The background of the entire page is a photograph of a traditional Japanese temple. In the foreground on the right, there is a large, multi-tiered stone lantern (andon) with intricate carvings. To the left, there are branches of cherry blossoms in full bloom, with white and light pink flowers. In the background, a wooden building with a traditional Japanese roof is visible, partially obscured by the blossoms. The overall scene is bright and festive, capturing the essence of spring in Japan.

# Classes and Activities Spring 2025



JAPANESE CANADIAN  
CULTURAL CENTRE  
カナダ日系文化会館





## ***“Friendship through Culture”***

***Since our inception in 1963, the Japanese Canadian Cultural Centre’s motto has been “Friendship through Culture”.***

***With 250,000 annual visitors, the Centre is now one of the largest and most vibrant Japanese cultural centres in the world, offering a broad spectrum of programs including traditional and contemporary Japanese performances, film screenings, seasonal festivals, art and history exhibitions, Japanese language classes and a wide range of courses and workshops in Japanese cultural arts and music. The JCCC is home to the world-class Kobayashi Performance Hall and boasts state-of-the-art dojos where over 600 members pursue 8 different martial arts disciplines. It is also home to the internationally recognized Toronto Japanese Film Festival, the Moriyama Nikkei Heritage Centre, and important community partners such as the Michelin-starred Kaiseki Yu-zen Hashimoto restaurant and the Ikebata Daycare Centre.***

***The JCCC’s vision is to enrich lives globally through the celebration of Japanese culture and Japanese Canadian heritage. Our mission is to promote understanding, inclusion, and friendship by sharing the Japanese Canadian experience and traditional and contemporary Japanese culture. The JCCC is a member-supported registered charitable organization.***

***To uphold this vision, over one hundred instructors volunteer their time to teach over 30 different programs and classes here at the JCCC. And in turn, thousands of members have the opportunity to enjoy, learn and excel in many Japanese cultural arts.***

***It is our hope that everyone who participates in our programming can experience the uniqueness of Japanese culture and enjoy the company of fellow members who share that passion.***

***James Heron, Executive Director***

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Information printed in this guide is correct as of September 1, 2024.



JAPANESE CANADIAN  
CULTURAL CENTRE  
カナダ日系文化会館



## ***The JCCC: A Solid Past, an Exciting Future***

For over 60 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.

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.

Under the guidance of the architectural firm Kuwabara Payne McKenna Blumberg Architects, the JCCC has taken on a new look and feel, which is designed and has the facilities for the 21st century.

The JCCC offers a wide variety of Japanese cultural programs and experiences for its 4,300 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



# Cultural Arts, Recreation and Workshop

## JCCC Membership

JCCC Membership is required for registration to any cultural arts or recreation classes.

The JCCC welcomes non-members to participate in their seasonal workshops. All fees are payable in advance.

## Minimum Age

Most Cultural and Recreational programs have a minimum requisite age of 18 years. Selected programs have different age minimums. Please check before registering. For further information, please contact JCCC Reception by email [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) or phone at 416-441-2345.

## Fee

All fees are payable in advance. We accept credit cards, debit, cheque and cash. A \$20.00 administration fee will be charged on returned cheques. For any other issues with payment, the JCCC reserves the right to charge a 15% administration fee.

## Refund

Any payments made to the JCCC (including membership, class and workshop fees) are non-refundable, non-transferable and non-deferable.

## Reimbursement

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

If you have any inquiries, please contact the JCCC Reception by email [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) or by phone at 416-441-2345.

## How To Become A JCCC Member

Submit a membership application with a membership fee payment.

For more details, please see page 41 or visit [www.jccc.on.ca](http://www.jccc.on.ca)

## How To Register

Follow the registration prompts on the class webpage. To register by email or phone, credit card payment is required. Otherwise, please register in person or online.



[jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)



416-441-2345



[www.jccc.on.ca](http://www.jccc.on.ca)

All forms can be downloaded at [www.jccc.on.ca](http://www.jccc.on.ca) or pick up at the JCCC Reception.

## Cultural Arts Class Schedule

Class	Day	Time	Start Date	# of classes	Level	Fee
Bunka Shishu	Tue.	10:00am - 12:00pm	Apr. 1	10	All	Adults – \$95 Seniors – \$65
	Fri.	1:00pm - 3:00pm	Apr. 4			
Chado	Sun.	10:30am - 12:00pm	Mar. 23	3	Introductory	\$63
Ikenobo	Wed.	7:30pm - 9:00pm	Apr. 30	10	All	\$112.50
	Thu.	1:00pm - 2:30pm	May 1			
Sogetsu	Sat.	10:30am - 12:00pm	Apr. 5	5	Beginner 1	\$150
	Sat.	12:30 - 2:00pm	Apr. 5	4	Beginner 2	\$120
	Sat.	10:30am - 12:00pm	Apr. 26	3	Advanced	\$90
	Sat.	12:30 - 2:00pm	Apr. 26	3	Intermediate	\$90
Japanese Language	Tue.	7:00 - 9:00pm	Apr. 8	10	Intro, Beg 1, 2, 3 & Int. 1, 2, 3	\$130
	Tue.	7:00 - 9:00pm	Apr. 8	10	Beg. 1 - online	
	Wed.	7:00 - 9:00pm	Apr. 9	10	Intro, Beg 1, 2 & 3 - online	
	Thu.	7:00 - 9:00pm	Apr. 10	10	Int. 1, 2, 3 & Adv. 1 - online	
Sumi-e	Mon.	7:30 - 9:00pm	Apr. 7	8	Beginner 1 & 2	\$105
	Wed.	1:30 - 3:00pm	Apr. 2	8	Beg. 1 & Int. 2	
	Wed.	1:30 - 3:00pm	Apr. 2	8	Beg. 2 & Int. 1	
	Wed.	1:30 - 3:00pm	Apr. 2	8	Advance 1 & 2	
	Wed.	10:30am - 12:00pm	Apr. 2	8	Creative	
Taiko	Sat.	6:00 - 7:00pm	Apr. 5	10	Beginner	\$250
	Sat.	7:15 - 8:15pm	Apr. 5	10	Intermediate	
	Sun.	6:30 - 7:30pm	Apr. 6	10	Beginner	
	Sun.	7:45 - 8:45pm	Apr. 6	10	Intermediate	



## Recreation Class Schedule

Class	Day	Time	Start Date	# of classes	Level	Fee
Hula	Mon.	6:30 - 8:00pm	Apr. 7	10	Hula 1	Adults – \$110
	Thu.	6:30 - 7:30pm	Apr. 3	10	Beginner	
	Thu.	7:00 - 8:30pm	Apr. 3	10	Hula 2	

\*HST will be added to all fees written above.

