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The real story. Japanese American History told by those who lived it.

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NEWS RELEASE  
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**Book Review: *Fighting Spirit: Judo in Southern California, 1930-1941***

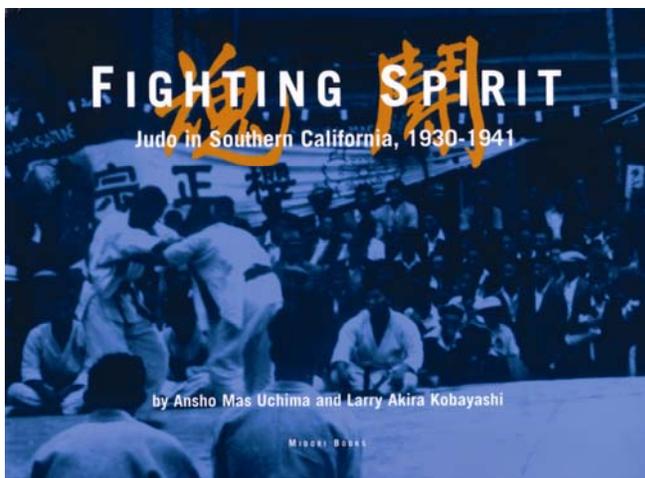


Photo caption: Front cover of “*Fighting Spirit*”

Mr. Ansho Mas Uchima works on his various publications while casually sitting at home in Redondo Beach, California. Retired from the aerospace industry, Uchima dedicates his time to documenting Japanese American history. His first publication was a collaborative effort with Larry Akira Kobayashi entitled, “*Fighting Spirit: Judo in Southern California, 1930-1941*” and published by Midori Books. *Fighting Spirit* contains 400 pages with over 75 rare photos of Southern California judo dojos.

It is well known that prior to World War II, the Japanese American community was built on the hard work and dedication of the Issei generation. The Nisei generation would, in turn, learn to pass down cultural practices such as judo and nurture them with pride. Clearly, World War II changed our community forever; but judo would sustain the test of a community forced to rebuild itself.

*Fighting Spirit* illustrates the history of judo and documents tournaments with a comprehensive list of participants. This is the only book on judo specifically from the perspective of Southern California. Uchima researched the Issei instructors, many who are deceased. Uchima and Kobayashi were able to collect information on the various tournaments and participants by exploring the archives of the Rafu Shimpō and examining oral histories of older Nisei. *Fighting Spirit* covers the evolution of Judo and its foundation in Japan although the book focuses on judo dojos in Southern California.

Uchima and Kobayashi demonstrate insight into a valuable historical component of our community. This book allows future generations of Japanese Americans to understand the hardships and the value placed on judo and its vital role in our community.

Uchima is currently working on his next publication “*Nikkei Generals and Admirals*” due out in early 2009.

Available for purchase, “*Fighting Spirit: Judo in Southern California, 1930-1941*” is already in its second edition. Included in the new edition are corrections and the addition of George Aratani’s family. To order this book by mail, please mail a check to Judo Research and Development Group Inc. 320 E. 2<sup>nd</sup> Street #311, Los Angeles, California 90012. For more information, please contact Kazuo Shinohara at (213) 680-7734 or [jrdgusa@pacbell.net](mailto:jrdgusa@pacbell.net). The cost is \$22 plus tax (8.25%) and shipping.

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