: 5th kyu rank required. The student must be able to do front and back rolls comfortably and ready to start taking breakfalls.

All classes are open to Youth, Adults and Seniors, unless indicated otherwise.

*Children (6th kyu and up) are welcome to attend the Tuesday General class.

New Aikido students accepted only at the start of each month

Please see www.jccc.on.ca/en/program/martial_arts/aikido.php for summer schedule.



IAIDO

The art of iaido (ee-eye-doh) appears elegant and simple. The student sits or stands quietly, draws out a blade and cuts through the air all in one motion, then calmly returns the blade to the scabbard. To the casual observer there is not a lot to see, however iaido is an exacting art that demands a high level of focus and mental concentration. It is an art of precise motions with only centimeters of tolerance and split second timing. It is also an individual art that involves the student and the sword struggling to achieve perfection of form.

居
合
道



The name “iaido” itself is composed of three ideograms “I”, “AI” and “DO”. “I” means to “reside” or “be” in a certain place; “AI” means “harmony”; and “DO” means “road” or “path”. Hence “iaido” means the path to finding harmony in any situation in which one finds oneself – to be prepared for any eventuality.

Iaido is a very traditional martial art. Japanese culture, etiquette and history are all important aspects of iaido taught at the JCCC. Both the traditional forms of Muso Jikiden Eishin Ryu, which originated in the late 16th century, and the modern forms developed by the All Japan Kendo Federation are taught.

Classes at the JCCC are taught by Goyo Ohmi, Kyoshi 7th Dan; Carole Galligan, Renshi 6th Dan; Tracy Sheppard, 6th Dan; Enore Gardonio, 5th Dan; Michael Hodge, 5th Dan; Bruce Meecham, 5th Dan; Patrick Suen, 5th Dan; Nancy Chau, 5th Dan; and Alan Szeto, 5th Dan.

JCCC iaido club: Mu Mon Kai is a member of the Canadian Kendo Federation (CKF) which is a member organization of the International Kendo Federation (FIK). Any grade achieved will be recognized internationally by any Kendo Federation member clubs. Membership in the CKF has the added benefit of access to some of the top instructors from Japan who make yearly visits to Canada to run instructional seminars to upgrade students’ knowledge and expertise.

Beginners need only wear loose clothing while knee-pads are highly recommended. A limited supply of wooden training swords is available to borrow while practicing onsite. All levels are welcome.

| Day | Time | Level |
|-------|----------------|---------|
| Sun. | 1:00 - 3:00pm | General |
| Thur. | 9:10 - 10:40pm | General |
| Sat. | 2:30 - 4:30pm | General |

New iaido students accepted only on September 8, 2019; January 5, 2020; and May 3, 2020.

For additional information, go to mumonkai.org.



JODO

“The Way of the Staff”. Jodo, a Japanese art of the staff, is designed to defend against someone with a sword. Its spirit is not to injure the opponent but utilize techniques that demonstrate the true versatility of the weapon.

Originating in Fukuoka, Jodo matured during the Meiji and Taisho periods. In 1968, Jodo became an art under the All Japan Kendo Federation curriculum. Today, Jodo demonstrations are held throughout Japan and practiced worldwide. Jodo activities in Canada are overseen by the Canadian Kendo Federation.

Practitioners will learn the use of the staff and sword in a non-competitive environment using kata-based partner training. Jodo techniques include: striking, thrusting, blocking, parrying, pinning, and sweeping. Through Jodo, one learns dexterity of movement and the development of the mind, body, and spirit. The art is suitable for adults and youth.

Beginners need only wear loose clothing. A limited supply of jo (wooden staff) and bokuto (wooden sword) are available.

Please note that the Jodo program does not offer trial classes.

The Jodo program instructors are Kevin Hyatt, 4th Dan and David Lee, 4th Dan with assistant instructor Marianne Matchuk, 4th Dan.

Day

Sun.

