
1. CLASSES FOR KIDS

1-1. Essential Ballet: 3 - 4 Years Olds

1-2 Essential Ballet: 3 - 5 Years Olds

1-3 Essential Ballet: 5 - 7 Years Old



Essential Ballet is a fun and educational introduction to the exciting world of classical ballet. The instructor, a former professional ballerina, makes learning primary positions interesting as she challenges all students to explore the wonder and discipline of the art of movement and various shapes and stances that can be adapted to music - while having lots of fun!

Sensei: Keiko Krissman 03-5976-8990
kona.coffee.no1@ezweb.ne.jp

Location: Fellowship Hall **Min-Max:** 4-12

Class Dates: **Day:** Wednesday
Time: 14:00 - 14:45

Session 1: September 30 - December 9 (10 Lessons) Session 1 Fee: ¥24000
No classes on: October 21, 2009

[1-1] 3 - 4 Years Old Time: 14:00 - 14:45 **Trial Lesson:** Yes, ¥2800
[1-2] 3 - 5 Years Old Time: 14:50 - 15:35 **Single Lesson:** No
[1-3] 5 - 7 Years Old Time: 15:40 - 16:25 **Supply Fee:** None



1-5. Kindermusik "Village"
(For Children 4 to 18 months old with parent or care-giver)

What if there were places where you could help your baby to see, touch and hear the world in new ways, and in turn you found new ways to be amazed with him or her? And what if these moments of discovery helped you understand how with every tune and every rhyme, with every tickle and every whisper, with every song and every peek-a-boo, you helped unfold her/his natural gifts? There is a place . . . Kindermusik Village.

Sensei: Karla Watauchi 03 5966 3419 kwatauchi@md.neweb.ne.jp

Location: 2nd Floor Classroom **Min-Max:** 5-12

Class Dates: **Day:** Wednesday **Time:** 10:15 - 10:55

Session 1: October 7 - November 25 (8 Lessons) Session 1 Fee: ¥20000

Supply Fee: ¥4,000 **Trial Lesson:** Yes, ¥3000 **Single Lesson:** No

1-6. Kindermusik "Our Time"
(For Children 18 months to 3 years old with parent or care-giver)



"OUR TIME" focuses on your child's emotional development as his or her confidence, curiosity, self-control, and communication begin to take shape. His or her self-esteem is nurtured; language skills, creative dancing, listening, and social skills begin to blossom; all while having fun with music.

Sensei: Karla Watauchi 03 5966 3419 kwatauchi@md.neweb.ne.jp
Location: 2nd Floor Classroom **Min-Max:** 5-12
Class Dates: **Day:** Wednesday **Time:** 9:40 - 10:15
Session 1: September 30 - December 16 (12 Lessons) Session 1 Fee: ¥26500
Supply Fee: ¥6,000 **Trial Lesson:** Yes, ¥3000 **Single Lesson:** No

1-7. Music, Dance and Movement (Ages 3 to 6)- Tuesday Class

This is a fun after-school program for 3-6 year old children who love to dance, sing, play games, do basic gymnastics/ aerobics and other gross motor skills exercises. All activities are designed to help children to strengthen their attention, movement and social skills.

Sensei: Rachel Rosello 080-3468-5388 rachelrosello@yahoo.com
Location: 3rd Floor Classroom **Min-Max:** 3-10
Class Dates: **Day:** Tuesday **Time:** 14:45 - 15:45
Session 1: September 29 - December 15 (11 Lessons) Session 1 Fee: ¥22000
No classes on: November 3, 2009
Supply Fee: None **Trial Lesson:** Yes, ¥2500 **Single Lesson:** Yes, ¥2500

2. COOKING



2-1. Simple & Delicious Japanese Cooking

A most experienced cooking teacher and cookbook writer, the author of "Simple and Delicious Japanese Cooking" that won the award "The Best Recipes Book in the World," gives you lessons which are informative, easy to follow, reproducible at home, and delicious. It is a good chance for you to make wonderful friends and enjoy a delicious lunch prepared in the class. Visit her website at <http://home.m01.itscom.net/keiko>

Sensei: Keiko Hayashi 03 3702 5758 keikocooking@c07.itscom.net
Location: Instructor's home, Setagaya-ku area (map provided) **Min-Max:** 5-10
Class Dates: **Day:** Wednesday **Time:** 10:00 - 13:00
Session 1: September 30 - November 4 (6 Lessons) Session 1 Fee: ¥27000
Session 2: November 11 - December 16 (6 Lessons) Session 2 Fee: ¥27000
Supply Fee: Included in class fee **Trial Lesson:** No **Single Lesson:** No

2-3. East Meets West - Japanese Fusion Cooking

MICKEY HORIIKE, a LONDON CORDON BLEU trained chef, who worked for the Michelin star restaurant "Orrley" in London and for the caterer Lavana's Cooks in NY, shows you how to cook dishes from great-tasting Japanese to wide-ranging world cuisine. The class will share in enjoying their creations. A full recipe booklet detailing each dish will be provided at each class.

Sensei: Mickey Horiike 03-3709-1088 Mickeycooks@aol.com
Location: Instructor's Home (map provided) **Min-Max:** 3-6
Dates: Session 1 is two classes (*No class on: October 9*) **Time:** 10:30 - 13:30
Saturday, October 3 – "Easy Entertaining"
Minimum preparation and maximum flavor presentation! Session 1 Fee: ¥10000
Quick party foods with Asian and Japanese flavors. (for both classes)
Saturday, October 17 – "Sho-jin-Japanese cuisine for Vegetarians"
Mickey adds western flavor on this traditional cuisine specially developed by Japanese Monks. Menus are subject to change due to the ingredients availability.

