

# THE NUUANU YMCA AND THE GLORY DAYS OF HAWAII WEIGHTLIFTING

by Brian Niiya

Reprinted from: *The Hawaii Herald, Hawaii's Japanese American Journal*  
Vol. 20, no. 17 (3 September 1999).

Introduction by John D. Fair, The University of Texas at Austin



## INTRODUCTION

Occasionally the annals of sport reveal the emergence of a rich trove of talented athletes from unexpected places. In recent times this phenomenon appears with the disproportionate number of outstanding American Samoan athletes who have eschewed the traditional colonial sports of cricket and rugby popular in their homeland to play American-style football in North America. By the early twenty-first century, wrote Rob Ruck in his insightful book, *Tropic of Football*:

hundreds of Samoans were playing NCAA Division I football, hundreds more at junior colleges, and dozens in the NFL. About fifty Samoans from as far away as New Zealand report to NFL camps each summer. That's from a U.S. population of 235,000 Samoans—55,000 on the islands comprising American Samoa, the rest in the States, mostly Hawai'i and California.<sup>1</sup>

Samoan Tua Tagovailoa, to cite just one example, became a star quarterback for the Alabama Crimson Tide and runner-up, as a sophomore, for the 2018 Heisman Trophy. Ruck advances the proposition that it was not so much the "bottom line" that motivated Samoan excellence but a value system that created a "social capital" and "a collective sense of pur-

pose."<sup>2</sup> Such altruistic qualities were no less evident in the cadre of weightlifters that emerged in Hawaii a decade before it became the fiftieth state.

Hawaii in large part owing to contributions by Samoans and other ethnic minorities (some of whom still utter the ancient "haka" war chant) has long since entered the mainstream of American sports, thanks mainly to high speed air travel. But in the late 1940s and early 1950s it was still a remote territory, recovering from a direct hit at the outset of World War II, with increasing numbers of tourists, an economy dominated by sugar and pineapple interests, and the ubiquitous presence of the United States Navy. Hawaii was regarded as a distant colonial outpost of American civilization, occupying much the same place in mainland thinking as American Samoa a half century later.

Japanese immigrants (Issei) first appeared in Hawaii in 1868 when 149 contract laborers arrived in what was then a Hawaiian-run monarchy. Although Hawaii would not become an American state until 1959, mainlanders were already in Hawaii running pineapple and sugar cane plantations when these first immigrants arrived. In the years that followed, many more Japanese arrived in Hawaii and the United States seeking work.<sup>3</sup> By 1880 there were only 446 Japanese settlers in the United States, but by 1890 there were approximately 27,000 (mostly in Northern California) while a disproportionate number of them relative to the native and white population lived in Hawaii, which would not be officially annexed by the United States until 1898.<sup>4</sup> The 1910 census revealed that there were 185,502 ethnic Japanese living in Hawaii out of a total population of 191,909.<sup>5</sup> In succeeding generations the Issei were subjected to a series of discriminatory acts, including

---

Correspondence to: John Fair, NEZ 5.700, Dept. of Kinesiology & Health Education, Stark Center, University of Texas at Austin, 78712. Email: john.fair@austin.utexas.edu

the so-called Gentleman's Agreement of 1907 with the Japanese government that limited the number of Japanese immigrant laborers; the Immigration Act of 1924 that virtually banned the immigration of all Japanese; and President Franklin Roosevelt's Executive Order 9066 on 19 February 1942 that authorized the confinement of 126,947 Japanese Americans, 71,484 of whom were United States citizens. Ironically, less than one percent of the 150,000-plus Japanese Americans living in Hawaii were interned.<sup>6</sup> It was largely from this cohort of oppressed citizens that one of the most remarkable weightlifting teams in Iron Game history emerged in the wake of World War II.