Tue.

Time

3:30 - 5:00pm

9:15 - 10:30pm

Level

General

General





JUDO

Judo - "the Way of Gentleness" was founded by Dr. Jigoro Kano in 1882 to develop a martial art into a way of life and a sport based on overarching principles concerning the development of physical, mental, and moral culture.

The sport of Judo is practiced worldwide and is best known for its spectacular throwing techniques, specialized grappling techniques including controlled hold-downs, elbow joint-locks and choking submission techniques. The study of Kodokan Judo also includes kata - forms of throwing, grappling and self-defence techniques and principles.

Children, youth and adults can practice and enjoy the sport regardless of age or gender. Judo training can improve balance, flexibility, coordination, aerobic fitness and physical strength, with inherent improvement in self-confidence, concentration, and self-discipline.

JCCC Judo Kai individual competitors have won gold medals at the Canada Winter Games, Canadian Open and Elite Invitational Judo Championships, and multiple medals representing Canada at international competitions. JCCC Judo Kai teams won the 2013 and 2014 Ontario Club Championships, and have won provincial and national medals in kata competitions.

The JCCC Judo Kai was recognized as 2018 Club of the Year by Judo Ontario.

JCCC Judo Kai program instructors include:

Ken Fukushima - Head Instructor, 3rd Dan,
NCCP Level 3 Certified Competition Development Coach
Russ Takashima - Club Administrator, 3rd Dan, NCCP Level 2 Certified Dojo Instructor
Robert Varga - 7th Dan, 2005 World Masters Champion
Gerald Okimura - 5th Dan, IJF Confederal referee and national kata judge,
NCCP Level 2 Certified Dojo Instructor
Shujon Mazumder - 4th Dan, 8-time National Champion,
NCCP Level 2 Certified Dojo Instructor

Assistant instructors include Matthew Dales, Miki Fukushima, Fumio Ishiguro, Andrew James, John MacKenzie, Alexandre Pestov, Darrell Sakaue, Steve Shannon, Huy Truong.

The JCCC Judo Kai offers a full range of classes and training for recreational and competitive students of all ages throughout the week.

For further information, please visit: http://www.jccc.on.ca/en/programs/martial_arts/judo.php
September - June

| Day | Time | Level |
|------------------|-----------------|-----------------|
| Mon. Wed. & Fri. | 7:00 - 8:30pm | All Belts |
| Sat. | 10:00 - 11:30am | All Belts |
| Sun. | 1:30 - 3:00pm | Women's Judo ** |

July - August (Summer Schedule)

| Day | Time | Level |
|------------------|---------------|-----------------|
| Mon. Wed. & Fri. | 7:00 - 8:30pm | All Belts |
| Sun. | 1:30 - 3:00pm | Women's Judo ** |

* New students for the 3-month beginner sessions (ages 7 and up) are accepted within the first ten days of October, January, April and July.

** Special events/technical seminars on selected Sundays.



SHITO-RYU ITOSU-KAI KARATE AND KOBUDO

Shito-Ryu Itosu-Kai is one of the main karate styles from Japan. Like all martial arts, karate is physically and mentally demanding. Beginners are not expected to be in top condition; they are expected only to try their best and to have a positive mental attitude. Great physical and mental development will take place as the student progresses. Students are advised to explore any physical limitations with their physician before they begin. Adults and children (as young as 7) excel at karate, leading to great physical and emotional



benefits. They experience greater self-confidence and achievement at school or work. Members in their sixties have earned black belts and continue active participation into their eighties. Shito-Ryu Itosu-Kai combines the greatest traditions of Okinawan and Japanese Karate, the styles evolving from the life works of such legendary masters as Yasutsune Itosu (1830-1915), Kanryo Higashionna (?-1915), Kenwa Mabuni (1888-1952) and Ryusho Sakagami (1915-1992).