Supply Fee: ¥2000 a session (¥1000 per class)

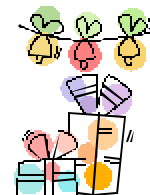
Trial Lesson: Yes, ¥6000

Single Lesson: Yes, ¥6000

3. CRAFTS

3-1. Beautiful Japanese Wrapping

Learn the tricks of Japanese wrapping for a present or a table/room decoration as well as basic wrapping and tying skills. Use Japanese Washi paper, wrapping cloth, Origami paper, etc., as materials to wrap items such as boxes, wine bottles, CDs, books, cookie bags, etc. You will also learn the traditional idea of Japanese wrapping as part of Japanese culture while you make your present even more special and impressive. *Please bring scissors and a bag to carry the materials for each lesson and a wine bottle (either empty or full) for the third lesson.



Sensei: Natsu Kikuchi 03 3913 0527 natsuup@aol.com
Location: 2nd Floor Classroom **Min-Max:** 2-10
Class Dates: **Day:** Friday **Time:** 13:15 - 15:15
Session 1: "Kimono and Fan" Oct 2, Oct 9, Oct 16 (3 Lessons) Session 1 Fee: ¥6000
Session 2: "Christmas Wrapping" Nov 20, Nov 27, Dec 4 (3 Lessons) Session 2 Fee: ¥6000

Supply Fee: ¥3,000 per session, or ¥1,000 per class

Trial Lesson: Yes, ¥2400

Single Lesson: Yes, ¥2400

3-2. Fun with Furoshiki



Furoshiki are traditional Japanese wrapping cloths, originally used to carry items to and from the public baths. Now, Furoshiki come in various sizes and beautiful colors and prints, and are used in decorating, as gift wrapping, for transporting items that cannot fit into a normal bag, and can even be designed into a bag or purse. Come and have fun learning both traditional as well as modern ways to use furoshiki.

Sensei: Natsu Kikuchi 03 3913 0527 natsuup@aol.com
Location: 2nd Floor Classroom **Min-Max:** 2-10
Class Dates: **Day:** Friday **Time:** 13:15 - 15:15
Session 1: November 6 (1 Lessons) Session 1 Fee: ¥2000
Supply Fee: Cost of furoshiki **Trial Lesson:** n/a **Single Lesson:** n/a

3-3. Japanese Calligraphy: Sho-do

Sho-do ("the way of writing") is a traditional art of writing the old Japanese alphabet beautifully. Sensei will first teach you about the Sho-do materials and how to use them. Next, you will practice using a brush and sumi ink, followed by learning to correctly and beautifully write the basic 48 Japanese characters on washi paper. During our final class, you will use your newly-acquired calligraphy skills to paint a traditional character (kanji) of your choice-- love, happiness, peace (shown in example), etc., or your family name -- using a Shikishi, a Japanese art board edged with gold-colored trim. This beautiful little masterpiece can be displayed anywhere in your home to create a Japanese atmosphere. Creating beautiful and artistic Sho-do can be a life-long pursuit. However, in this class, you will develop skills and knowledge in a short time, allowing you to create greeting cards and other works of art that are sure to impress your family and friends. Our Sensei is an expert Japanese calligrapher who is regularly selected to exhibit at Japan's national calligraphy exhibitions, including the Tokyo National Art Center and Ueno Museum. Hiroko has taught Japanese calligraphy to expat wives of all nationalities with patience and a sense of humor. This class is sure to be an educational as well as enjoyable experience.



Sensei: Hiroko Namikawa 045-923-0357 amichan_1001@m-springs.jp
Location: Library **Min-Max:** 3-6
Class Dates: **Day:** Friday **Time:** 13:30 - 14:30
Session 1: Oct 2, Oct 9, Oct 16 (3 Lessons) Session 1 Fee: ¥6000
Session 2: Nov 6, Nov 13, Nov 20 (3 Lessons) Session 2 Fee: ¥6000
Supply Fee: ¥7,000 **Trial Lesson:** Yes, ¥2500 **Single Lesson:** No

3-5. Japanese Washi-Paper-Covered Screen

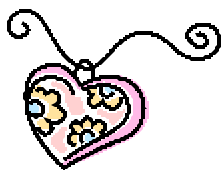
Reiko will teach you how to turn a piece of washi paper into a work of art! You will select a Japanese folded screen from a variety of sizes, and cover it with washi paper. The screen you make will be a beautiful addition to your home décor or can be given as a special gift.

Sensei: Reiko Takahashi 04-7185-9589

Session 1 Location: Fellowship Hall **Min-Max:** 3-8
Session 1 Class Dates: **Day:** Tuesday **Time:** 10:00 - 12:30
Session 1: October 13, October 20 (2 Lessons) Session 1 Fee: ¥4000
Session 2 Location: Library or Back of Fellowship Hall **Min-Max:** 3-8
Session 2 Class Dates: **Day:** Monday **Time:** 10:00 - 12:30
Session 2: (2 Lessons)
November 9 in the Library,
November 16 in the back of Fellowship Hall

Supply Fee: Will depend upon size of screen and quantity of washi paper needed (one or two sheets). Washi paper is approximately ¥1500-¥2000 per sheet, and screen cost is about ¥4000 to ¥8000.
Trial Lesson: No **Single Lesson:** No

3-6. Jewelry Making



Students will create their own original jewelry using one of two techniques:
Silver Clay: You will create your own silver jewelry using this new material discovered in Japan. Silver clay consists of binder and silver. Just like any other clay, it is easy to handle. Even those with no previous artistic experience can learn to mold complex shapes and designs. After the clay is molded, it then goes through a firing process; the binder burns away and only pure silver remains! After this class, you can bring home your original silver clay creation!

