

# SAN GABRIEL NIKKEI QUARTERLY

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## CALENDAR

### SGJCC MEETINGS

SECOND TUESDAY  
OF EVERY MONTH

6 | 11 | 19

7 | 9 | 19

8 | 13 | 19

9 | 10 | 19

10 | 8 | 19

### UPCOMING EVENTS

JUNE 8 - SUMMER FUN FEST  
BBQ FUNDRAISER



### Bridges.

*Courtesy of Nathan Scott*

Above is an image taken back in 2010 of the foot bridge at Ise Grand Shrine, located in the city of Ise, Mie Prefecture of Japan. With the theme of bridges, the San Gabriel Community Center is trying their best in overcoming every obstacle thrown to reach their goal of a greater community. Bridges can represent strength, progress, and relationships which is exactly what our community is like. To strengthen our relationships or to make new ones, join in on the Summer Fun Fest BBQ Fundraiser on the 8th of June!!

## 書道クラス

Join the Shodo class today!

Yasoji Matsuoka

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ptree2237@earthlink.net

1st & 3rd Sundays at 1:00pm - 2:30pm

Adults - \$40

Children - \$30

Second child in the same family - \$20

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## 2019 SGJCC BOARD OF DIRECTORS

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## PRESIDENT'S MESSAGE

Hello, and welcome to Spring already...

New Years seemed like it passed only a few weeks ago! Didn't we just celebrate the New Year at our annual *Shinnenkai*?

Our center has adopted "organization statements" to express our purpose to the public, and to focus our board when making decisions. These statements are typical of non-profit organizations and other corporations, and generally serve as a philosophical foundation for the group. Ours were influenced from verbiage found in our Articles of Incorporation and By-Laws, as well as the statements published by other local Japanese Community Centers. Our new Mission Statement describes our purpose, goals, and type of service provided:

### San Gabriel Japanese Community Center Mission Statement

*The San Gabriel Japanese Community Center (SGJCC) is a charitable non-profit organization founded in 1923 that provides educational, social and recreational opportunities to people of all ages and backgrounds while sharing Japanese culture through the legacy of its traditional arts and crafts.*

In other news, your board members are currently working hard to put together a super fun Summer Fun Fest BBQ fundraiser, coming up on Saturday, June 8th. There will be fun and games, raffles, entertainment and bingo, some top-notch BBQ, and my own favorite — the bake sale. So come out and help support our Community Center while having a good time with all.

I also wish to extend my appreciation to SGJCC's dedicated and hardworking board members, as well as all of the volunteers who assist and support our fundraising events and property maintenance. Also a special thanks to the *Sensei* and leaders of our affiliate groups for your support and sacrifice to our center and its members. And finally, on behalf of all our board members, I'd like to put out a special thank you to Steve Furogawa, our 3rd VP, for getting all the ceiling work with the insulation and duct repairs taken care of. That was a big help!

Destrie Roy



Destrie and his daughter walking to school in Tokyo

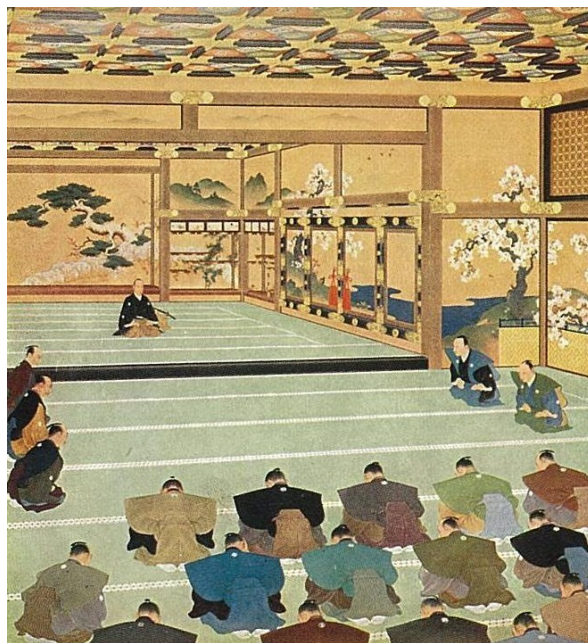




## NICHIGETSUKAN DOJO

### Aizu Oshikiuchi Bujutsu — Part 1

By Nathan Scott



Castle palace main reception hall (*Goten Obanbeya*)