Shito-Ryu Itosu-Kai Karate and Kobudo has been at the JCCC since 1963 under the instruction of Kei Tsumura Shihan, 8th Dan, chief instructor of Canada.

Shito-Ryu Itosu-Kai Karate and Kobudo is an affiliate member of the All Japan Shito-Ryu Itosu-Kai Karate Association. The chief instructor in Japan is Sadaaki Sakagami Soke, 9th Dan.

At the JCCC, the chief instructor is Kei Tsumura Shihan, 8th Dan. JCCC sensei include: Shito-Ryu Itosu-Kai Karate and Kobudo, Mark Uyeda, 6th Dan; Daniel Tsumura, 6th Dan; Peter Hanzal, 5th Dan; Jim Hung, 2nd Dan; Victor Korol, 1st Dan; Tim Chan, 1st Dan; Paul Takasaki, 1st Dan. All students at the JCCC are registered directly with the All Japan Shito-Ryu Itosu-Kai Association in Japan.

| Day | Time | Level |
|---------------|---------------|---|
| Tue. and Thu. | 7:00 - 7:55pm | White, Yellow and Orange Belts |
| | 8:00 - 9:00pm | Green, Blue, Brown, Shodan-ho and Jr. Black Belts |
| Sat. | 8:55 - 9:55am | White, Yellow and Orange Belts |
| | 10:00 - 11am | Green, Blue, Brown, Shodan-ho and Jr. Black Belts |

All who intend to register are required to attend an introductory session (offered monthly) before signing-up. Please speak with JCCC Reception regarding session dates.

Please arrive and be ready for class 15 min before class start time.

NEW Full two hour class - Last Saturday of each month (Holidays excepted)

9:00am - 11am, All belt level class

Jr. Black & Black Belts, All Black Belts attending class must attend full 2 hour class times. Classes may be cancelled due to weather conditions. Please check with the JCCC reception desk.



KENDO

“The Way of the Sword,” Kendo, is the Japanese art of fencing based on the techniques of the two-handed sword of the samurai. The term “Kendo” implies spiritual discipline, as well as fencing technique. Wearing protective equipment and using bamboo training swords, students practice a variety of movements of attack and defence. Most fundamental are stance, footwork, cuts, thrust and parries. Several members have been selected to represent



Canada in international competition including the World Kendo Championship held every 3 years. Instructors of the class are held in high esteem, both nationally and internationally.

The JCCC Kendo Club is proud to have Morito Tsumura, Hanshi 8th Dan (Shihan); Bryan Asa, Renshi 7th Dan (Chief Instructor); Roy Asa, Kyoshi 7th Dan; Goyo Ohmi, 6th Dan; Akihiko Hamaba, 6th Dan; Shane Asa, 6th Dan; Ryo Tamaru, 6th Dan; Steve Nakatsu, 5th Dan; Elliott Altilia, 5th Dan as Sensei. Andrew Asa, 4th Dan, Heron Lau, 4th Dan, and Dennis Daley, 3rd Dan are assistant instructors. These sensei exemplify the spirit of kendo and have experience in Japan and throughout the world.

For more information, please visit www.jccc.on.ca/en/programs/martial_arts/kendo.php

| Day | Time | Level |
|------------|-------------------|----------------------------------|
| Sun. | 8:45* - 10:00am | Non-Bogu** (Beginner) |
| | 10:00am - 12:00pm | Bogu*** (Drills, Lessons, Keiko) |
| Mon. | 7:30 - 9:00pm | Bogu (Advance Keiko) |
| Wed. | 6:45* - 8:00pm | Non-Bogu** (Beginner) |
| | 8:00* - 9:30pm | Bogu (Drills, Lessons, Keiko) |
| Fri. | 7:00 - 9:00pm | Bogu (Drills, Lessons, Keiko) |

*Please arrive 15 min earlier for warm up exercises

**NON-BOGU - WITHOUT EQUIPMENT (Beginner)

***BOGU - WITH EQUIPMENT

New Kendo registrants accepted only on the first Sunday or Wednesday in January, March, May, September and November.