Cloisonné and Enameling Art: There are not many teachers who can teach traditional Japanese enameling art in English. Students can study the basics and progress to more difficult techniques. Beginning pieces are usually accessories, which can be completed in one day. They make great gifts. All interested students are welcome. Inomata-San is a member of the Japan Cloisonné Artists Association and has taught Enameling Art workshops at the Honolulu Academy of Arts.

Sensei: Kazuko Inomata 06 6761 7863 k.inomata@bird.ocn.ne.jp
Location: Kitchen **Min-Max:** 2-7
Class Dates: **Day:** Monday **Time:** 10:30 - 14:00
Session 1: October 19 (1 Lessons) Session 1 Fee: ¥5000
Supply Fee: ¥3,500 for Silver Clay; ¥3,000 for Enamel **Trial Lesson:** n/a
Single Lesson: n/a

3-7. Kimekomi Dolls

Kimekomi Dolls are one of the traditional crafts of the Edo period. A wooden body is covered with beautiful fabrics of your choosing. You will be able to finish the first basic doll. Afterwards, you can select and make your favorite dolls from a catalogue.

Sensei: Reiko Takahashi 04-7185-9589
Location: Kitchen **Min-Max:** 3-7
Class Dates: **Day:** Tuesday **Time:** 10:30 - 12:30
Session 1: October 6 - October 27 (4 Lessons) Session 1 Fee: ¥8000
Session 2: November 10 - December 1 (4 Lessons) Session 2 Fee: ¥8000
Supply Fee: ¥5,000 for first time students (doll and tool) **Trial Lesson:** Yes, ¥2400
Single Lesson: Yes, ¥2400

3-8. Obi-Covered Photo Frame

Looking for a special gift to give? Do you have a cherished photograph that you would like to display with care? An obi is the long wide sash that is wrapped at the waistline of a kimono.. The fabrics are stunning, and the traditional silk makes a perfect fabric for wrapping a picture frame. Learn how to make this lovely accessory for the home and share a special Japanese touch with someone you love.

Sensei: Reiko Takahashi 04-7185-9589
Location: Kitchen **Min-Max:** 3-7
Class Dates: **Day:** Tuesday **Time:** 10:00 - 12:30
Session 1: September 29 (1 Lessons) Session 1 Fee: ¥2000
Supply Fee: ¥1,000 **Trial Lesson:** n/a **Single Lesson:** n/a

3-9. Pottery Making

Create your own beautiful pottery at this renowned studio in Meguro. Experienced tutors will personally guide you through each step, experiencing the whole process of pottery making from molding, drying, trimming, painting to glazing. All levels welcome. Kyusai studio is approximately 20 minutes from Shibuya. A map to the studio is available online at: www.q-sai.jp.



Sensei: Keiko Fujishita 03-3724-0931
post@q-sai.jp

Location: Kyusai Pottery Studio. Meguro-ku area

Min-Max: 2-10

Class Dates: **Day:** Wednesday

Time: 10:00 - 13:00

Session 1: Sep 30, Oct 14, Nov 4 (3 Lessons)

Session 1 Fee: ¥15000

Supply Fee: Included in class fee

Trial Lesson: No

Single Lesson: No

3-10. Sashiko Stitching



A very popular and decorative stitching form, Sashiko was once used to make cloth stronger and warmer, but today it is primarily enjoyed for its simple beauty. The contrast of the white pattern against the indigo blue cloth holds a fascination for many. Learn several of the traditional designs and enjoy making these items.

Sensei: Nobuko Okubo 03-3990-8148

Location: Library

Min-Max: 2-10

Class Dates: **Day:** Wednesday

Time: 13:00 - 15:00

Session 1: Nov 4, Nov 11, Nov 18 (3 Lessons)

Session 1 Fee: ¥6000

Supply Fee: ¥5,000

Trial Lesson: Yes, ¥2400

Single Lesson: Yes, ¥2400

3-11. Jingly Washi Eggs & Washi Box for Christmas

The teacher will show you a new technique of putting jingles inside a washi egg. You will cover two large blown-out eggshells, as well as an original washi box container for the eggs, with traditional designs of Japanese washi paper. You will learn how to paste, smooth, varnish, and more for a stable and elegant shiny finish. They make wonderful Christmas ornaments or a special holiday gift. Tanaka-san will provide you with a selection of 6 pieces of beautiful washi paper from Kyoto. Please bring to class: scissors, ruler, pencil, tape, and wet cloth.



Sensei: Tokuko Tanaka 03 3322 9038

Location: Kitchen

Min-Max: 2-6

Class Dates: **Day:** Monday

Time: 12:00 - 15:30

Session 1: December 7 (1 Lessons)

Session 1 Fee: ¥4500

Supply Fee: 1,800

Trial Lesson: n/a

Single Lesson: n/a

4. CULTURE & TOURS

4-1. Japanese Gardens - Tour

We will go to the Imperial Palace East Gardens (Kokyo Higashi Gyoen), which are a part of the inner palace area and are open to the public. Admission is free. The East Gardens are the former site of Edo Castle's innermost circles of defense, the honmaru ("main circle") and ninomaru ("secondary circle"). None of the main buildings remain today, but the moats, walls, entrance gates and several guardhouses still exist. We will meet at the OTEMON gate of the East Garden, near the OTEMACHI subway station (use Exit C13b) at 9:30. Please wear comfortable walking shoes. Any problems that day, call sensei's mobile phone: 080-5410-5995.