The individual most responsible for assembling and promoting this aggregation of strongmen was Dr. Richard You, a Korean-American born in Honolulu on 23 December 1916, who wrestled for the University of Hawaii in the late 1930s as a middle and light-heavyweight. Upon graduating in 1939, You earned a medical degree from Creighton University in 1943, then served as a medical officer in the Pacific Theater through the end of the war. In its aftermath he returned to Honolulu to establish a medical practice where he took a special interest in treating athletes and administering vitamins and minerals to them, often free of charge. His early efforts were devoted to football players, but after establishing the Hawaii Athletic and Physical Culture Association, he expanded his interests to multiple sports, including boxing, swimming, distance running, Tae Kwon Do, women's track and field, and eventually he served as an U.S. team physician at the 1952 and 1956 Olympics. Possibly owing to a surfeit of local talent, weightlifting held a special fascination for You, especially since the sport was experiencing a golden age on the mainland. Richard Ishikawa, who figures prominently in the following reprinted article, recalled You saying that "he was going to form a team that could beat the York Barbell Club who had a monopoly in weightlifting in those days. ... 'Hey, we're going to win. ... We're going to beat them for the first time. Let's work up a strategy.' ... He pushed to the end."



These are the 1952 National Champions. Dr. You's Hawaii team defeated Bob Hoffman's York team and broke York's 21-year reign. Front row (L-R): George Yoshioka (123-2nd place), Richard Tomita (132-1st place), Emerick Ishikawa (132-7th place, and holding team trophy), and Richard Tom (123-1st place); back row (L-R): John Odo (181-8th place), Dr. Richard You, and Ed Bailey (198-2nd place).

Likewise Richard Tomita, who competed in the 1948 and 1952 Olympics, remembered, "Dr. You called me and said, 'We're going to send a team to the "nationals" in 1952 to try to take the title away from York, Pennsylvania.' I said, 'I wasn't in shape,' ... but he said, 'Don't worry about that ... just come to my office and I'll build you up and I'll make you a champion.'" Richard Tom, Olympic bronze medalist in 1948 claimed that "if it wasn't for Dr. You we wouldn't have taken the team trophy." Those six weightlifters, accompanied by Dr. You, traveled all the way across the Pacific Ocean and then crossed the continent to New York City to beat the best lifters in North America.<sup>7</sup>

Brian Niiya, author of "The Nuuanu YMCA and the Glory Days of Hawaii Weightlifting," is a renowned journalist and prolific writer of hundreds of articles covering the length and breadth of the Japanese American experience, especially relating to the World War II internment camps.<sup>8</sup> Born in Los Angeles on 10 June 1961, he has worked as curator and administrator for the Japanese American National Museum in Los Angeles and the Japanese Cultural Center of Hawaii. Best known perhaps for his mammoth *Encyclopedia of Japanese American History: An A-To-Z Reference from 1868 to the Present*.<sup>9</sup>

Niiya currently lives in Los Angeles where he is content director and editor of the *Densho Encyclopedia*, a free on-line publication pertaining to the Japanese American WWII incarceration experience.<sup>10</sup>

The journal that featured Niiya's article, which follows, was renamed *The Hawaii Herald* in October 1942 by Fred Kinzaburo Makino in order to deflect anti-Japanese sentiment during World War II from his formally named newspaper, *Hawaii Hochi*, which was founded in December 1912. Makino returned the *Herald* to its original moniker in 1952. When Japanese journalist Konosuke Oishi of the *Shizuoka Shimbun* purchased *Hawaii Hochi* in 1962, he and its publisher Paul Yempuku subsequently created a new *Hawaii Herald* as a weekly eight-page tabloid for the increasing numbers of Nisei, Sansei, and Yonsei unable to read Japanese. Since 1980 it has ap-

peared twice monthly with coverage of the achievements, current events, and aspirations of Japanese Americans in Hawaii and abroad. Its current editor is Karleen Chieko Chinen.<sup>11</sup>