## Workshop Schedule

Class	Dates	Time	Fee per day
Active Seniors Cooking Class	Mar. 27 May 22 Jul. 17	11:00am - 3:00pm	JCCC Members – \$25 Non-members – \$30

\*HST will be added to all fees written above.

JCCC Membership is required for registration to any cultural arts or recreation classes. The JCCC welcomes non-members to participate in their seasonal workshops. All fees are payable in advance.

Full payment must accompany registration. We do not guarantee or hold spots without payment.

文化刺繍

Bunka Shishu

# BUNKA SHISHU

## Needle Punch Embroidery

Bunka Shishu, Japanese “Needle Punch” embroidery, is a beautiful form of art. It uses rayon lily thread combined with specific stitching techniques. Participants will progress through three progressive levels of stitching.

10 classes.

Minimum Age: 18

New Students: Start of Series

Series Start: Spring, Fall

\* This program welcomes beginners and those continuing with unfinished pieces. New participants should bring pencils, scissors/clippers and a plastic bag.

### Tuesday Class – All levels

TIME	START	END
10:00am - 12:00pm	Apr.1	Jun. 3

### Friday Class – All levels

TIME	START	END
1:00pm - 3:00pm	Apr. 4	Jun. 20

\* No classes: Apr. 18 (Good Friday), May 2 (JCCC Bazaar)



### Fee

Adults – \$95 plus HST

Seniors – \$65 plus HST

\* Bunka Shishu supplies are available for purchase through the instructor. Pricing will vary based on the kit and supplies. These fees are to be paid directly to the instructor.

Instructors: Poncey Acromond, Sono Sugie



# CHADO

## URASENKE: Wa Kei Sei Jaku Koyoshitsu Tea Ceremony - The Way of Tea

茶道  
Chado

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

This course is for people who have previously taken any JCCC Chado course. Class instructions will be adapted to the level of experience of students. The Introductory course will cover how to consume sweets and tea as a guest, etiquette and historical background.

3 classes.

Minimum Age: 18

New Students: Start of Series

Series Start: Spring, Fall



Level	Date	TIME	START	END
Introductory <b>3 classes</b> (new students welcome)	Sunday	10:30 - 12:00pm	Mar. 23	Apr. 6

**Fee**  
\$63 plus HST.

\*It may be necessary to sit on your knees for more than twenty minutes to do most of the procedures during the classes. However, we will be in various groups where we will be using the table and chair method as well. Any physical or dietary concerns should be brought forward. (Sweets served may contain beans, eggs, soy, flour, rice, dairy, sesame or other allergens.)

\*\*Attire: Bring clean white socks or tabi to change into for the class. Modest attire-mid calf skirt/ dress or trousers is most comfortable (no jeans). Avoid wearing perfumes, fragrances or bright nail polish. Remove any finger jewelry and watches.

Instructors: Sachiko Iwata, Kazuko Baba, Sumiko Yamashita

活け花  
池坊

Ikebana  
Ikenobo

## 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

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.

10 Classes\*

Minimum Age:18

New Students: Start of Series

Series Start: Spring, Fall

#### Wednesday Class – Beginner & Advanced

TIME	START	END
7:30 - 9:00pm	Apr. 30	Jul. 2

#### Thursday Class – Beginner & Advanced

TIME	START	END
1:00 - 2:30pm	May 1	Jul. 3



Fee: \$112.50 plus HST

\* Materials, \$150, are extra and payable to the instructor in the first class either by cash or cheque.

\*\*Starter Kit, as well as scissors, containers, floral tape, kenzan and kenzan case are available at the JCCC Gift Shop to registered students.

Head Instructor: Betty Lou Arai

Instructor: Teresa Isaacs



活け花  
草月  
Ikebana  
Sogetsu

# SOGETSU

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 Textbook used worldwide.

**Prerequisites:** Sogetsu is a progressive course, students must complete Beginner 1 before moving on to the next level. Students who have completed Beginner 2 can advance to the Intermediate level. Intermediate level leads to the Advanced level.

3-5 classes

Minimum Age:18

New Students: Start of Series

Series Start: Spring, Fall

**Saturday – Beginner 1, 5 classes**

**Instructor: Ruby Chan**

TIME	START	END
10:30am - 12:00pm	Apr. 5	Jun. 14

**Fee: \$150 plus HST**

Materials, \$125 plus HST, are extra and payable to the instructor in the first class either by cash or cheque.



**Saturday – Beginner 2, 4 classes**

**Instructor: Ruby Chan**

TIME	START	END
12:30 - 2:00pm	Apr. 5	Jun. 7

**Fee: \$120 plus HST**

Materials, \$100 plus HST, are extra and payable to the instructor in the first class either by cash or cheque.

**Saturday – Intermediate, Advanced, monthly 3 classes**

**Instructor: Ayako Sugino**

TIME	SCHEDULE	LEVEL
10:30am-12:00pm	Apr. 26, May 24, Jun. 7	Advanced
12:30pm-2:00pm	Apr. 26, May 24, Jun. 7	Intermediate

**Fee: \$90 plus HST**

Materials, \$75 plus HST, are extra and payable to the instructor in the first class either by cash or cheque.

Director: Naomi Abe, Sogetsu Ikebana Toronto East Branch  
Instructors: Ayako Sugino, Ruby Chan

\*\*Starter Kit, as well as scissors, containers, floral tape, kenzan and kenzan case are available at the JCCC Gift Shop to registered students.

## JAPANESE LANGUAGE FOR ADULTS

Students learn the language of modern Japan. Structured classes, in an informal setting, provide the opportunity for active participation and practice. 10 classes.

Level	Date	TIME	START	END
All levels – In Person Introductory, Beg 1,2,3, Intermediate 1, 2, 3	Tuesday	7:00 - 9:00pm	Apr. 8	Jun. 10
Beginner 1 – Online	Tuesday	7:00 - 9:00pm	Apr. 8	Jun. 10
All levels – Online Introductory, Beg 1,2,3	Wednesday	7:00 - 9:00pm	Apr. 9	Jun. 11
Intermediate 1, 2, 3, Advance 1 - Online	Thursday	7:00 - 9:00pm	Apr. 10	Jun. 12

**INTRODUCTORY** is designed for students who are studying Japanese for truly the first time. The Hiragana reading and writing system, greetings, simple phrases, fun cultural topics and travel tips to Japan will be introduced. This course is led without a textbook.