Sensei: Atsuko Ikuyama 03 5450-3969
jcvikuyama@u01.gate01.com

Location: Off site

Min-Max: 2-20

Class Dates: **Day:** Tuesday

Time: 9:30 - 12:00

Session 1: November 24 (1 Lessons)

Session 1 Fee: ¥3000

Supply Fee: Train tickets plus entry fees & lunch

Trial Lesson: n/a

Single Lesson: n/a

4-2. Japanese Women

Have you ever felt that you can't understand what Japanese women are thinking or why they don't speak up and voice their opinion? In this class, we will look at Japanese culture, specifically their way of thinking, values and life style, focusing on women- including geisha.

Sensei: Ritsuko Okishige 045 941 4023

Location: Library

Min-Max: 1-10

Class Dates: **Day:** Monday

Time: 10:30 - 12:30

Session 1: Oct 5, Oct 19, Nov 2, Nov 16, Nov 30 (5 Lessons)

Session 1 Fee: ¥7500

Supply Fee: ¥100 per class

Trial Lesson: Yes, ¥2000

Single Lesson: Yes, ¥2000

4-4. Japanese Onsen - Tour

A special opportunity to experience the Tsurumaki-onsen and enjoy a hot springs bath and a Japanese lunch. We will meet at the Shinjuku Station at the west exit for the Odakyu Line; near the Romance Car ticket center on the first floor at 9:15 AM. Any problems that day, call sensei's mobile phone: 080-5410-5995.

Sensei: Atsuko Ikuyama 03 5450-3969
jcvikuyama@u01.gate01.com

Location: Off site

Min-Max: 3-20

Class Dates: **Day:** Wednesday

Time: 9:30 - 15:00

Session 1: December 2 (1 Lessons)

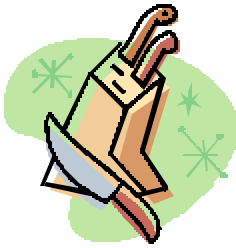
Session 1 Fee: ¥0

Supply Fee: Train tickets plus ¥2,500 for entry fee & lunch

Trial Lesson: n/a

Single Lesson: n/a





4-5. Kappabashi Kitchen District Tour

This well-known kitchen supply area can be daunting to newcomers, as well as for those who have been in Tokyo for awhile. Our Japanese Cooking teacher will take you to this kitchen wonderland, and show you where you can get unique kitchenware, pottery, plates, lacquerware, knives, tools, etc. at reasonable prices. Great items for personal use or as gifts for everyone on your list. Meet at 10:15 at Exit 3 of Tawaramachi Station [Ginza Line G18] near the intersection of Kokusai Dori and Asakusa Dori. Comfortable shoes are recommended.

Sensei:	Keiko Hayashi 03 3702 5758	keikocooking@c07.itscom.net
Location:	Kappabashi area	Min-Max: 5-10
Class Dates:	Day: Friday	Time: 10:15 - 12:00
Session 1:	October 16 (1 Lessons)	Session 1 Fee: ¥2000
Session 2:	November 6 (1 Lessons)	Session 2 Fee: ¥2000
Supply Fee: None	Trial Lesson: n/a	Single Lesson: n/a

4-6. Mashiko Pottery Town – Bus Tour

Mashiko is a small village famous for precisely one thing: its **pottery**, known as *Mashiko yaki* (? ? ?). Distinctive, heavy, country-style pottery; simple and rustic in style. The main glazes are a clear wood-ash glaze, a white rice-husk-ash glaze, black and kaki (persimmon), and sometimes decorated with enamel red, yellow and green. There are about 50 pottery shops in Mashiko (along with about 300 kilns) into which you can wander and watch the craftspeople at work. We will be there right before their big Golden Week sale and be able to try to bargain for wonderful prices. We suggest you bring a wheeled suitcase and packing materials with you to carry your treasures home.



Our chartered bus will depart from Tokyo Union Church. We will be able to walk the town leisurely, enjoy lunch at a restaurant of your choice, and have show-and-tell on the way back to Tokyo. Come and join us. First come, first served. There are only 21 spaces, so registration is required.

Tour Organizers: Hiromi Sato 080-5502-5230 hiromi.paulbeat@ezweb.ne.jp

Date: Friday, October 30

Cost*: ~ ¥5,000

Time and Place: Depart from TUC at 8:30 a.m.,
and return around 6:30 p.m.

*Cost is approximate and may change depending upon the bus.

Maximum # of people: 21 – Sign up early, this trip will fill up fast!

4-7. Tea Ceremony & Origami in Kimono



Enjoy wearing a traditional Japanese Kimono while having sweets and drinking green tea at Atsuko's home. You will also learn how to do origami (Japanese paper folding) and hear about the many varieties of Kimono and the history and rituals of the traditional tea ceremony.

- Please do not wear any clothes with a high neck.