Brian Niiya, though no authority on weightlifting history, has written a very valuable piece of weightlifting lore that needs to be reprinted to fill out the story of Hawaii's sudden rise to national and international significance. It is a remarkably accurate account that first explains how Bob Hoffman, president of York Barbell Company in Pennsylvania, was responsible for the rise of American weightlifting in the 1930s to international stature and how the "colorblind" recruitment of athletes for his teams

was critical to his success. By far the most important feature of Niiya's story, however, is that it is based largely on interviews with Hawaiian lifters Richard Tom, Richard Tomita, and Emerick Ishikama, key figures in establishing the vital connection with York. It also brings to light such secondary figures as Soichi Sakamoto, Keo Nakama, Halo Hirose, and Henry Koisumi who might otherwise be lost

to posterity and touches upon Tommy Kono (then living in Sacramento) who would emerge in the aftermath to become Hawaii's and America's greatest weightlifter. But as the author says, "that's a story for another time." Remarkably minimal mention is made of the Nuuanu YMCA, which was becoming the epicenter of Hawaiian weightlifting. It would be nice to know more about the ambiance of the old Nuuanu YMCA and how it compared to the old York gym on Broad Street where so many American champions were nurtured during this era. The author also failed to mention Richard Tomita in the text as a member of the team that upset York Barbell in 1952, though his name is included in the caption for the picture from the Tommy Kono Collection at the Stark Center for Physical Culture and Sports at the University of Texas at Austin.

Otherwise Niiya's resourceful article that follows tells us more than we have ever known about how a small group of weightlifters from a remote and under-populated territory of the United States were briefly able to enter the cultural mainstream and excel in national and international competition.

## THE NUUANU YMCA AND THE GLORY DAYS OF HAWAII WEIGHTLIFTING

The crowds stuffed the gym at the Nuuanu YMCA in the late 1940s. Spectators clambered onto the basketball goals, peered into the windows from outside, and stood at the doorways hoping to catch a glimpse of the action.

The sport was Olympic style weightlifting and the Nuuanu YMCA was one of only two centers of competitive weightlifting in America. Four men who trained there would make the 1948 U.S. Olympic team and two would return from London with medals. It was a golden age of weightlifting for

America in general and Hawaii in particular.

### BEGINNINGS

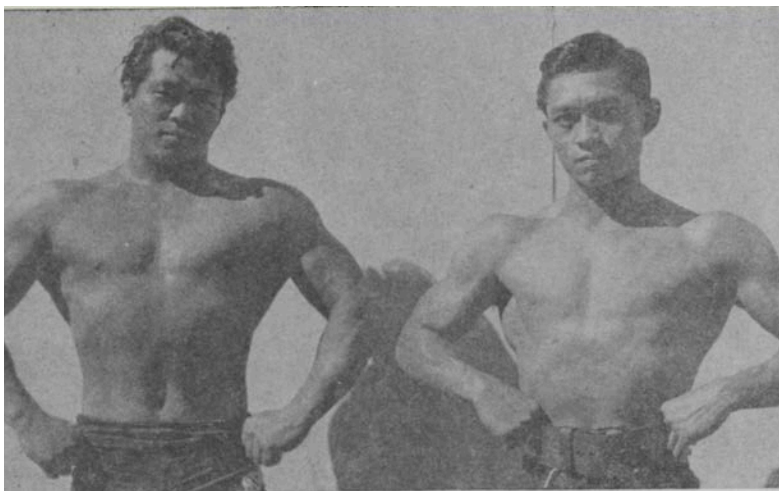
In the early days of competitive weightlifting, the United States was not among the world's best. One man, Bob Hoffman, sought to change that. As publisher of *Strength and Health* magazine and owner of the York Barbell Company, however, he had a selfish motive to promote the sport. Hoffman

stood to make a lot of money if he could popularize lifting weights. Developing an American Olympic champion was a time tested means of accomplishing this.