**BEGINNER 1** introduces the Katakana reading and writing system, basic grammar, conversation patterns and essential vocabulary, related to self-introduction, shopping and traveling. Students should already be able to read the 46 Hiragana letters.

**BEGINNER 2** focuses on practical communication in everyday life and a study of basic grammar, such as conjugation of verbs and adjectives. Students must have completed Beginner 1 or have equivalent knowledge of Japanese as well as Hiragana reading and writing systems.

**BEGINNER 3** focuses on practical communication, such as requesting or asking permission. Students must have completed Beginner 2 or have equivalent knowledge of Japanese as well as Hiragana and Katakana writing systems.

**INTERMEDIATE 1** balances active communication with a further deepening in mastery of reading, writing and grammar. Knowledge of Hiragana and Katakana is required. Some Kanji will be introduced.

**INTERMEDIATE 2** is a continuation of Intermediate 1, developing fluency in everyday communications.

**INTERMEDIATE 3** is a continuation of Intermediate 2, developing fluency in everyday communications.

**Series Fee: 10 classes, \$130 plus HST**

### Textbook

Introductory Course – No textbook

Beginner Courses – Japanese for Busy People Vol.1 (Japanese Kana Version, rev. 4th edition)

Intermediate Courses – Japanese for Busy People Vol.2 (rev. 4th edition)

Advanced Courses - Japanese for Busy People Vol 3 (rev. 4th edition)

\*Textbooks can be purchased at the JCCC Gift Shop at time of REgistration or during the first 2 weeks of class.

Coordinator: Akiko Maruoka

Instructor: Taiko Feldkamp, Noriko Furuya, Natsuko Mayers, Namiki Mochizuki, Kumiko Kitai, Aya Suemitsu, Michiko Sakamoto, Maiko Mori, Emma Nagata, Airi Ogata

**ADVANCE 1** focuses on larger social topics. Students will be able to have meaningful conversations, to listen to others and to express their opinions.

**ADVANCE 2** is a continuation of Advance 1, developing listening and speaking skills.

**ADVANCE 3** is a continuation of Advance 2 and covers language for advanced business situations.

### Japanese Language Class FAQ

Q. How many students are there in a class?

A. There are a maximum of 20 students in person, and 15 students online.

Q. Can I request to be placed in the same class as my friend?

A. Yes, please write down your request on the registration form.

Q. I am not sure whether I registered for the appropriate level. Can I change classes after the session has started?

A. An assessment questionnaire/test (all levels) is now available at [jccc.on.ca/programs/cultural-classes/japanese-language](http://jccc.on.ca/programs/cultural-classes/japanese-language). For those participants unsure of which level to register in, this self-evaluation will help to determine the level they best fit in.

Q. How do I know which room to go to on the first day?

A. There will be an information board set up by the entrance for the first 2 weeks. Please look for your name to see which classroom you have been assigned to.

Additionally, the registration confirmation email sent to participants will provide specifics of the classroom and teacher they have been assigned to.

Q. I am not able to attend the first class. Can I join from the second class?

A. Yes, you can join from the second class. We will inform the instructor. You will still be charged the full rate.

Q. Do I receive a certification after completing the course?

A. Students who complete Beginner 3 or Intermediate 3 will receive a certificate.

墨絵

Sumi-e

# SUMI-E

## Brush Painting

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. 8 classes.

### Creative Sumi-e Course – Wednesdays

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.

8 classes

Minimum Age:18

New Students: Start of Series

Series Start: Spring, Fall

Level	Date	TIME	START	End	Instructor
Beginner 1 & Beginner 2	Monday	7:30 - 9:00pm	Apr. 7	Jun. 2	Neli Iordanova
Beginner 1 & Intermediate 2	Wednesday	1:30 - 3:00pm	Apr. 2	May 21	Teruko Davis
Beginner 2 & Intermediate 1	Wednesday	1:30 - 3:00pm	Apr. 2	May 21	Junko Adachi
Advanced 1 & 2	Wednesday	1:30 - 3:00pm	Apr. 2	May 21	Neli Iordanova
Creative	Wednesday	10:30am - 12:00pm	Apr. 2	May 21	Neli Iordanova

no class May 19

**Fee**

\$105 plus HST

\* At the time of registration, please inform the JCCC of your level: – Beginner, Intermediate, Advanced or Creative.

\*\* Materials are extra. Brush, sumi (ink stick), suzuri (inkstone) and rice paper are available at the JCCC Gift Shop for registered students.

Instructors:

Neli Iordanova - Studied Sumi-e under Sensei Hiroshi Yamamoto and worked as a sumi-e instructor for more than ten years. Neli is a member of Sumi-e Artists of Canada and Yugen Artist Group, and regularly exhibits her paintings in Toronto. Neli participated in solo exhibitions in Bulgaria and shows in Japan in 2018 and 2019.

Junko Adachi - Studied Sumi-e under Hiroshi Yamamoto for over five years, and Japanese calligraphy for over 20 years. Has taught Japanese calligraphy to children at Japanese school for nearly 15 years. Has been promoting Japanese culture within the community for over 25 years. Junko is a member of the Sumi-e Artists of Canada.

Teruko Davis - Born and raised in Osaka, Teruko came to Canada in 1992. She pursued studies in gemstones and shippou-yaki(cloisonne), ultimately working in the Antique industry. Her hobby of gardening, along with her knowledge as a Canadian Nature guide inspires her to create various works of art inspired by nature. Starting in the year 2011 she learned Sumi-e from Yamamoto Sensei and is now a member of the Sumi-e Artists of Canada.

# TAIKO

太鼓  
Taiko

Taiko-Japanese drum music has been a part of Japanese culture for centuries and more recently has become known for ensemble performance using different sizes and types of taiko. Taiko is performed at festivals, celebrations, and other traditional events. Students in the Beginner session will learn the fundamentals of taiko and basic rhythms and short taiko songs. In the Intermediate classes, students will progress with more rhythms and drills, to hone the skills that they learned in the Beginner classes.