KYUDO

Japanese Archery

Kyudo literally means “the Way of the Bow” and is the Japanese martial art of archery. Until the 15th century the bow and arrow were the primary weapons of the samurai. Historically there were two main lineages, archery on foot which focused on ceremonial tradition emphasizing ritual and etiquette and mounted archery, the warrior style, which put priority on technique and accuracy at hitting the target.



In modern Kyudo, the bow no longer serves as an implement of war, rather it is used as a means for self-development, and moral and spiritual growth. Kyudo is often described as “standing meditation”. The student of Kyudo learns to control breathing and the mind, not becoming oblivious to his surroundings, but rather becoming acutely aware of them. This teaches

the practitioner to react calmly and resolutely to his environment.

Regular Kyudo practices with instruction are held once a week on Saturday. Monday night classes are voluntary, open practices (formal instruction will not be given). Introductory sessions for beginners will be held at intervals; students completing the introductory session will be streamed in to the regular program. All necessary basic equipment is provided by the JCCC. Please contact the JCCC for further details.

Sensei: Mie Takahashi, Renshi 5th Dan

| Day | Time | Level |
|------|------------------|---------|
| Sat. | 11:30am - 2:00pm | General |
| Mon. | 9:00 - 10:20pm | General |

Students without prior experience must complete a 15 week Introductory Course for beginners in order to be accepted in the regular program. Please contact the JCCC for details about the next Introductory Session.

Students with prior experience please inquire with JCCC.



NAGINATA

Since 2003, the JCCC Naginata Club has instructed members in the art of the Naginata, or Japanese polearm. Use of the naginata dates back to the 7th Century, but in the 15th Century, it was phased out on the Japanese battlefield in favour of the yari, or spear. The “obsolete” naginata were given to the women of samurai families, and thus the knowledge of the naginata became a normal part of girls’ education. In the years since World War II, the art of Atarashii Naginata (“new” Naginata) has spread beyond Japan to fifteen other countries, including Canada, with regular national and international competition for both women and men. Club members regularly participate in seminars and tournaments in Canada and abroad, including the upcoming 2019 World Naginata Championships in Germany.

We teach Atarashii Naginata, the modern sporting form of the art. Naginata is a new art in Canada, and our club is proud to help build this art in Canada. Day to day classes are led by our senior students: Kaori Kubo, 5th Dan; Susan Davis, 3rd Dan; Tomas Almonte, 3rd Dan; and Jordan Macklem, 3rd Dan.

Our students also have the opportunity to study the classical (koryu) art of Tendo-ryu naginatajutsu, including seminars organized by the Shin Getsu Kai and Bitoku Kai. Tendo-ryu dates back to the late 1500s, and was taught to high school girls across Japan before World War II. Students interested in Tendo-ryu will need to attend one or more of our monthly out-of-town practices to begin their training, and attendance at an annual week-long seminar, held at the end of June, will be necessary to progress.

We have a limited supply of naginata for the use of new members. As students progress, they’ll be expected to obtain equipment at their own expense, to join the Canadian Naginata Federation, and to cover the costs of seminars, tournaments, and promotion tests that they participate in.

| Day | Time | Level |
|------|----------------|---------|
| Sun. | 3:30 - 5:30pm | General |
| Tue. | 9:15 - 10:40pm | General |

New students are always welcome.





WEST MEETS EAST

JAPANESE BUSINESS & PROTOCOL TRAINING

Through West Meets East human resource training seminars, the JCCC provides Canadian businesses with the knowledge and strategies crucial to establishing and maintaining productive relationships with Japanese organizations and individuals. Since 1987, West Meets East has been helping North American firms, as well as educational and government organizations, to deal effectively with obstacles and create profitable relationships.