So in the 1930s, he began to recruit top weightlifters from around the country, bringing them to his headquarters in York, Pennsylvania. There, they would be given jobs at his barbell factory, provided a training facility, and sent to major meets on his dime. As Hoffman's weightlifters began to dominate national meets and make inroads in the world championships, their exploits would be reported in *Strength and Health*.

One of Hoffman's other secrets was that, when it came to lifting heavy weights, he was colorblind. While other sports of the time discriminated against non-whites, Hoffman seemed to actively seek out non-white athletes. His York teams—and later, the American national and Olympic teams he coached—represented the diversity of America at a time when few other sports did.

In Hawaii, three teenagers who would play a key role in the local weightlifting scene first came



This image of Harold Sakata and Richard Tom appeared in the January 1944 issue of *Strength & Health*. When the photo was taken, Tom had just won the 123 lb. weight class at the 1943 Hawaii State Championships. Sakata placed first in the 181 lb. class. Both of them set Hawaii AAU records during the competition.



together in the late 1930s. Each read magazines like *Strength and Health* carefully and tracked their own progress against the national champions profiled in their pages.

Richard Tom grew up in [the Honolulu neighborhood of] Palama and attended Farrington High School. He began lifting weights as a teenager, inspired by the magazines and by seeing older guys lifting at the Central YMCA. He wanted to look like them and soon became hooked. "From there, weightlifting was my life," he remembered.

Meanwhile, Lahaina-born Emerick Ishikawa began lifting in between participating in other sports. "I was a swimmer first," he recalled of his days as part of Coach Soichi Sakamoto's famed "Three Year Swim Club." He was a friend and contemporary of such legendary swimmers as Keo Nakama and Halo Hirose. "Then in the back room, they had some weights, so I got started with weightlifting."

He soon became friends with Kona's Harold Sakata, who had moved to Maui in the late 1930s. Both moved to Oahu by the time the first territorial weightlifting championship was held in 1938. There they met Tom and the three became friends and trained together. Soon, each was lifting at a level that made them national contenders. Unfortunately, lacking funds and a support system, they were unable to compete in any of the national meets, all of which were held on the Mainland. [Ed Note: Lahaina is on the island of Maui, Kona is located on the big island of Hawaii, as is Honolulu.]

#### ISHIKAWA HEADS EAST

Realizing the financial situation, Ishikawa decided to make a move. He caught a ship to the West Coast in 1940, hoping to get closer to his goal of a national championship. He ended up in Seattle for a time, then moved to Sacramento. When the Pacific War erupted in 1941, Ishikawa, along with 110,000

other Japanese Americans on the Coast, ended up in a "relocation center" on account of his Japanese ancestry.

He first went to a so-called "assembly center" in Marysville, California, then to the War Relocation Authority camp in Tule Lake, California, just a few miles from the Oregon border. That camp would later become notorious as a "segregation center," where the so-called "disloyal" were moved to after the loyalty questionnaire of early 1943.