Sensei: Atsuko Ikuyama 03 5450-3969
jvikuyama@u01.gate01.com

Location: Instructor's Home Setagaya area (map provided)
10

Min-Max: 3-

Class Dates:

Day: Friday

Time: 10:00 - 12:00

Session 1: December 4 (1 Lessons)

Session 1 Fee: ¥4000

Supply Fee: None

Trial Lesson: n/a

Single Lesson: n/a

4-8. Daikanyama Grocery Store Tour (1F Daikanyama Address Shopping Mall)

How many times have you walked down an aisle at your local Japanese market and said, "I wonder what that is?" Our Japanese Fusion Cooking teacher will take you through a local supermarket and explain about the various vegetables and fruits, fish and meats, and other products, that are commonly used in Japanese households. Meet at 11:00 at Daikanyama Peacock Supermarket at 17-6-6 Daikanyama-cho, Shibuya-ku. Store Tel: 03-6415-3051

Sensei: Mickey Horiike 03-3709-1088

Mickeycooks@aol.com

Location: Daikanyama Peacock Supermarket

Min-Max: 2-6

Class Dates:

Day: Monday

Time: 11:00 - 13:00

Session 1: November 9 (1 Lessons)

Session 1 Fee: ¥2500

Supply Fee: None

Trial Lesson: No

Single Lesson: No

5. DRAWING & PAINTING

5-2. Sumi-e Painting



Sumi-e is a traditional form of art in Japan. Sumi-e is black ink brush painting that captures the essence of beauty with delicate shading. Sensei will begin by teaching how to use the brush with the sumi ink. You will practice some beginning strokes depicting leaves and bamboo branches. Students will learn new strokes each week, and will create a beautiful picture suitable for framing. Students will receive individual assistance while acquiring new skills.

Sensei: Tori Hashizume 048 463 2899

Location: Kitchen

Min-Max: 2-10

Class Dates:

Day: Tuesday

Time: 13:00 - 15:00

Session 1: September 29 - October 27 (5 Lessons)

Session 1 Fee: ¥12500

Session 2: November 10 - December 8 (5 Lessons)

Session 2 Fee: ¥12500

Supply Fee: ¥13,000 for new students

Trial Lesson: Yes, ¥3000

Single Lesson: Yes, ¥3000

5-1. Drawing/Beginning Oil Painting/Intermediate Oil Painting

Drawing Class

The objective of this class is to teach students basic techniques for translating what they see in 3-dimensional space onto a 2-dimensional surface. A planed, white-plaster head and a regular, white-plaster head are used in the exercises.

Beginning Oil Painting I: Starting a Painting

Students will learn how to begin an oil painting using a limited palette. The emphasis is on how to mix colors, how to begin an oil painting, and the unique properties of oils. BASIC DRAWING BACKGROUND IS REQUIRED.

Beginning Oil Painting II: The Color Wheel (Color Theory I)

The color wheel is used in this class to explore the principles of color harmony: monochromatic, complementary, analogous and split-complementary. Basic drawing and some experience with oil painting is required.

Intermediate Oil Painting I: The Color Triangle (Color Theory II)

This class uses what Faber Birren calls the "color triangle" to study the effects of color and to understand how one can create each of the El Greco, chiaroscuro, Rembrandt, Turner, and Impressionist effects. Class schedule permitting, iridescence and transparency will be included. Basic drawing, basic oil painting experience and an understanding of the color wheel are required.

Intermediate Oil Painting II: Painting Techniques

The following painting techniques are taught in this class: blending, broken color, glazing, scumbling, dry brush, alla prima with a brush(es) and alla prima with a knife. Basic drawing, basic oil painting experience and an understanding of the color wheel are required.

Note: Students are expected to buy their own material and bring it on the first day of class.

Material Lists for Drawing and for Oil painting are posted on the class website:

<http://tmugs.m.ath.metro-u.ac.jp/cd/>.

If you have trouble downloading the appropriate file, contact the teacher at gues@r3.dion.ne.jp.

Sensei: Carolyn Dong 044 434 5472

gues@r3.dion.ne.jp

Location: Fellowship Hall

Min-Max: 2-15

Class Dates: **Day:** Wednesday

Time: 10:30 - 13:30

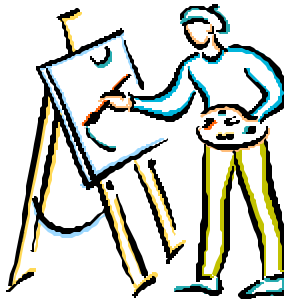
Session 1: September 30 - December 16 (11 Lessons)
No classes on: October 21, 2009

Session 1 Fee: ¥27500

Supply Fee: Approx. Drawing ¥ 9,500; Painting ¥ 22,500

Trial Lesson: No

Single Lesson: Yes, ¥ 3000, with teacher okay



6. FLOWER ARRANGING

6-1. Ikebana - Ichiyo

In this course, you will learn how to create arrangements in the manner of the Ichiyo School, using materials and containers in a way that gives the viewer an experience with nature that is unexpected, stimulating and profound. We start with teaching the basics of Ikebana and soon encourage personal interpretation and use of imagination. The curriculum is offered to 6 levels: Primary, Secondary, Advanced, Research, and Instructor I, Instructor II; each taking 20 lessons to complete.

- Akihiro Kasuya is the Head Master of the Ichiyo School
- Progress at own pace
- Qualify for certification as you complete each level



Sensei: Akihiro Kasuya 03 3388 0141
info@ichiyo-ikebana-school.com

Location: 2nd Floor Classroom

Min-Max: 5-20

Class Dates: **Day:** Wednesday

Time: 13:00 - 15:00

Session 1: September 30 - October 21 (4 Lessons)

Session 1 Fee: ¥8000

Session 2: October 28 - November 18 (4 Lessons)

Session 2 Fee: ¥8000

Session 3: November 25 - December 16 (4 Lessons)

Session 3 Fee: ¥8000

Supply Fee: ¥ 1,000 per class

Trial Lesson: Yes, ¥2400

Single Lesson: No

6-2. Ikebana - Ohara

The emphasis of the Ohara School is on seasonal and natural beauty. You can learn traditional styles as well as modern arrangements. Beginners and advanced students are both welcome. In the beginning, you learn simple forms of arrangements and then step up to the advanced course.