Please call James Heron at 416-441-2345 ext. 224 for more information.

YAMAHA MUSIC COURSE

日本語可

KEYBOARD

FREE introductory lessons! Learn to play the electronic keyboard using the world renowned Yamaha Music Education System. Music of all styles is taught in a motivating group setting. Class times are available for both seniors and adults. (Beginner, Intermediate and Advanced, Basic Theory). Please call for up to date information on specific times. There are 10 classes per session. Sessions run year round.

Start date: Please contact the instructor Yamaha Music School at 416-224-5590 or school@yamaha.ca

Time: Thur. 12:00pm – 1:00pm, and 2:30pm – 3:30pm

Class fee: \$157.50 per 10 week session

4 FREE LESSONS for new students

Private lesson: Private lesson: \$28.00 per half hour + Registration fee \$50.00

日本語可

JCCC /JSS COLLABORATIVE WORKSHOPS

From time to time, the JCCC and the Japanese Social Services (JSS) will be offering collaborative workshops to support the needs of the Japanese-speaking community and Centre members. JSS is a non-profit, charitable organization providing bilingual professional social services such as counseling and educational programs to the Japanese ethno-cultural community in the Greater Toronto Area.

Please call 416-385-9200 or visit www.jss.ca for more information.



WYNFORD SENIORS CLUB

Meets the first and third Wednesdays of each month. Enjoy social, recreational activities and bowling. Please call Bev Fujimoto at 416-293-9196 or email: bfujimoto50@yahoo.ca for more information. JCCC Membership required.

We bowl Monday morning and Friday morning at Parkway Bowl. If you are interested in joining us, please contact Dawna Kobayashi at 416-407-8102.

JCCC PING PONG CLUB

Fee: \$5 (HST included) per session

Time: Thurs. 7:00 – 9:00pm

Age: Must be 18 years and older

JCCC can provide some paddles, so please just come and enjoy playing ping pong!
JCCC Membership required.

JCCC BRIDGE

The Tuesday Afternoon Game begins at 12:15pm. The Friday Evening Game begins at 7:15pm. Both games are preceded by a short session of bridge tips.

Please call Gord Mori at 905-471-7235 or Eiji Kujirai at 647-920-5234 for more information. JCCC Membership is required.

JCCC KARAOKE

Meets twice a month, Saturday evenings at 7:00pm. Enjoy learning and singing new songs and make new friends. Please call Bob Nishikawa at 416-984-4111 for more information. JCCC Membership required.

JCCC TOKEN KAI

This welcoming study group focuses on Japanese art swords, fittings and armour. Our aim is to broaden the knowledge of members and guests. JCCC members can join for a yearly fee of \$20. Please contact Tony Martin (President) at tony.jmartin45@gmail.com or 647-533-8498 for more information. We welcome beginners!



AYAME KAI

Ayame-Kai's mandate is to promote awareness and respect of Japanese culture and to preserve a part of Japanese heritage through dance. The group was founded by the late Barbara Nikaido and celebrated their 25th Anniversary in 2009. Today, they have a vibrant group of dancers ages 4 and up, with lessons held on Friday evenings. The family-oriented environment fosters a love of odori dancing and life-long friendships. They have performed all over North America at various festivals and events, and continue to have opportunities to perform throughout the year. For more information please contact Susan Nikaido at ayamekai.group@gmail.com. JCCC Membership required.

SAKURA KAI

For nearly sixty years, Sakura Kai has taught the graceful skills of odori (Japanese dancing) to students 5 years and older. Learn traditional folk (minyo) and semi-classical (buyo) dances largely influenced by the Fujima-ryu style on Sunday afternoons. Please contact Irene Iseki at sakurakai_odori@yahoo.ca for more information. JCCC Membership required.

HIMAWARI BUYO-KAI

Learn Minyo and Buyo with Keiko Omori Thursday afternoons at 1:00pm. Please call Mrs. Omori at 416-531-2749 for more information. JCCC Membership required.