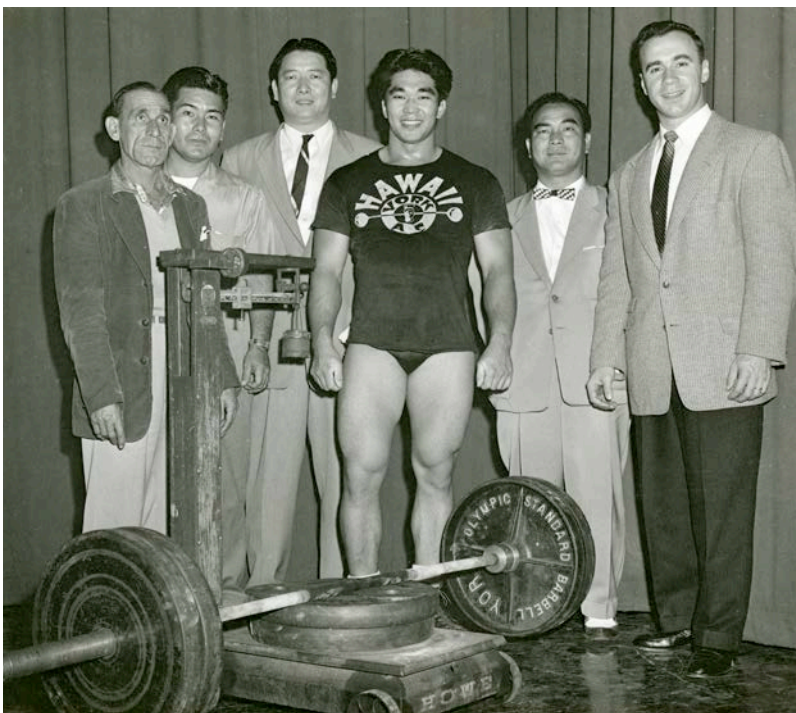
"At Tule Lake, I worked for the recreation department and I started a club," he recalled. "They gave me a whole building. They made for me platforms and everything."

That club attracted nearly 200 young lifters, no doubt hoping to escape the boredom of being locked up. Ishikawa charged no dues but collected an entry fee of \$1 from each member; that money was used to buy weight equipment from the outside. Meets were held in camp and, later, even involved people from outside the camp such [as] a weightlifting team from the nearby town of Klamath

Falls, Oregon. National caliber weightlifters such as Mits Oshima and Kaz Izumi were members of the club.

By this time, Ishikawa was a well-known figure among weightlifting hopefuls. A 14 year-old boy named Tommy Kono, watched Ishikawa do some demonstrations at Tule Lake (after Ishikawa left camp, he was brought back in 1944 and 1945 by the camp administration to do some demonstrations). "I remember seeing the Olympic weights he was lifting. They looked like train wheels to me!" said Kono, the Sacramento native.

Kono, who would go on to become one of the greatest weightlifters of all time, remembers that the first weights he lifted at Tule Lake were actually those purchased by Block 27 of Ward II out of proceeds from a carnival hamburger stand. "We ordered a York Ten-in-One exercise kit, along with bas-



As a teenager in the Tule Lake internment camp, Tommy Kono met Emerick Ishikawa who inspired Kono to learn to lift. He went on to become one of the greatest U.S. weightlifters of all time. In this photo, Dr. You stands behind Kono as his weights are tested from one of his record-setting performances. Kono's lifelong friend and fellow weightlifter, Pete George, is on the far right.

ketballs and other sports equipment," he remembers.

After segregation, Ishikawa left Tule Lake for another camp in Colorado, then left camp shortly thereafter for Chicago. (Many professedly "loyal" Nisei were allowed to leave camp starting in 1943 for areas off the West Coast.) He worked out at the Duncan YMCA there, along with Yaz Kuzuhara, who had accompanied him there. Ishikawa entered the Illinois State Championship meet and won his division, setting a record.

"I called Bob Hoffman from York Barbell, and I told him what I could do and what I did at the Chicago meet and he said to come right down," recalls Ishikawa. "York Barbell used to be a dream for all lifters in those days." So off he went to York.

When Ishikawa got there, he found a weightlifting utopia. A state of the art facility was augmented by an environment in which lifting weights reigned supreme. "We'd talk nothing but barbells," he remembers.

The factory and warehouse employed some of America's—and the world's—top weightlifters. There was Stanley Stanczyk, a Polish American from Detroit, who became a six-time world and Olympic champion middleweight and light heavyweight. There was John Terpak, the great middleweight whose parents had immigrated from the Ukraine. Frank Spellman's father was a Ukrainian Jew and his mother was from

Austria. Heavyweight John Davis was an African American who was born on a Southern plantation. [Ed note: This is an error on the author's part. John Davis was born on 12 January 1921 on Long Island. Raised by his mother Margaret Campbell, Davis never met his father.]