10 classes

Minimum Age:12



Level	Date	TIME	START	END
Beginner	Saturday	6:00 - 7:00pm	Apr. 5	Jun. 28
Intermediate	Saturday	7:15 - 8:15pm	Apr. 5	Jun. 28
Beginner	Sunday	6:30 - 7:30pm	Apr. 6	Jun. 22
Intermediate	Sunday	7:45 - 8:45pm	Apr. 6	Jun. 22

**Intermediate Class Pre-requisite:** must have completed a Beginner session with Kyowa Taiko

\*No Saturday class Apr. 19, May 3, May 17

\*No Sunday class Apr. 20, May 18

## Fee

Adults – \$250 plus HST

For Intermediate classes taiko bachi (drumsticks) can be purchased from the instructor, \$20 per pair.

## Attire

Comfortable loose attire. Shoes need to be removed before entering the classroom.

Instructors: Akiko Date, Kokichi Kusano, Justin Plummer, Nicole Percy, Yoshiko Shimizu



レクリエーション  
クラス  
Recreational  
Classes

# HULA

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.

10 Classes

Minimum Age:18

New Students: Start of Series

Series Start: Spring, Summer, Fall, Winter

## Thursday Class – Beginner

TIME	START	END
6:30 - 7:30pm	Apr. 3	Jun. 12

no class May 1

## Monday Class – Hula 1

TIME	START	END
6:30 - 8:00pm	Apr. 7	Jun. 16

no class May 19

## Thursday Class – Hula 2

TIME	START	END
7:00 - 8:30pm	Apr. 3	Jun. 12

no class May 1

## Fee

Adults – \$110 plus HST

Instructor: Renee Siao



# COOKING FOR ACTIVE SENIORS

This new JCCC class for Active Seniors focuses on cooking for one or two, using a main ingredient in several ways, using what is in your pantry and fridge, keeping food costs down, and food safety.

At each session, participants will have the opportunity to prepare several recipes using one main ingredient in different ways, enjoy the completed meal together, and discuss other options for each recipe.

To start, the classes will be bi-monthly and limited to 16 participants. Participants are asked to bring an apron and head covering (kerchief, baseball cap) to each session.

**Additional Info: Check [jccc.on.ca](http://jccc.on.ca) or the Newsletter for more information.**

Age requirement: 55+

If you require accessibility accommodations, please let us know when you are registering.

## Workshop Schedule & Menu

TIME	11:00am - 3:00pm
------	------------------

Thu. Mar. 27      Peanut Noodles and Chicken with Miso Salad

Thu. May 22      Salmon Miso Yaki and Green Beans Shira'ae

Thu. Jul. 17      Summer Somen with Toppings and Sunomono

\* Please note we will apprise the registrants of any menu changes should they arise.

## Workshop Fee

JCCC Members – \$25 plus HST per day

Non-Members – \$30 plus HST per day



JAPANESE CANADIAN  
CULTURAL CENTRE  
カナダ日系文化会館

## JCCC LIBRARY

JCCC Library is for anyone interested in Japan and Japanese culture. We have a large collection of books, both in Japanese and English. Genres include Japanese novels, essays, art, lifestyle and culture as well as books written about Japanese Canadian/American history.



### Library Hours

The library will be open on the following schedule for 2025.

Tuesday: 11:00 a.m. - 3:00 p.m.

Thursday: 11:00 a.m. - 3:00 p.m.

Saturday: 1:00 p.m. - 5:00 p.m.

\*Please check the website [www.jccc.on.ca](http://www.jccc.on.ca) or newsletter for most updated schedule.

# JCCC VOLUNTEERS

Volunteers are the heart of the Japanese Canadian Cultural Centre (JCCC). They are the engine and the soul to many of our activities, such as festivals, events, art and heritage work, library, and administrative support. The JCCC's motto is "Friendship through Culture." There are many ways for you to be involved and participate in our volunteer program. If you are interested in getting involved, please keep an eye on the JCCC website and our newsletter for future opportunities!

## Why Volunteer

- Be part of our dynamic team, working together with other dedicated volunteers and staff to foster "Friendship through Culture"
- The pleasure of giving back to the community and inspire others
- Opportunities to meet like-minded people
- Share your unique skills to support a meaningful cause
- Gain new experience

For more information, please contact [volunteer@jccc.on.ca](mailto:volunteer@jccc.on.ca).



### SUBMIT A VOLUNTEER APPLICATION

Review volunteer job descriptions.  
Submit an application for a position you like.



### VOLUNTEER INTERVIEW

A JCCC representative will contact you to discuss the next steps.



### SIGN UP FOR VOLUNTEER SHIFTS

Access Volunteer Hub and sign up for volunteer shifts!

# MARTIAL ARTS PROGRAM

## How To Register

### Before registering

1. Check brochure or website regarding minimum age requirement and schedule.
2. Confirm the Series Registration dates and deadlines on the JCCC Website.

### M365 Portal

All martial arts registrations, waiver forms and JCCC membership are now processed through the M365 portal.

### JCCC Membership

JCCC Membership is required for registration to all martial arts programs. \*Family membership is required for all participants under 18 years old.

It is recommended that any membership purchases or renewals be completed through the M365 portal.

### Martial Art Group Membership

All participants must be a part of the group membership for their martial art. This membership is FREE, but renewable each year as it is tied to your waiver forms.

If you have any inquiries, please contact the JCCC Reception



[jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)



416-441-2345



[www.jccc.on.ca](http://www.jccc.on.ca)



## Fees

Fees are calculated by Series (3 months) for participants regardless of how many classes a student attends. Registration runs from the 1st to the 20th of the month prior to the Series. Fees must be paid prior to the Series Deadline). All fees are non-refundable and non-transferable.

Fee Categories	AGE
Child	Up to 14 years old
Adult	15 years and up

## Series

Martial Arts participation is run in 3 month Series. Please check the JCCC website to see the series starting month for each Martial Art.

## Fee Discounts - Family Discount

For families with 2 or more participants in martial arts programs, or participants taking multiple martial arts a 10% discount can be applied to their fees.

Please contact [registration@jccc.on.ca](mailto:registration@jccc.on.ca) if you are new to Martial Arts and qualify for a family or multiple Martial Arts discount.

## Late Registration

Late registration cannot occur once a Series has begun. Late registration is not available to new/beginning participants. A 10% administrative/late fee is added after the 20th of the month and fee discounts are not available.