Ambush attacks upon the Shōgun, his family, and his senior ranked retainers was of paramount concern within the walls of the castle palace. Long swords (*odachi*) were never worn indoors, and were not even allowed to be carried by hand within the palace. Even if a long sword could be accessed, the low ceilings, beams, and narrow corridors made manipulating the long sword effectively very difficult. Only the most trusted and highly ranked retainers could get close to the Shōgun or his family, and the closer they got, the greater the restrictions they had imposed upon them. They were not allowed to stand or draw weapons, and were required to walk on their knees (*shikko*) while wearing long, flowing clothing (*nagabakama*), restricting their ability to move quickly. Only nobles (*kuge*) and warriors (*buke*) of sufficient rank were allowed to pass into the large palace reception room (*Obanbeya*), and of those, only those holding the titles of “deputy” (*suke*) or “chief” (*kami*) were allowed to retain short companion blades (*tanto* or *aikuchi*). Others were required to surrender all their weapons prior to entering.

The “Great Inner Palace” (*Ō-oku*) was the largest section of the palace, and was used to house the Shōgun’s wife and his family. No male adults were admitted onto the floor of the *Ō-oku* without the Shōgun. Due to the need for the Shōgun to produce an heir, there were over 1,000 women residing in the *Ō-oku*, about 200 of which were allowed to see the Shōgun directly. When frequenting the *Ō-oku*, the Shōgun and his family would be protected by female bodyguards, trained in the use of the short sword (*kodachi*). *Kodachi* were effective indoor weapons, and were longer than *tanto* and *aikuchi*. These female bodyguards (*Oku Tsutome*) would sit in adjacent rooms, behind sliding doors, ready to respond to any threat if necessary.

In the event that the Shōgun, lord, or senior retainers were to come under attack, it was necessary for themselves - and their bodyguards, to be trained in self-defense to a higher level than the commoners or lower ranked samurai, both in armed and unarmed encounters. Thus, only the top instructors from the best martial arts were hired by the Shōgun, and their training was kept strictly secret. Palace self-defense arts in general were developed as needed, and were referred to by various names, depending on the regional preference - “Palace Art” (*Gotenjutsu* or *Kyudenjutsu*), “Seizing the Imperial Garments” (*Gyoidori*), “Martial Sciences for the Palace” (*Denchu Bugei*), and in the case of the Tokugawa Shōgun’s palace, “Martial Art to be Used Within the Ceremonial Threshold” (*Oshikiuchi Bujutsu*). The teachings of *Oshikiuchi* are among the older methodologies within Daito-ryu, of which there exists a precedence for the

development of palace self-defense arts. It seems that Daito-ryu ancestors from the Emperor Seiwa line of the Minamoto clan (*Seiwa-Genji*) once held military posts in command of the Imperial Palace Guards and the Sovereign's Escorts in Kyoto (*Heian-kyū*). Later, during the Kamakura Period (1185-1333), descendent Minamoto Tametomo was exiled to Oshima Island, where he was later credited with co-developing an Okinawan Royal Court martial art within the *Shuri* Castle Palace, called “Palace Hand” (*Gotende* or *Udunti*). This history is likely why in the early Edo Period (1603-1868), Hoshina Masayuki asked the last surviving *Seiwa-Genji* descendent, Takeda Kunitsugu, to teach him the Takeda family light-armor grappling art (*kogusoku*), a type of battlefield jujutsu. Hoshina then used these teachings as the foundation for his palace self-defense art, “*Oshikiuchi*”, which was taught at both Edo-jo and within his Aizu residence and court.

The characters used to write the term *Oshikiuchi* (御式内) are unusual, but consistent with old castle and court terminology. In ancient times the Emperor maintained a Minister of Ceremonies and a Minister of War. The former involved court practices, while the latter involved military matters. Daito-ryu is derived from Sumo, which was originally called “*Sumai no Sechie*”, and at that time was performed outdoors at the Imperial Palace under the Ministry of Ceremonies. This “ceremony” (*shiki*) categorization is more than likely where this character is derived from, which would make the term *Oshikiuchi* an honorable ceremonial art intended to be performed indoors (differentiating it from that of a battlefield art).

