

## DSIF Boys U.S. Junior Amateur Travel Stipend

### Purpose:

To encourage and provide financial aid for "Junior Boy Golfers" pursuing golfing excellence. The Foundation emphasizes the importance of etiquette, integrity, responsibility, and fair play – values that make golf the special game that we know, love and learn from throughout our lives.

### Eligibility Process:

- Open to all male Junior Golfers
- Resident of the State of Hawaii
- Must be an upstanding citizen of the community

### Amount of Award:

- Not to exceed \$500 per qualifier

### Application Process:

- Complete application
- Enclose a copy of the completed Tournament Entry Form

### Selection Process:

- Sectional qualifying results
- Tournament Participation

All recipients must turn in a written report within thirty days of the tournament completion. This report should include the tournament experience, personal results and a summary of expenses.

Any questions, please call Guy Yamamoto,  
Junior Golf Travel Stipend for Boys Committee Chairman  
Phone Number: 688-2104

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David S. Ishii Foundation  
P.O. Box 2927  
Aiea, Hawaii 96701



# Through the Green

DAVID S. ISHII FOUNDATION NEWSLETTER

ISSUE NO. 4

JANUARY 2005

## DSIF MARKS 5<sup>TH</sup> ANNIVERSARY IN '05 Sponsors Credited for Foundation's Success

On June 9, 2005, more than 200 golfers, sponsors and volunteers will gather at the Pearl Country Club for the fifth annual David S. Ishii Foundation (DSIF) fundraising golf tournament. Amidst the food, fellowship and fun, the occasion will also mark a significant milestone, as the fifth group of DSIF college scholarship recipients will be introduced at the event.

The occasion will hold special meaning for Elton Tanaka, who has chaired the annual fundraising tourney since its inception. "The first year, we weren't sure how things would work out," Tanaka recalls. "The committee decided to err on the conservative side by establishing two, \$1,000 scholarships, but, thanks to a terrific response from sponsors, we were able to increase the amount of each scholarship to \$2,000 on the spot... that felt really good."

The uncertainty of that first year behind them, the DSIF scholarship has since evolved to awarding four, \$2,000 scholarships each year to Hawaii

*"The first year, we weren't sure how things would work out..." Elton Tanaka, DSIF Tournament Chair*

high school seniors who demonstrate a high level of academic achievement, are active members of their high school golf teams, and plan to attend college full-time at an accredited U.S. college or university.

And, if the recipients of the two inaugural scholarships are any indication, the goals of the scholarship program are indeed being met. "The scholarship helped me financially," says Katherine (Katie) Atebara. The Waiakea High School graduate attended Washington University in St. Louis and recently graduated with her bachelor's degree



*The first two DSIF scholarships were awarded to Waiakea's Katie Atebara and Hilo's Chais Paiva by David Ishii at the 2001 tournament banquet.*

in biology after just three-and-a-half years. Atebara will be working at the John A. Burns School of Medicine at UH Manoa starting February. "I'll be helping out with research projects studying immunogenetics and what factors influence asthma in Big Island children," she explains. Atebara then plans to apply to medical school or dental school in about a year.

Atebara's fellow 2001 DSIF scholarship recipient, Hilo High School graduate Chais Paiva, will receive his degree in electrical engineering from Loyola Marymount University in Los Angeles in May. In June, Paiva will begin fulfilling a four-year commitment to the U.S. Air Force.

Although Atebara and Paiva – both outstanding golfers at their respective high schools – did not compete at the collegiate level, they both continue to enjoy the game recreationally and say that golf helped them to succeed at their young age. "There was no golf team at my school," Atebara says. "However, golf taught me perseverance, determi-

*See "5th Anniversary," Continued on Page 7*

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**Newsletter**

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## GETTING 'PUMPED UP' FOR GOLF



**Barry Toyama of Tactical Strength & Fitness guides David through a workout.**

For many hackers, a few practice swings and half-hearted knee bends in the “on-deck” position before a weekend outing is about all the exercise they do in relation to their favorite pastime. From casual players to pros, however, a properly designed training regimen could significantly improve their game – not to mention their overall health and reducing or preventing injuries.

As evidenced by his successful career, David Ishii has long been a proponent of proper diet and exercise. As he approaches his 50<sup>th</sup> birthday, however, he has elevated his focus on physical conditioning and strength training. “In Japan, I have to compete against the young guys in their 20’s and 30’s,” David explains. “I need to work harder to keep up.”

Consistency is one area in which David feels the change. “After 40, you can still hit the ball okay, but it’s harder to put to-

**On January 23, Toyama, assisted by David and other top professionals, will conduct a special “Fitnessstraining for Golf” clinic for all Hawaii high school players and coaches at the Pearl City High School Gym.**

gether four good rounds week-in and week-out. You might play good for 15 holes, but then you might have these two or three holes where you say to yourself, ‘Where did that come from?’” A tour veteran, David has seen others go through the same process as they got older. “You’ve got to shoot under par,” he explains, “so every bogey or double-bogey you make, it’s that much harder to make up.”

A little over a year ago, David began working out with Barry Toyama of Tactical Strength & Conditioning. Toyama’s company works with several of Oahu’s elite volleyball teams, including the one that David’s son Colan plays for. David committed himself to

See “Strength & Conditioning,” Continued on Page 7

### Fitness (Continued from page 2)

a tough, three-times-a-week regimen under Toyama’s watchful eye at the company’s facility on Kapiolani Boulevard. He also provides David with a program he can adhere to while on tour in Japan.

According to Toyama, he begins by asking each client, “What do you want to achieve?” In David’s case, they began by working on flexibility as a means of gaining power, as well as improving posture and balance. “Sitting at a desk all the time can result in muscular imbalance,” he notes. “To improve posture and balance, you need to strengthen muscles that you don’t use anymore.”