- Please bring scissors and paper to wrap flowers to class
- Keiko Anzai is a Master Instructor of the Ohara School

Sensei: Keiko Anzai 03 3411 0690

Location: Instructor's home, Meguro-ku area (map provided)

Min-Max: 2-3

Class Dates: **Day:** Tuesday

Time: 13:30 - 15:30

Session 1: October 6 - October 27 (4 Lessons)

Session 1 Fee: ¥8000

Session 2: November 10 - December 8 (5 Lessons)

Session 2 Fee: ¥10000

Supply Fee: ¥ 1,000 per class

Trial Lesson: Yes, ¥2400

Single Lesson: Yes, ¥2400

6-3. Ikebana - Sogetsu



Sogetsu School is the most well known Ikebana School, and there are 130 overseas branches. Basic techniques and variety of arrangements are taught using two textbooks. Students are able to advance to free-style. If required, teacher diplomas are given by the Sogetsu headquarters. Beginners and advanced students are both welcome. Students who wish to take two lessons per day may stay until 12:30, and pay an additional ¥1,500 plus supply fee for the second lesson. In case of absence, you may take a supplement lesson, so that you will not waste your registration fee.

- Yoka Hosono (Master Teacher at the Sogetsu school) has been teaching for over 20 years for the Tokyo Union Church Women's Society.
- Qualify for certification as you complete each textbook.

Sensei: Yoka Hosono 03 3485 2386 yoka-hosono@s6.dion.ne.jp
Location: 2nd Floor Classroom **Min-Max:** 2-12
Class Dates: **Day:** Monday **Time:** 10:00 - 12:30
Session 1: September 28 - October 26 (4 Lessons) Session 1 Fee: ¥8000
No classes on: October 12, 2009
Session 2: November 9 - December 14 (5 Lessons) Session 2 Fee: ¥10000
No classes on: November 23, 2009

Supply Fee: ¥1,200 per class **Trial Lesson:** Yes, ¥2400
Single Lesson: Current students only, ¥2400

7. HEALTH & SELF-ENRICHMENT

7-2. Tai Chi for Health

Start your study of the Yang Beijing Standard 24-movement Tai Chi form. This form benefits your body-mind health on many levels, enabling you to achieve a greater sense of calm and focus, deeper breathing, improved circulation, more efficient functioning of internal organs, and other benefits, which all help you to both correct internal imbalances that can ultimately manifest in illness and counter the daily stressors we all face living bustling Tokyo lives. As well as working on the Tai Chi form, you will learn a series of chi gong exercises and Tai Chi stretches that not only strengthen and loosen the joints, muscles, tendons, and ligaments, but also further help to unblock the energy meridians of the body.



Sensei: Stephanie Morino 090-6527-6912 chifact@gmail.com
Location: Fellowship Hall **Min-Max:** 2-10
Class Dates: **Day:** Monday **Time:** 10:00 - 12:00
Session 1: September 28 - November 2 (5 Lessons) Session 1 Fee: ¥12500
No classes on: October 12, 2009
Session 2: November 9 - December 14 (5 Lessons) Session 2 Fee: ¥12500
No classes on: November 23, 2009

Supply Fee: None **Trial Lesson:** Yes, ¥3000 **Single Lesson:** Yes, ¥3000
current students only

8. LANGUAGE

8-1. English as a Second Language (ESL) For Adults

Do you want to improve your English skills from a beginner level? This class will help you increase your listening comprehension, pronunciation, vocabulary, grammar and reading skills through games, presentations and newspaper clips etc. Casual idioms and expressions will also be discussed.

The instructor has previously taught ESL. She is able to connect with students of different cultures and age groups, and is sensitive to the needs of individual students with non-English-speaking backgrounds.

NOTE: Students should already have a good knowledge of basic English grammar before entering this class. Please bring a notebook, pencil, eraser and a great enthusiasm to class to learn by having fun.



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Sensei:	Hanna Galvez	ugnayan@hotmail.com
Location:	Library	Min-Max: 2-10
Class Dates:	Day: Wednesday	Time: 9:15 - 10:15
Session 1:	September 30 - November 4 (5 Lessons) <i>No classes on: October 21, 2009</i>	Session 1 Fee: ¥10000
Session 2:	November 11 - December 16 (6 Lessons)	Session 2 Fee: ¥12000
Supply Fee: ¥500	Trial Lesson: Yes, ¥2400	Single Lesson: Yes, ¥2400

8-2. English Conversation

Do you want to increase your English conversation ability? This casual class will help increase your confidence in speaking the English language through reading and conversing in a relaxed environment. A certified ESL teacher will use newspaper clippings, songs, presentations and role playing (such as going to a restaurant /bank/movie theater, shopping in department stores, taking a city tour etc) to create an atmosphere of fun and enjoyment.