**Please check our website for specific information on Martial Arts programs and to join our Notification Sign Up List.**

# MARTIAL ARTS PROGRAM SCHEDULE

## Weekday Days

**Kyudo** Wednesday All 3:00pm -5:00pm

## Weekday Evening

MARTIAL ARTS

	Monday	Tuesday	Wednesday	Thursday
7:00pm	<b>Judo</b> 6:30pm   8:00pm			
8:00pm	<b>Kendo</b> <u>Bogu</u> 7:30pm   9:00pm	<b>Aikido</b> <u>General</u> 6:45pm   8:45pm	<b>Judo</b> 7:00pm   8:30pm	<b>Aikido</b> <u>General</u> 6:45pm   8:45pm
9:00pm	<b>Judo</b> 8:00pm   9:30pm			
10:00pm		<b>Naginata</b> 9:30pm   10:45pm	<b>Jodo</b> 9:15pm   10:30pm	
			<b>Kendo</b> <u>Non-Bogu</u> 6:45pm   8:00pm	<b>Karate</b> 7:00pm   9:00pm
			<b>Bogu</b> 8:15pm   9:45pm	<b>laido</b> 9:10pm   10:40pm

# Weekends

	Saturday	Sunday
10:00am		<b>Kendo</b> <u>Non-Bogu</u> 8:45am   10:00am  <u>Bogu</u> 10:15am   12:15pm
11:00am	* <b>Judo</b> 9:30am   11:30am	<b>Karate</b> ** 8:55am   9:30am  *** 10:00am   11:00am
12:00pm		<b>Aikido</b> <u>General</u> 9:00am   11:00am  <u>Children</u> 11:15am   12:45pm
1:00pm		
2:00pm		<b>Kyudo</b> 1:00pm   3:30pm
3:00pm		<b>Joshi Judo</b> 1:30pm   3:00pm
4:00pm		<b>Iaido</b> 1:00pm   3:00pm
5:00pm		<b>Judo</b> 3:30pm   5:00pm
		<b>Naginata</b> 3:30pm   5:30pm

Friday
<b>Judo</b> 6:30pm   8:00pm
<b>Kendo</b> <u>Bogu</u> 6:45pm   8:45pm
<b>Judo</b> 8:00pm   9:30pm

\* No Saturday Judo Class in July & Aug

\*\* Karate Sat. 8:55am class – White, Yellow and Orange belts

\*\*\* Karate Sat. 10:00am class - Green, Blue, Brown, Shodan-ho and Jr. Black belts.

# AIKIDO

## Series Fee

**Adult:** \$265 plus HST,

**Child:** \$145



Minimum Age: 6

New Students (15+): Must take an introductory course (see page 31)

New students (6 - 14 yrs): Can begin at the start of a new Series.

Series Start: Mar., Jun., Sep. & Dec.

Registration Period: From the 1st to the 20th of Feb., May, Aug. & Nov.

## MARTIAL ARTS



Practitioners train to develop their Ki or inner energy as well as their body through vigorous activity. 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.

DAY	TIME	LEVEL
Tuesday	6:45 - 8:45pm	General*
Thursday	6:45 - 8:45pm	General*
Sunday	9:00 - 11:00am	General*
	11:15am - 12:45pm	Children Only

\*General: Open to all levels including Beginner. (children must receive instructor approval to attend)

\*\*For more information on the Aikido Introductory Course, please see page 31.

Gi (Aikido Uniform) can be purchased at the JCCC Gift Shop.

# LAIDO

## Series Fee

**Adult:** \$185 plus HST.

居合道

laido

Minimum Age: 15

New Students (15+): May start at the beginning of a Series.

Series Start: Feb., May, Aug. & Nov.

Registration Period: From the 1st to the 20th of Jan., Apr., Jul. & Oct.



MARTIAL ARTS

The art of laido (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 laido is an exacting art that demands a high level of focus and mental concentration. It is an art of precise motions with only centimetres 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.

DAY	TIME	LEVEL
Thursday	9:10 - 10:40pm	All
Sunday	1:00 - 3:00pm	All

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



# JODO

## Series Fee

**Adult:** \$185 plus HST



Minimum Age: 15

New Students: Always welcome at the beginning of a Series.

Series Start: Mar., Jun., Sep. & Dec.

Registration Period: From the 1st to the 20th of Feb., May, Aug. & Nov.

## MARTIAL ARTS

“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. 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.



DAY	TIME	LEVEL
Wednesday	9:00 - 10:30pm	All
Sunday	3:30 - 5:00pm	All

Beginners need only wear loose clothing.

A limited supply of jo (wooden staff) and bokuto (wooden sword) are available.

# JUDO

Series Fee\*

Adult: \$265 plus HST,

Child: \$145

柔道

Judo

Minimum Age: 7

New Students: Accepted at the beginning of a Series. (Beginners **must** attend a class within the first 2 weeks.\*\*)

Series Start: Jan., Apr., Jul. & Oct.

Registration Period: From the 1st to the 20th of Dec., Mar., Jun. & Sep.



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.

MARTIAL ARTS

DAY	TIME	LEVEL
Monday	6:30 - 8:00pm	7 - 14 years
	8:00 - 9:30pm	15+ years
Wednesday	7:00 - 8:30pm	All Ages / All Belts
Friday	6:30 - 8:00pm	7 - 14 years
	8:00 - 9:30pm	15+ years
Saturday	9:30 - 11:30am	All Ages / All Belts

Gi (Judo Uniform) can be purchased at the JCCC Gift Shop.

\*A separate Judo Ontario Membership is required (The JCCC Judo Kai will provide direction for participants upon registration.

\*\*Series run on a 13 week course. Attendance for Beginner's is essential within the first 2 weeks in order to establish fundamentals for the proceeding weeks.

# Shito-Ryu Itosu-Kai Karate and Kobudo

Series Fee\*

Adult: \$265 plus HST,

Child: \$145

Minimum Age: 8

New Students: Must take a mandatory beginner's course\*\* (see page 31)

Series Start: Jan., Apr., Jul. & Oct.

Registration Period: From the 1st to the 20th of Dec., Mar., Jun. & Sep.

空手  
Karate

MARTIAL ARTS



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 8) 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.

DAY	TIME	LEVEL
Tuesday	7:00 - 9:00pm	All Belts
Thursday	7:00 - 9:00pm	
Saturday	8:30 - 9:30am	White, Yellow and Orange belts
	10:00 - 11:00am	Green, Blue, Brown, Shodan-ho and Jr. Black belts

All students must arrive and be ready 15 mins before a class starts. It is recommended that you attend the Saturday class for your level.

\*\*For more information on the Karate Introductory Course, please see page 31.