On January 23, Toyama, assisted by David and other top professionals, will conduct a special “Fitnessstraining for Golf” clinic for all Hawaii high school players and coaches. Covered in the hands-on program was warm up, core strength training, flexibility and power development. “For many young people, they have to learn to control their energy in order to gain consistency,” David observes. The program is designed so that players can accomplish a lot on their own without a lot of expensive equipment.

Sharing with young players what has proven beneficial for him is part of David’s mission and that of



**Flexibility, posture and balance are key physical attributes to golfers.**

his Foundation. “Last year, my play showed improvement, I think,” David says. “I shot some low rounds and made more cuts than in the previous two years.” What’s even more promising is that he accomplished this while having to rehab from knee surgery. It’s a good sign as David sets his sights on qualifying for the U.S. Champions Tour later this year.

### 5th ANNIVERSARY (Continued from page 1)

nation, and not giving up,” she says. For Paiva, golf was game where things could change quickly. “You could be coasting along, playing well, when, all of a sudden you make a bogey or double-bogey. For me, as a golfer, I always tried to grind it out to the end and to finish strong.... That’s something I apply in whatever I set out to do.”

In addition to providing scholarships, the Foundation’s main expenditure has been in sponsoring both the Boys and Girls HHSAA State Tournaments. “None of this would be possible without the sponsors and players,” Tanaka emphasizes. “It’s not a cheap event to play in, but we’ve been fortunate to have great support for David and his foundation. Some sponsors have been there every year since we started, and each year the number of sponsors has grown.”

As the DSIF Foundation approaches its fifth anniversary, it would like to recognize the following founding sponsors who have participated every year since its inception:

Mrs. Yasuko Asada  
Alex Brenner  
Ameron International



**“...Golf taught me perseverance, determination, and not giving up.”**

**— Katie Atebara,  
2004 graduate,  
Washington University**

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## 2004 HHSAA BOYS AND GIRLS STATE TOURNAMENTS

### Kauai Sweeps Team Titles at Wailua Golf Course

The Kauai High School Red Raiders took full advantage of the home course advantage in taking both the boys and girls team titles at the 2004 David S. Ishii Foundation HHSAA State Golf Championships held at the Wailua Municipal Golf Course.

The Kauai girls team – whose top three scores were turned in by Jennie Pleas, Miki Ueoka and Ki'ilani Matsuyoshi – carded a cumulative 229-231—460 for a convincing 12-stroke victory over second place Waiakea, which edged third place Punahou by three strokes.

Leilehua's Britney Choy captured the girl's individual title, followed by Kauai's Pleas and Waiakea's Amanda Wilson.



**(Photos, far left): The Kauai High School girls team, coached by Kellie Pleas, and Kauai High School boys team, coached by Winston Ogata, are congratulated by Lorraine Ishii on their impressive sweep of this year's state championships. (Photo, top): Lorraine congratulates Kurt Nino (right) and Ryan Perez (left) for the first and second place finishes in the competition for the boys individual title. (Photo, above): Girls individual champion Britney Choy accepts her trophy and congratulations from Lorraine.**



The Kauai boys team turned in four scores in the 70s by Cory French, Chad Nonaka, Alan Baab and Abraham Akutagawa on the second (and final) round for a nine-stroke victory over second place King Kekaulike and 11 strokes over third place Waiakea.

Damien's Kurt Nino went two extra holes to break a tie with Ryan Perez of Moanalua, after the two completed regulation play at 3-over 147.



Travis Toyama of University High finished in third, two strokes back of the leaders.

## DSIF Scholarship Awards

Flanked by David Ishii (far left) and Scholarship Committee Chair Dayton Asato (far right), 2004 DSIF Scholarship recipients were recognized at the 2004 DSIF Tournament banquet. 2004 recipients, high schools (and collegiate choices in parenthesis) were: Gavin Sakamoto of Maryknoll (Creighton), Daniel Sugai of University High (University of Hawaii), Christen Kam of Punahou (University of Southern California), and Jennifer Li of Mililani (University of Washington).



## DSIF SCHOLARSHIP FORMS AVAILABLE

Hawaii high school seniors graduating in the 2004-2005 academic school year who have demonstrated a high level of academic achievement, were active members of their high school golf teams, and plan on attending college full-time at an accredited U.S. college or university are eligible for four \$2,000 scholarships available in 2005.

Application forms may be obtained by writing to: DSIF Scholarship Fund Committee, P.O. Box 2927, Aiea, HI 96701-2927. Deadline for completed application and materials is April 30, 2005.

### A Word About Our Newsletter

Welcome to the fourth edition of *Through the Green*, the official newsletter of the David S. Ishii Foundation. The USGA defines the phrase "through the green" as "the entire golf course, except for tees, greens and designated hazards." In tournament play, the phrase is used to mean that everything else is "in play."

*Through the Green* is the Foundation's way of saying to Hawaii's young golfers: pursue your goals, play it as it lies, and strive to be the best you can along the way...

## 2004 Tournament Sponsors

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### Hole in One

Japan Airlines  
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# 2004 DSIF Tournament Donors

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|---|--|---|

See "Donors," on next page

## "Donors," continued

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Waialele Golf Club (Gordon Tsujimura)  
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## Special Thanks To:

- Art & Signs  
Mrs. Yasuko Asada  
Shirley & Alex Brenner  
Kevin Carl



Mrs. Yasuko Asada (left) of Japan has not only generously supported the DSIF, but has traveled to Hawaii with friends such as Emi Takeno (right) to play in each tournament to date.

- |   |   |
|---|---|
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Volunteers help David on the 1st tee at the 2004 DSIF Tournament