In addition to the regulars, there were also frequent visitors. "That gym was everybody's dream," he remembered. "So [a] lot of these lifters, bodybuilders, everybody used to, whenever they can, they come to York and spend a week over there you know and get pointers from all those guys. Every day, we had visitors from all over the world. Every day."

Ishikawa's job involved filling mail orders for weight equipment. "Oh, you should see the barbells

we used to ship out. Oh, lot of sets, those days. Two basketfuls of cards, one in the morning, one in the afternoon."

Once a month, everyone would be called together to help in the mailing out of *Strength & Health* magazine, Ishikawa remembers.

"The lifters would quit work early and work out in the afternoons. They became a close-knit group. That talk lasted even beyond the work day, as he roomed with Stanczyk, the world champion middleweight and light heavyweight."

That environment paid off in results. Ishikawa won four consecutive national championships from 1944 to 1947, the first two as a bantamweight (123 pounds), the last two as a featherweight (132 pounds). Though he was defeated in 1948, he came back to win the Olympic trials later that year and represented the United States at the London Olympics. He would have company.

#### HAWAII'S RESURGENCE

Richard Tom had wanted to follow Ishikawa to the Mainland but never got the chance. Once the war broke out, all hope for leaving the islands went by the wayside for a while. He and Sakata continued to train and compete locally and read about their friend's accomplishments in the magazines.

Then, in 1947, Nuuanu YMCA athletic director

Henry Koizumi approached Tom and Sakata about starting a weightlifting team with the promise that that team would be sent to the major national competitions on the Mainland. The two men eagerly accepted, along with a number of younger lifters, including Kalihi's [Honolulu] Richard Tomita.

The team made its national debut in

Dallas at the Junior Nationals, where Tom won the featherweight and Sakata the light heavyweight (181-pound) title. The nationals were a week later in Chicago so the pair journeyed north. There, they had a reunion with their old friend Ishikawa.

"Stanczyk and I drove over together from York to Chicago," recalled Ishikawa, "and we walk[ed] down to the stadium to look around. Typi-



Chuck Vinci speaking with Dr. Richard You, Pete George, and Tommy Kono at the Royal Hawaiian Hotel in November, 1956. Dr. You was an integral part of the success of Hawaiian weightlifting and traveled with the athletes to many competitions, including various Olympic Games.



cal local guys—two guys, Tom and Sakata sitting down on the steps just talking story.” Though the pair didn’t fare as well at the nationals, Ishikawa won his fourth straight national title.

With the world championships scheduled for later that year in Philadelphia, Tom and Sakata decided to stay on the Mainland for the three months rather than go back to Hawaii. Having no money, they were given jobs in York by Hoffman and spent a memorable summer working out with the York team. At the World Championships that year, Tom took second, Ishikawa third, and Sakata fourth in their respective divisions.

At the end of the meet, Ishikawa decided to return to Hawaii with his friends, at Sakata’s urging. “Sakata, oh, everyday he’s telling me ‘come home, come home.’ Boy that guy sure talk to me every day,” recalled Ishikawa, laughing.

The next year was a whirlwind of training, meets, and demonstrations as the group readied themselves for the Olympic trials in New York in July. Though Koisumi managed them, Richard Tomita recalls that they were largely self-coached, with the old hands Tom and Sakata being the leaders.

“In those days, the weightlifting scene in Honolulu was booming. Meets at the Nuuanu YMCA drew 2,000 to 3,000 people, packing the house,” recalled Tomita. The events would also get extensive coverage in the local press, which enabled Koisumi to raise money to cover the team’s travel expenses for the national and international meets.

After the final Olympic trials in New York, the U.S. Olympic team was chosen. Four of the 12 team members—three of four in the bantamweight and featherweight divisions—were from the Nuuanu Y. They were Richard Tom, Emerick Ishikawa, Richard Tomita, and Harold Sakata.