I’ll discuss some of the technical aspects of *Aizu Oshikiuchi Bujutsu* in the next issue.

## NIKKEI SENIORS CLUB

San Gabriel Nikkei Seniors Club is always happy to welcome new members. If you would like to join us at our Thursday meetings, please contact Membership Chairperson, Walt Kleinedler, at (626) 285-0361 or waltkleinedler@hotmail.com. We can promise that you will meet new friends and have an enjoyable Thursday morning. If we are playing Bingo at meeting, studies show that Bingo can improve memory skills and concentration. It is fun to play, and every game offers a winner.

### Las Vegas Trip

Las Vegas Trip — March 12, 13, and 14 — It was, as always, an enjoyable trip. A few mishaps, but a reminder of the importance of family and friends in our golden years. Many of us received door prizes and were lucky Bingo winners. We arrived at “Cal” and a few did well against the greedy, hungry casino. On the way home, the people who were not asleep, enjoyed the movie, “Crazy, Rich Asian.” The rest got their much-needed sleep from their hard “WORK and PLAY.” Thank you to all the volunteers and folks that brought snacks for us to enjoy.

### Another Las Vegas Trip

April 22, 23, and 24. Good food, the excitement and anticipation of winning the Big One and being with friends. A very enjoyable trip as always. The machines seemed looser than the last trip. Several in our group did well on the machines and tables. The swimming pool and exercise room renovation has been completed.

—Submitted by Jack Miyagawa, Las Vegas Trip Chairman

## SAN GABRIEL JUDO

**Isabella “Izzy” Coulter to 2019 Cadet European Tour, FoxLA News Live Broadcast, Sensei Mike’s Golden Celebration, 2019 Youth National Championships, Colorado Springs, Co**

### 2019 Cadet European Tour

Isabella “Izzy” Coulter has been selected to be a part of the USA Judo team for the 2019 Cadet European Tour. She will be competing in the Cadet European Judo Cup – Coimbra, Portugal on May 25 – 26, 2019. This is a great opportunity for Cadet athletes. Cadet athletes are athletes born in 2002 – 2004. We are very proud of Izzy’s accomplishments. She is an inspiration to our dojo and judokas. GOOD LUCK IZZY!!!



### *Sensei Mike's Golden Celebration*

On April 14<sup>th</sup>, 2019, a Golden Anniversary Celebration was held at San Marino Center, in honor and appreciation of Sensei Mike Noriega's years of dedication and service at the dojo. Family, friends, Senseis, previous and current San Gabriel Judo judokas came out to celebrate Sensei Mike's 50 years of Judo. It was a night of great foods, company and heartfelt speeches.

Thank you Sensei Mike for all you've done and continue to do. Also thank you to our attendees for the love and supports. And lastly, thank you to the San Gabriel Judo Board and the Planning Committee for putting together such a great event.



### *2019 Youth National Championships, Colorado Springs, CO*

Seventeen of our little judokas traveled to Colorado Springs to represent San Gabriel Judo in the 2019 National Championships on March 7 – 10, 2019. Each of our kids competed with so much heart & determination; they all came home winners.

This year's San Gabriel Judo National Team Members were: Aya Yoshitake, Daniella Manibog, Erin Chang, Madeline Tamanaha, Avery Kadohiro, Waverly Tamanaha, Meena Phan, Audrey Tamanaha, Malia Manibog, Tiffany Yanagi, Isabella Coulter, JaRon Phan, Tyler Higashi, Garrett Yanagi, Taylor Tan, Ryder Yoshitake and Logan Tan.

Our sweetest-little-heart, Madeline "Maddie" Tamanaha, brought home the national champion title for her age and rank division. She has so much technical potential that we can't wait for her powerful near future! Congratulations, Maddie!

Waverly Tamanaha had a break out performance as she won 5 matches with beautiful ippons to line up against the 8 time national champion from Hawaii. In 6 seconds, Wavie was able to sneak in a strong sode tsuri komi goshi for an ippon against the champ to set up an epic battle for the gold medal elimination match. This match was as lean and mean as it could get. Powerful attacks from each side through regulation and golden score. The winner was decided by the officials by the strongest kinsa and Logyn Lynn Puahala received her 9th National title. Phenomenal judo from both Logyn and Wavie!!!