# KENDO

Series Fee\*

Adult: \$265 plus HST,

Child: \$145

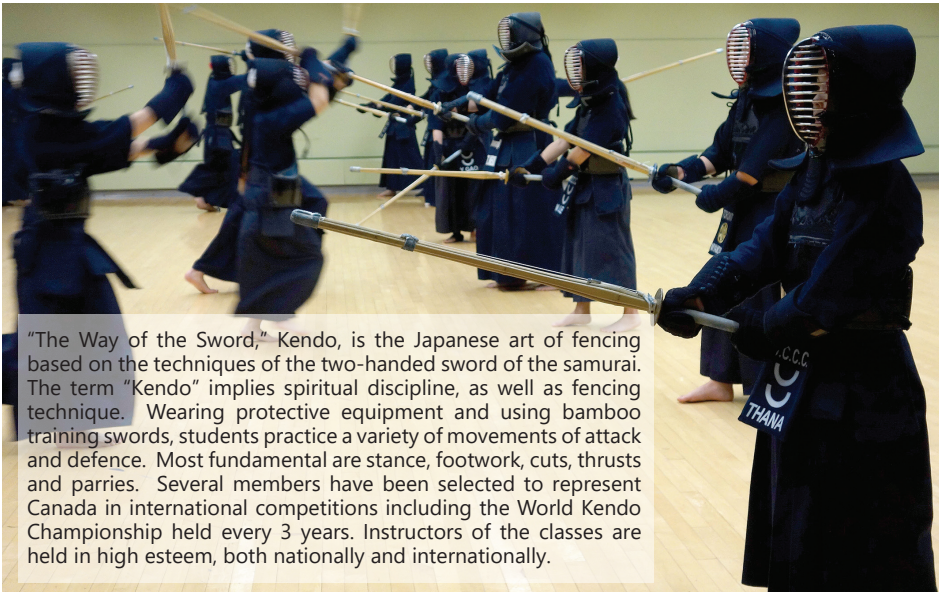


Minimum Age: 7

New Students: Accepted on the first Sunday and Wednesday in a Series.

Series Start: Jan., Apr., Jul. & Oct.

Registration Period: From the 1st to the 20th of Dec., Mar., Jun. & Sep.



MARTIAL ARTS

"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, thrusts and parries. Several members have been selected to represent Canada in international competitions including the World Kendo Championship held every 3 years. Instructors of the classes are held in high esteem, both nationally and internationally.

DAY	TIME	LEVEL
Monday	7:30 - 9:00pm	**Bogu - Advance Keiko
Wednesday	6:45 - 8:00pm	*Non-Bogu - Beginners
	8:15 - 9:45pm	**Bogu - Drills, Lessons, Keiko
Friday	6:45 - 8:45am	**Bogu - Drills, Lessons, Keiko
Sunday	8:45 - 10:00am	*Non-Bogu - Beginners
	10:15am - 12:15pm	**Bogu - Drills, Lessons, Keiko

\* Non-Bogu: Without equipment, for beginners.

\*\*Bogu: With equipment.

All students must arrive and be ready 15 mins before class starts for warm up exercises.



# NAGINATA

Series Fee

**Adult:** \$185 plus HST,

**Child:** \$145



Minimum Age: 12+

New Students (15+): Always welcome at the beginning of a Series.

Series Start: Feb., May, Aug. & Nov.

Registration Period: From the 1st to the 20th of Jan., Apr., Jul. & Oct.

MARTIAL ARTS



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.

DAY	TIME	LEVEL
Tuesday	9:30 - 10:45pm	All
Sunday	3:30 - 5:30pm	All

\*Participants younger than 12 require instructor assessment and registration will be at the discretion of the instructors.

We have a limited supply of naginata for 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.



# KYUDO

## Series Fee

Adult (Saturday class): \$160 plus HST

Adult (Sat. & Wed. class): \$200 plus HST

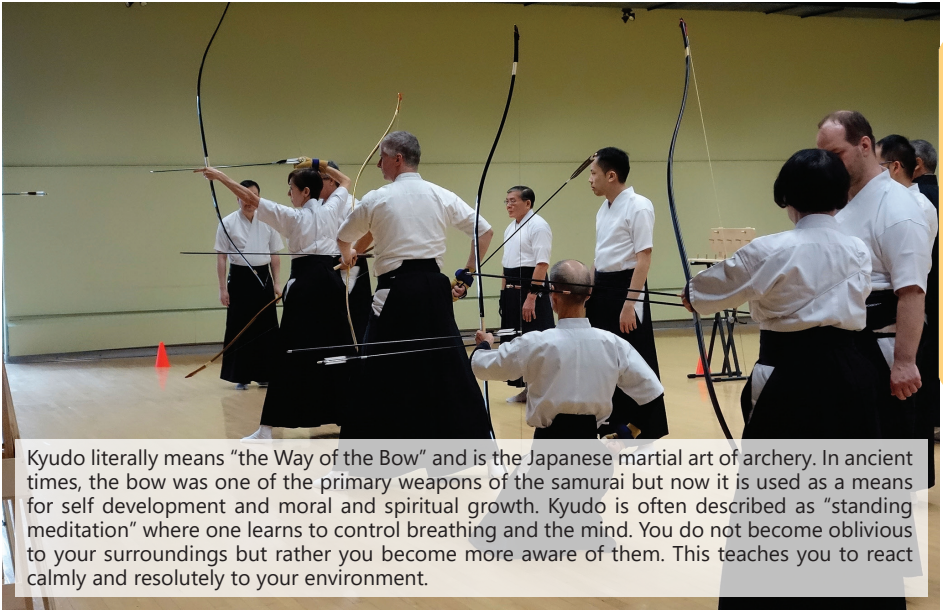


Minimum Age: 16

New Students (15+): MUST take an introductory course.\*

Series Start: Feb., May, Aug. & Nov.

Registration Period: From the 1st to the 20th of Jan., Apr., Jul. & Oct.



Kyudo literally means “the Way of the Bow” and is the Japanese martial art of archery. In ancient times, the bow was one of the primary weapons of the samurai but now it is used as a means for self development and moral and spiritual growth. Kyudo is often described as “standing meditation” where one learns to control breathing and the mind. You do not become oblivious to your surroundings but rather you become more aware of them. This teaches you to react calmly and resolutely to your environment.

DAY	TIME	LEVEL
Saturday	1:00 - 3:30pm	All – Formal instruction
Wednesday	3:00 - 5:00pm	All Must enroll for both Saturday and Wednesday Class together.

\*Students without prior experience must complete an Introductory Course for beginners. Please visit our Beginning Martial Arts page and add your name to the “Notification Sign-up” list. You will be contacted once an Introductory Course has been scheduled.