Sensei:	Hanna Galvez	ugnayan@hotmail.com
Location:	Library	Min-Max: 2-10
Class Dates:	Day: Wednesday	Time: 10:30 - 11:30
Session 1:	September 30 - November 4 (5 Lessons) <i>No classes on: October 21, 2009</i>	Session 1 Fee: ¥5000
Session 2:	November 11 - December 16 (6 Lessons)	Session 2 Fee: ¥6000
Supply Fee: ¥500	Trial Lesson: Yes, ¥1200	Single Lesson: Yes, ¥1200

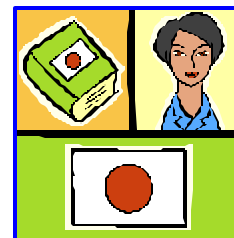
8-3. Everyday Japanese - Beginning

This class is an introduction to Japanese to help you deal with everyday situations here in Tokyo. You will learn to give instructions to taxi drivers, handle money, order in a restaurant, make simple phone calls, and much more. The emphasis is on spoken Japanese rather than grammar or writing, although you will be helped to acquire grounding in written Japanese if you wish.

Sensei: Kiyoko Mitamura 03 3334 7654 mitamurak@hotmail.co.jp
Location: 2nd Floor Classroom **Min-Max:** 2-12
Class Dates: **Day:** Friday **Time:** 9:30 - 11:00
Session 1: October 2 - December 4 (8 Lessons) Session 1 Fee: ¥12000
No classes on: October 23, November 27
Supply Fee: None **Trial Lesson:** Yes, ¥2000 **Single Lesson:** Yes, ¥2000

8-4. Everyday Japanese - Intermediate

This is a course for those individuals who have lived in Japan for a while, and want to increase their knowledge of everyday Japanese. Emphasis is on speaking and acquiring useful everyday vocabulary. It also covers the recognition of frequently written Kana and Kanji. It is not necessary to have completed the Beginning class to take this class.



Sensei: Kiyoko Mitamura 03 3334 7654 mitamurak@hotmail.co.jp
Location: 2nd Floor Classroom **Min-Max:** 2-12
Class Dates: **Day:** Friday **Time:** 11:15 - 12:15
Session 1: October 2 - December 4 (8 Lessons) Session 1 Fee: ¥12000
No classes on: October 23, November 27
Supply Fee: None **Trial Lesson:** Yes, ¥2000 **Single Lesson:** Yes, ¥2000

8-5. Japanese Language: Communicative & Practical



The class aims at practical and communicative Japanese from an early stage. No textbook Japanese, no parroting, but an understanding of the language from a cultural background, so you can express yourself more efficiently.

Sensei: Jiro Hayashi 03 3702 5758 jkhayash@flamenco.plala.or.jp
Location: 2nd Floor Classroom **Min-Max:** 1-5
Class Dates: **Day:** Monday **Time:** 13:00 - 14:30
Session 1: September 28 - November 2 (5 Lessons) Session 1 Fee: ¥5000
No classes on: October 12, 2009
Session 2: November 9 - December 14 (5 Lessons) Session 2 Fee: ¥5000
No classes on: November 23, 2009
Supply Fee: ¥1,000 **Trial Lesson:** Yes, ¥1100 **Single Lesson:** No

8-6. Using Kanji Signs as Landmarks

You will learn how to make use of Japanese KANJI to help your daily life in Japan. This is not a course for learning Kanji to read or to write, but for becoming familiar with Kanji as signs or landmarks to find your way and to make a choice. First the instructor will show how Kanji developed from drawings (hieroglyphics). After learning about 30 Kanji, we will check for them in building signs, in name lists of railway/subway stations, traffic signs on the freeway and so on. By recognizing some Kanji, you will feel a little more confident to move around and pick up things in Japan.



Sensei: Midori Kataoka 03 3354 0838 midori-tokyo@mua.biglobe.ne.jp
Location: Library **Min-Max:** 1-12
Class Dates: **Day:** Friday **Time:** 13:15 - 14:45
Session 1: December 4, December 11 (2 Lessons) Session 1 Fee: ¥5000
Supply Fee: None **Trial Lesson:** Yes, ¥3000 **Single Lesson:** No

9. TUC WOMEN'S SOCIETY ACTIVITIES

*These activities are for the enjoyment of all TUC Women's Society members.
Visitors and guests are welcome for their first activity, but we do ask that you join the TUCWS
(Membership Fee only ¥4,000/year) if you plan to participate in additional activities.*

9-1. Ah-Sew Craft Group

Ah-Sew is the Women's Society craft group. Lend a hand in sewing, knitting, gluing, stamping, painting, pinning and more. These crafts are sold throughout the year at various Women's Society events, including the monthly programs. Join the group for fun, friendship, craft projects and plenty of laughter. There is no need for you to have craft skills; there is no registration and no reservations. Drop in anytime and stay as long as you like.



Leader: Hatsue Tashiro - 042-304-0221, Helen Ott – 03-3597-6210 nelott@aol.com
Location: TUC Library
Dates: On-going **Day:** Tuesday **Time:** 10:00 - 15:00

9-2. Tokyo Day-to-Day Survival Help

We will meet the second Tuesday of each month, from 1:30 to 3:00 in the 2nd Floor Classroom. Japanese volunteers will help you practice your Japanese, answer questions about living in Tokyo, and help with shopping or getting around the city. Come ask a question, share an experience, or practice a few sentences in your best Japanese. We hope to keep the conversations lively with lots of laughter and friendship and warm advice on the ins-and-outs of living in Tokyo. Come and join in the fun.