Next up was Avery Kadohiro, who entered at 5 lbs under the weight, but still found ways to overcome her opponents sizes and strengths to be victorious. Avery's high Judo IQ is entertaining to watch on the national platform, as she also won several matches by ippon and brought home not 1, but 2 silver medals.

Next is our old faithful...Isabella "Izzy" Coulter. Despite having very limited hours to practice due to all of her volunteerism at school with tutoring and various varsity sports, Izzy was able to dig deep and come up with a very impressive tactical plan for this event. Izzy threw, choked and arm-barred several of the best athletes in the country and brought home a silver and bronze medal. Beautiful, "smart" Judo, Isabella!



Leading our Bronze Medalists, was the tiniest, but mightiest of our team, Daniella Manibog. Daniella gave up 12 lbs to every opponent she encountered, but she fearlessly attacked and used all of her beautiful waza to reach the podium for that Bronze medal! Next year, she'll come back with an extra 10 lbs and claim a gold!

Our next Bronze medalist is a newbie on the national circuit, but she definitely does not look like a newbie! Audrey Tamanaha has quickly become a force to be reckoned with! Audrey had some beautiful wins with a variety of good waza, and comes home with a bronze medal. With this experience, Audrey is definitely going to be a contender for many years to come!

The last Bronze medalist to mention, but definitely not the least, is the hardest working judoka of San Gabriel Judo...Garrett Yanagi! Garrett came out swinging with knockout blows and quickly got himself to the top of the bracket with some big time ippons! After several years of hard work, G brought home his first national medal!

Here is the list of our national placers...

### **Gold Medalist**

Madeline Tamanaha

### **Silver Medalist**

Avery Kadohiro x2  
Waverly Tamanaha  
Isabella Coulter

### **Bronze Medalist**

Daniella Manibog  
Audrey Tamanaha  
Garrett Yanagi  
Isabella Coulter

Thank you to our Coaches – Aaron Kunihiro, Taizo Sasaki & Mako Yoshitake!!!

Thanks to all of our awesome SG Judo Parents for spending 3 long days at the venue and making so much effort to make sure everyone made the most of their time in the Rockies!!! It sure was beautiful!!!

### **FoxLA News Live Broadcast**

On June 26<sup>th</sup>, 2019, FoxLA News will be live broadcasting at our dojo. Our friend, Sandra Endo, Good Day LA and Fox 11 News reporter will be doing a segment on judo and the upcoming 2019 USA Judo Junior Olympics in Anaheim, CA on June 28 – 30, 2019. This is the second time that Sandra will be visiting our dojo. She previously visited us on February 15, 2016. She is a great supporter of our dojo. It is great to have her back again.







# SAN GABRIEL JCC SUMMER BBQ

**SATURDAY  
JUNE 8th, 2019**

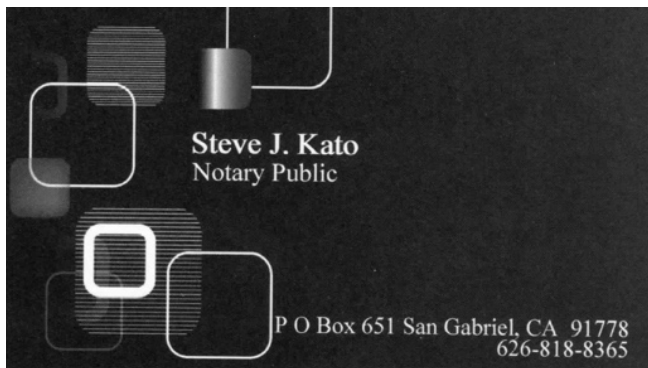
**12:00PM TO 3:00PM  
SAN GABRIEL JAPANESE COMMUNITY CENTER  
5019 ENCINITA AVE  
TEMPLE CITY, CA 91780**

BBQ PLATE LUNCH (CHKN/BEEF TERI) - \$15 RAFFLE TICKETS \$2  
1st Prize: \$300 2nd Prize \$200 3rd Prize \$100

[www.sgjcc.com](http://www.sgjcc.com)

FACEBOOK: @sangabrielJCC





**Steve J. Kato**  
Notary Public

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JKA is the only independent karate entity legally and officially recognized by the Japanese Government as an association of members for the promotion of karate.