Students with prior experience will be interviewed for skill level. Please contact the JCCC at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) for more information.

# Women's (Joshi) Martial Arts Classes

At the JCCC, Judo is amongst our most popular programs. In order to make these programs as welcoming to all as possible, we offer women only classes in this discipline. Our participants can enjoy the comfort of being with other females in the class, while knowing they are still receiving the highest quality of teaching in these programs.

This is a separate program to the regular Judo program. Participants of a Joshi program must pay fees for the regular programs, if they wish to also participate in regular mixed classes.

MARTIAL ARTS

## Joshi JUDO

To learn more about JCCC Judo class, please see page 25 or visit JCCC website [www.jccc.on.ca](http://www.jccc.on.ca)

Minimum Age: 15

New students: Accepted at the start of each Series.

Series Fee\*

**Adult:** \$145 plus HST

柔道  
Judo



DAY	TIME	LEVEL
Sunday	1:30 - 3:00pm	All

\*Special events/ technical seminars on selected Sundays.

\*A separate Judo Ontario Membership is required (The JCCC Judo Kai will provide direction for participants upon registration.

Gi (Judo Uniform) can be purchased at the JCCC Gift Shop.

# Introductory Martial Arts Classes

Aikido and Karate hold required introductory courses. Introductory courses allow a participant the opportunity to try a specific discipline before committing to a full Series. It also allows the opportunity to learn some fundamentals and helps to facilitate a seamless integration into the full Series. JCCC membership is not required for an introductory class. Participants must attend a minimum number of classes before they are eligible to register for a full Series.

To learn more about the Aikido and Karate programs, please check their page in this booklet.

Registration occurs in December, March, June and September.  
Classes occur in January-February, April-May, July-August, and October-November.

## AIKIDO



Minimum Age: 15

Must attend 4 of 6 classes

**Fee:**

**Adult:** \$80 plus HST

DAY	TIME	LEVEL
Saturday	12:00 - 1:00pm	Beginner

## KARATE



Minimum Age: 8 at the time of class

Must attend the first class and 3 of the remaining classes (up to a total of 4 classes minimum).

**Fee:**

**Adult:** \$80 plus HST,

**Child:** \$80

DAY	TIME	LEVEL
Saturday	12:00 - 1:00pm	Beginner

# MARTIAL ARTS INSTRUCTORS

## Aikido

Chief Instructor:

Adrian Iliescu, 5th Dan

Instructors:

Masaru Matsubara, 4th Dan

Camber Muir, 5th Dan

Collin Brown, 4th Dan

Paul Hui, 3rd Dan

## Iaido

Instructors:

Goyo Ohmi, Kyoshi, 7th Dan

Carole Galligan, Renshi, 6th Dan

Tracy Sheppard, 6th Dan

Enore Gardonio, 5th Dan

Bruce Meecham, 5th Dan

Nancy Chau, 5th Dan

Alan Szeto, 5th Dan

## Jodo

Instructors:

Kevin Hyatt, 5th Dan

David Lee, 5th Dan

## Judo

Head Instructor:

Shane LeGros

5th Dan, Kodokan Certified, NCCP Level

2 Certified Dojo Instructor, National Kata Judge

Instructors:

Herman Vermeiren, 6th Dan,

2x World Masters Champion

Gerald Okimura, 6th Dan,

IJF Continental Referee, NCCP Level 2

Certified Dojo Instructor, IJF Kata Judge

5th Dan: Dan Rusu

3rd Dan: Darrell Sakaue

Russ Takashima

2nd Dan: Andrew Jaimes

Ivan Chitov

Vladimir Chitov

Matthew Dales

Alex Pestov

1st Dan: Huy Truong

John MacKenzie

Jennifer Haines

Don Nguyen

## Shito-Ryu Itosu-Kai Karate and Kobudo

Chief Instructor:

Kei Tsumura, Shihan, 9th Dan

Instructors:

Mark Uyeda, 6th Dan

Daniel Tsumura, 6th Dan

Lincoln Simon, 3rd Dan

Tim Chan, 3rd Dan

Paul Takasaki, 3rd Dan

Victor Korol, 2nd Dan

Dave Chin, 1st Dan

Robert Minardi, 1st Dan

## Kendo

Morito Tsumura, Hanshi 8th Dan (Shihan)

Bryan Asa, Renshi, 7th Dan,

Instructors:

Roy Asa, Kyoshi, 7th Dan

Sunkhu Ahn, Kyoshi, 7th Dan

Junko Takano-Beker, 7th Dan

Akihiko Hamaba, 6th Dan

Peter Song, Renshi, 6th Dan

Shane Asa, 6th Dan

Ryo Tamaru, 6th Dan

Elliott Altilia, 6th Dan

Steve Nakatsu, 5th Dan

Assistant instructors:

Andrew Asa, 4th Dan

Dennis Daley, 4th Dan

Filip Ivanovski, 4th Dan

Joshua Chan, 4th Dan

## Kyudo

Michiko Sakamoto, Renshi, 6th Dan

Mie Takahashi, Renshi, 6th Dan

Yukiko Itokawa, Renshi, 5th Dan

Assistant Instructors:

David Marsden, 4th Dan

Michael Suen, 4th Dan

Chris Sora, 4th Dan

## Naginata

Instructors (Senior Students):

Kaori Kubo, 5th Dan

Susan Davis, 3rd Dan

Tomas Almonte, 3rd Dan

Jordan Macklem, 3rd Dan

## THE JCCC FILM PROGRAM

Since the 1960s, film has been an important tool in creating friendship, understanding, and exchange between the Japanese and broader Canadian communities. The JCCC's annual film program is now comprise of the Toronto Japanese Film Festival and the Monthly Screening Program

### Toronto Japanese Film Festival

Initiated in 2012, the Toronto Japanese Film Festival has grown into one of the largest cinema events of its kind in the world, showcasing the finest Japanese films that have been recognized for excellence by Japanese audiences and critics, international film festival audiences and the Japanese Film Academy. Programming addresses popular genres such as historical (samurai) jidaigeki, contemporary dramas, comedies and action, literary adaptations, children's, art-house and anime films. Features vie for the internationally recognized Grand Jury Prize for Best Film and the Kobayashi Audience Choice Award.

The line-up includes many World, International and North American premieres. The festival attracts visiting Japanese actors and filmmakers and, with the lectures, receptions, gallery exhibitions, and performances that are part of the two-week festival, our visitors number in the tens of thousands.