OHANA HULA

Ohana Hula, in the spirit of the Centre's motto, "Friendship through Culture," aims to build friendships through participation in Hula dancing and performances, as well as to promote good physical and spiritual health. For inquiries, please contact reneesiao@gmail.com. JCCC Membership required.

JCCC CULTURAL CLASS/ WORKSHOP REGISTRATION FORM

クラス・ワークショップ申込用紙

Name: Mr/Mrs/Ms/Dr _____

Address: _____

City: _____ Postal Code: _____

Telephone (Res.): _____ (Bus.): _____

E-mail: _____ @ _____

Signature of parent/guardian if participant is 18 or under: _____

By registering, you accept the conditions laid out in the JCCC Code of Conduct.

If new membership is required, please fill out the form on the reverse side.

Membership #: _____ Expiry Date: _____

Class Attendee Name (if different than above):

| Name of Course/Workshop | Level | Start Date | Fee |
|-------------------------|-------|--------------|----------|
| 1. _____ | | | \$ _____ |
| 2. _____ | | | \$ _____ |
| | | Subtotal | \$ _____ |
| | | HST | \$ _____ |
| | | TOTAL | \$ _____ |

Method of Payment

() Cheque, payable to JCCC () Cash () Credit Card Security Code _____

VISA/MC/Amex _____ Expiry Date _____

Signature: _____ Date: _____

| |
|--|
| Office Use ONLY: Receipt # _____ Date: _____ |
|--|



Martial Arts Suspension Form

Name: _____ Membership #: _____ Exp. _____ / _____ / _____

Martial Arts: **Aikido / Iaido / Judo / Karate / Kendo / Kyudo / Naginata**

- Withdraw: from _____, 20____ month _____ year
- Temporally Suspend: from _____, 20____ month _____ and return _____, 20____ month _____ year

Reasons:

- Injured
- Personal Reason
- Moving
- Other: _____

Policy: Any payments made to JCCC (including membership and class fee) are not refundable. Please inform us of your absence in advance.the month.

Signature: _____ Date: _____



6 Garamond Court
Toronto, ON M3C 1Z5
www.jccc.on.ca

JAPANESE CANADIAN
CULTURAL CENTRE
日系文化會館

MEMBERSHIP APPLICATION

Name: Mr/Mrs/Ms/Dr _____ Apt. No. _____
Address: _____
City: _____ Prov. _____ Postal Code _____
Home Tel: _____ Bus. Tel: _____
E-mail: _____
Signature: _____ Date: _____

**Family applications, please complete the following:*

Spouse's Name: _____
Names of Children Dates of Birth:(MM/DD/YY)
1. _____ / _____ / _____
2. _____ / _____ / _____

I would like to receive Planned Giving/Estate Planning Information

New Member **Renewal** in the following category:

Regular Member

- Individual (18 and over) **\$33.90/yr**
- Family* (incl. Children 17 and under) **\$56.50/yr**

Senior Member

- Senior (65 and over) **\$22.60/yr**
- Senior Family* **\$39.55/yr**

Above fees include HST

Supporting Member (includes applicable membership due, please indicate membership category from above)

- Partner **\$150/yr**
- Leader **\$500/yr**
- Ambassador **\$1,000/yr**

I'd like to receive the newsletter by:

- e-mail (valid e-mail address required) regular mail

In addition to my membership fees,

Please accept my donation of \$ _____

A charitable receipt will be issued for donations over \$10.00

I have enclosed

- a cheque VISA MC Amex for \$ _____

VISA/MC/Amex card # _____

Security Code # _____ expiry date _____

(Cardholders may also register by fax 416-441-2347 or phone 416-441-2345)

FOR OFFICE USE ONLY
MEMBERSHIP NO. _____ EXPIRY DATE _____ RECEIPT NO. _____ AMOUNT _____ DATE _____