WEDNESDAYS: 6:30PM - 8:30PM

SATURDAYS: 5:00PM - 7:30PM

CALL FOR DETAILS AT (626) 274-2579 OR EMAIL  
[INFO@JKA-LOS.COM](mailto:INFO@JKA-LOS.COM)

## ORGANIZATION MEETING SCHEDULES

**San Gabriel Judo Dojo**  
Modern Japanese grappling martial  
art & sport

**Tuesdays & Fridays**  
6:30pm-9:00pm

**Richie Endow**  
[sangabrieljudo@gmail.com](mailto:sangabrieljudo@gmail.com)

**Nikkei Seniors (Keirokai)**  
Senior citizen club

**Thursdays**  
10:00am-1:00pm

**Stan Yamada**  
(909) 393-9855

**Sogetsu Ikebana**  
Traditional Japanese flower  
arranging

**2nd & 4th Mondays**  
7:00pm-9:00pm

**Kaz Kitajima**  
(626) 333-3039

**Nichigetsukan Koryu Dojo**  
Classical Japanese grappling and  
swordsmanship

**Thursdays**  
7:00pm-10:00pm  
**Saturdays**  
10:00am-2:00pm

**Nathan Scott**  
(323) 821-8730

**Where Eagles Soar**  
A non-profit Christian fellowship

**Sundays**  
10:00am-11:30am

**Pastor Bob Lona**  
(626) 574-7107

**Shodo Academy of America**  
Japanese art of classical brush  
calligraphy

**1st & 3rd Sundays**  
1:00pm-2:30pm

**Yasoji Matsuoka**  
(626) 201-9242

**Boy Scouts of America, SGJCC  
Troop**  
Scouting youth organization

**2nd & 4th Sundays**  
6:00pm-8:00pm

**George Ocampo**  
(213) 793-140

**Japanese Karate Association of  
Los Angeles**  
Modern Japanese self-defense  
martial art & sport

**Wednesdays**  
6:30pm-8:30pm  
**Saturdays**  
5:00pm-7:30pm

**Harada Yoshiaki**  
(626) 274-2579

## 2018 FACILITY USAGE FEES

### AFFILIATE GROUP USAGE RATES

AFFILIATE GROUPS OF 1 TO 15 MEMBERS - \$45 PER DAY FEE

AFFILIATE GROUPS OF 16 OR MORE MEMBERS - \$50 PER DAY FEE

### ALL PRE-SCHEDULED DAYS MUST BE PAID FOR

The center must charge and collect usage fees for all pre-scheduled days/time slots. For example, if your affiliated group has prescheduled every Monday at 10:00 am to 12:00 pm, those days must be paid for regardless of if a holiday lands on that day or your group decides not to meet. If you have any questions or concerns, please see Ron Ito at (213) 400-9392.

### HALL RENTAL FEE

\$600 (plus \$100 cleaning deposit) - NON-MEMBERS

\$500 (plus \$100 cleaning deposit) - MEMBERS

Fee includes use of the entire facility for a maximum of 8 hours between 9:00 am & 10:00 pm.

## 2019 SGJCC Membership Dues

Family - \$60 Annual Fee

Individual - \$50 Annual Fee

### SGJCC 2019 MEMBERSHIP APPLICATION

ANNUAL FAMILY MEMBERSHIP - \$60.00 | ANNUAL SINGLE MEMBERSHIP - \$50.00

PLEASE MAKE CHECK PAYABLE TO: SAN GABRIEL JAPANESE COMMUNITY CENTER  
(PLEASE DO NOT SEND CASH - WE WILL NOT BE RESPONSIBLE IF LOST)

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CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

GROUP AFFILIATION \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \_\_\_\_\_ DONATION \_\_\_\_\_

\_\_\_\_ PLEASE CHECK IF OVER 80 YEARS OLD AND WOULD LIKE KEIRO KAI INFO

[\\*NIKKEI SENIOR MEMBERS. PLEASE PAY SGJCC MEMBERSHIP DUES THROUGH NIKKEI SENIORS](#)

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## ADVERTISING APPLICATION

\$10 PER ISSUE | \$40 PER YEAR

### BUSINESS NAME & CONTACT INFORMATION

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 TEMPLE CITY, CA 91780  
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