### Monthly Screening Program

Every month films are screened in our Kobayashi Hall representing a wide spectrum on genres and including both Canadian and Toronto premieres, director-focused film series and classics from Japanese Golden Age of Cinema.



# AT THE JCCC

## FESTIVALS AND EVENTS

Each year, the Japanese Canadian Cultural Centre offers a spectacular array of events that offer a glimpse into Japanese life, culture and art that are not often seen outside of Japan. In many cases, it may be the first or only opportunity to experience the exhibit or performance in Canada.



photo credit: Constantin Dutescu

### January

Oshogatsukai - New Year's Festival

### March

Haru Matsuri - Spring Festival

### April

SakuraFest

### May

Bazaar

Doors Open Toronto

### June

Toronto Japanese Film Festival

### July

Natsu Matsuri/Obon - Summer Festival

### September

Family Golf Tournament

### October

Issei Day

Nuit Blanche

### November

Sakura Gala

Ishizue Awards Dinner

Nikkei Veterans Memorial Luncheon

## EXHIBITIONS AND CULTURAL ACTIVITIES

The JCCC strives to introduce the culture, history and legacy of the Japanese Canadians to all Canadians, while creating a tribute to the history of the Nikkei community and their contributions to the building of our nation.

Our exhibition spaces and initiatives include

- the Moriyama Nikkei Heritage Centre (MNHC) - featuring Maru: Immigration Stories;
- the JCCC Art Gallery - a contemporary art gallery committed to a multi-disciplinary art program;
- the Heritage Hallway - featuring 60 Years of Friendship Through Culture
- the JCCC's Archives;
- Sedai, the Japanese Canadian Legacy Oral History Project.



photo credit: Mui-Ling Teh

For more information on our Heritage programming please contact [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca).



# 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.

## 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](mailto: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](mailto:sakurakai_odori@yahoo.ca) for more information.

JCCC Membership required.

## HIMAWARI BUYO-KAI

Learn Minyo and Buyo with Keiko Omori on 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](mailto:reneesiao@gmail.com).

JCCC Membership required.

# WYNFORD SENIORS' CLUB

Meets the first and third Wednesdays of each month. Enjoy social, recreational activities and bowling.

JCCC Membership required.

Please call Bev Fujimoto at 416-293-9196 or email: [bfujimoto50@yahoo.ca](mailto:bfujimoto50@yahoo.ca) for more information.

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

DAY	TIME
Wednesday	10:00am - 2:00pm

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

JCCC Membership required.

Please contact Sayumi Ito at [2sayumi@rogers.com](mailto:2sayumi@rogers.com) for more information.

Fee: \$4.42 plus HST per session

Minimum Age: 18

## JCCC KARAOKE CLUB

Enjoy learning and singing new songs and make new friends.

JCCC Membership required.

Please call Bob Nishikawa at 416-984-4111 for more information.

DAY	START
Wednesday Twice a month	10:00am

## 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. We welcome beginners!

Fee: \$17.70 plus HST.

JCCC Membership required.

Please contact Sante Tonatello (President) at [chogi101@gmail.com](mailto:chogi101@gmail.com) or 905-516-1637 for more information.

# GENERAL INFORMATION

## 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 reflect our commitment to the safety and wellbeing of our members.

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## Health and Safety

JCCC is committed to provide a safe and enjoyable environment for all members and visitors. All students are required to read and

abide by the Code of Conduct included in this program booklet.

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## Pick-Up and Drop-Off Policy

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, parents must 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 walls 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 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.

The JCCC Code of Conduct applies to all members and participants of JCCC programs.

## 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.

For more information on JCCC Policies, please visit [jccc.on.ca/about/policies](http://jccc.on.ca/about/policies).



# MEMBERSHIP APPLICATION

6 SAKURA WAY TORONTO, ON M3C 1Z5  
Phone 416-441-2345 email [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)  
[www.jccc.on.ca](http://www.jccc.on.ca)

Name Mr/Mrs/Ms/Dr \_\_\_\_\_ Apt No \_\_\_\_\_  
Address \_\_\_\_\_ Postal Code: \_\_\_\_\_  
City \_\_\_\_\_ Prov \_\_\_\_\_ Cell \_\_\_\_\_  
Home Tel \_\_\_\_\_  
E-mail \_\_\_\_\_

I'd like to receive the newsletter by:  e-mail  regular mail  
*By providing your email, you agree to receive emails regarding JCCC events and news.*

*Family or Senior Couple application, please complete the following:*  
Spouse's Name \_\_\_\_\_

Names of Children \_\_\_\_\_ Dates of Birth (MMDDYY)  
1. \_\_\_\_\_ MM / DD / YY  
2. \_\_\_\_\_ MM / DD / YY

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

**➤**  **New Member**  **Renewing Member**

## ➤ **Regular Membership**

- Individual ( 18 and over) **\$30+HST( \$ 33.90)/yr**
- Family (incl Children 17 and under) **\$50+HST( \$ 56.50)/yr**
- Senior (65 and over) **\$20+HST( \$ 22.60)/yr**
- Senior Couple **\$35+HST( \$ 39.55)/yr**

## ➤ **Supporting Membership**

\*Tax receipt issued for Supporting Member less Regular Membership. If you would like to receive a tax receipt for the full Supporting amount, please pay both.

- Partner \$150/yr**
- Individual  Family  Senior  Senior Couple
- Leader \$500/yr**
- Individual  Family  Senior  Senior Couple
- Ambassador \$1,000/yr**
- Individual  Family  Senior  Senior Couple

➤ In addition to my membership fees,

Please accept my donation of \$ \_\_\_\_\_  
\*A charitable receipt will be issued for donations over \$10.00

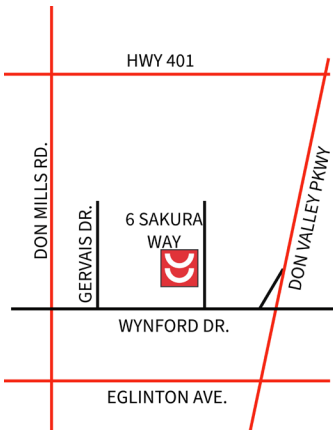
## ➤ **Please process my payment of \$ \_\_\_\_\_**

- cheque
  - VISA/MC/Amex # \_\_\_\_\_
- Security code # \_\_\_\_\_ Expiry date MM / YY  
Signature \_\_\_\_\_ Date \_\_\_\_\_

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## TTC Directions:

Take the #34C bus from Eglinton Station  
or the #100 bus from Broadview Station

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