Leader: Hiromi Sato 080-5502-5230 hiromi.paulbeat@ezweb.ne.jp
If you would like to attend, please RSVP to Hiromi at least two days prior to the meeting date at hiromi.paulbeat@ezweb.ne.jp
Location: 2nd Floor Classroom
Dates: 2nd Tuesday **Day:** Tuesday **Time:** 13:30 - 15:00

9-3. Lunch Bunch

The Lunch Bunch group is looking for venturesome women who like to try new restaurants or visit various eateries for good food, fun and fellowship! If you would like to join the fun, please send an email to Natsu to be added to the distribution list. You will be notified of upcoming lunch adventures, and you can let her know if you'll be able to make it.

Leader: Natsu Kikuchi natsuup@aol.com
Location: Off-site
Dates: Monthly **Day:** Wednesday **Time:** est. 11:30 – 13:30

9-4. Mahjong for Fun!

Come and join the mahjong fun on Thursday afternoons at TUC. The Fellowship Hall (B1) will be open for TUCWS members to come and play mahjong from 1:00 p.m. - 4:00 p.m. every Thursday (except for church or national holidays). This will be a fun time for members to come and enjoy fellowship together. Beginners are always welcome, too! Regular players must belong to TUCWS.

Leader: We need a leader for this group.
Please contact the TUCWS Reception Desk 03-3400-0942
Location: Fellowship Hall **Day:** Thursday **Time:** 13:00 – 16:00

9-5. Monthly Program

The first Thursday of each month, the TUCWS holds its monthly program. Coffee, refreshments, and fellowship is from 9:30, with a variety of wonderful programs beginning at 10:30. Previous programs have included Japanese dance and musicians, a puppet show, an Austrian ballet, and a Christmas and Spring Luncheon. Details of the upcoming program are listed in the Open Circle newsletter.

Leader: Natsu Kikuchi natsuup@aol.com
Location: TUC
Dates: Usually the 1st Thursday of each month **Time:** 9:30

9-6. Monthly Tours

Each month, there is an interesting and fun tour organized by the volunteer leaders to various places in or near Tokyo. Join us in visiting nature or cultural themed tours, and enjoy the company of other TUCWS members. Most tours are casual and pay-as-you-go. Dates and destinations are listed in the Open Circle monthly newsletter.

Leader: Hiromi Sato 080-5502-5230 tucws.tours@yahoo.co.jp
or Rose Nagakura at the TUC Reception Desk on 03-3400-0942
Location: Off-site **Donation:** ¥500
Dates: Monthly **Day:** Varies **Time:** Varies

9-7. Shinboku-kai

Our name says it all ~ Shinboku-Kai means "international friendship group" and that's just what we are. The wonderful ladies of our group usually meet the 4th Thursday of each month to share cultural differences, learn a new dance, or just have fun sharing together in friendship.

Leader: Gloria Bahaj bahajill@yahoo.com
Location: Varies
Dates: Usually the 4th Thursday of each month **Time:** 10:00 – 13:00
(approximately)

10. BIBLE STUDY & OTHER TUC ACTIVITIES

You do not need to be member of the TUC Women's Society to participate in these activities.

10-1. Bible Study

The Bible Study groups are casual, informal and flexible. An appropriate Christian book will be chosen and chapters reviewed weekly, with interesting discussions and friendly interaction. All faiths are welcome. There is no fee or registration required.

Tuesday Leader: Pastor Matthew Hardin astpastr@gol.com
Location: 2nd Floor Classroom **Dates:** On-going **Time:** 10:00 - 11:30

Wednesday Leader: Shelly Dawson bdawson5@gmail.com
Location: Member's Home **Dates:** On-going **Time:** 10:00 - 11:30

10-2. Little Indian "Bunko" – English Tutoring for Japanese Children

The Little Indian Bunko was established in 1981 as one of 37 Bunkos of the International Children's Bunko Association. The word "Bunko" means a small private library in Japanese. Each Bunko group aims to help children maintain language skills acquired in foreign countries or to help children who live abroad learn their mother tongues. Little Indian Bunko meets every Wednesday afternoon from 3:00 – 4:30 at Minami Yurigaoka Elementary School, near Shin-Yurigaoka station on the Odakyu Line. Little Indian Bunko is looking for native English speakers. There are also other Bunko groups for native Korean and French speakers.

Leader: Maria Smith 03-6808-7303 mariaesmith@msn.com
Location: Off-site **Day:** Wednesday **Time:** 15:00 – 16:30



10-3. MOPS (Mothers of Pre-Schoolers)

Tokyo Union Church now sponsors a new MOPS Chapter. If you are unfamiliar with MOPS, please feel free to review their website at www.mops.org. Please join us for an inspirational time of fellowship, sharing, creative activities and, of course, eating. Childcare is provided at no cost. Moms, this is a great opportunity to focus on YOU for a change, because "Mothering Matters!"

Leader: Tomomi Kumagai (or contact Tokyo Union Church at 03-3400-0047)
TUCWS.MOPS@gmail.com
Location: Fellowship Hall **Day:** Thursday **Dates:** Monthly **Time:** 9:30 – 12:00

10-4. Rice Project - Feeding the Homeless

Come and help make "Onigiri" (rice cakes) for the homeless in Tokyo. Volunteers are needed Monday through Friday from September through June. No experience is necessary, and no specific skills are required. Whether it's a few hours a week or month, it all adds up! This is a great way to meet new friends and share experiences through the fun conversation going on in the kitchen while making the rice cakes.

Contact: Contact Tokyo Union Church at 03-3400-0047 tuc@gol.com
Location: Kitchen **Time:** Varies by day, approx. 8:30 – 10:00

NOTES