The London Olympics were a triumph for the American team as a whole as well as for Hawaii. The Americans won the team title over powerful Egypt (though the Soviet team did not compete). Tom won the bronze medal in the bantamweight class, behind teammate Joe DiPietro and just 2½ kilos out of second place. Sakata finished second in the light heavyweight division behind the great Stan Stanczyk, winning a silver medal. Ishikawa placed sixth and



In what appears to be a reunion of sorts at Kailua Beach Park, Hawaii, it is apparent that many of the Nuuanu Y’s lifters stayed in contact. Front row (L-R): Possibly Eddie Ching, George Yoshioka, Richard Tom, Richard Tomita; back row (L-R): Harold Sakata, Harold Nariyoshi, Emerick Ishikawa, Tommy Kono, and “Dynamite” Nakasone.

Tomita eighth in the featherweight class. The Olympians and Koizumi received a hero’s welcome upon their return to the islands.

After the Olympics, Tom and Ishikawa, now nearing 30, retired from active competition. Tomita continued to compete even as he worked a full-time job and saw his family grow to include three kids. Sakata also continued to compete for a while.

But as Sakata put it at the time, “A very wise man asked me if I was happy. Sure, I said. ‘And you’re proud of those silver trophies?’ Sure I’m proud. ‘Now let’s see if you can eat them,’ he said.” As such, Sakata turned to the better paying world of professional wrestling and later, movies and television, which brought him worldwide fame and fortune.

#### ONE MORE GO ROUND

In about 1950-51, Dr. Richard You, a local Korean-American physician, called together some of the old Nuuanu YMCA lifters to see if they would be interested in taking one more shot at the Olympics, to be held in 1952 in Helsinki, Finland.

That team—which came to include Richard Tom, Emerick Ishikawa, John Odo, Ed Bailey, and George Yoshioka—would also make weightlifting history.

From the beginning of organized weightlifting competitions in the U.S., Hoffman’s York Barbell team had dominated the competition. The York team

had taken home the team championship from the nationals each of the previous 21 consecutive years.

But in 1952 [the] nationals was held in a muggy New York City and the team from the tropics, Hawaii, upset the York team to take the national title. It would be the high point of weightlifting in Hawaii.

Despite winning national titles in their weight classes in '52, both Tom and Tomita were left off the U.S. Olympic team by coach Bob Hoffman. This created a minor controversy in the local press. Hoffman's stated rationale—that the second place finishers in the higher weight divisions stood a better chance of scoring points in the Olympics than the winners in the lighter divisions—proved to be true, defusing much of the controversy. Indeed, the lifters put on the team instead of Tom and Tomita provided the key points in the U.S. team's successful defense of its team title.

"We didn't put up a big squawk about it," remembers Tom of the incident. Both men did get to travel to the games as alternates, which took some of the sting out of the incident.

Though no Hawaii lifters made the U.S. Olympic team in 1952, a young Japanese American named Tommy Kono won the gold medal in the lightweight division, capping a year which saw him win both the junior and senior nationals and set a world record. It would be the first of an amazing eight consecutive world championships for Kono, who would win most of them as a resident of Hawaii. But that's a story for another time.

#### AFTERMATH

The old Nuuanu YMCA isn't there any more, having been torn down and replaced by the current structure in 1963. The old site, kitty corner to the current one, is now a grocery store and shopping center. But one of the mats from the old Nuuanu YMCA is still in use in the weight room of the new facility, according to Tommy Kono. "It is the cruder of the two platforms."

By the mid-1950s, the golden age of Hawaii weightlifting was over. Richard Tomita attributes the decline to increasing number of youth sports programs in team sports, which drew many of the top athletes away from competitive weightlifting. He recalls that his own kids were like this, more into baseball and football than weights. "It's not something you can force on them. You have to have it in you," he says today.

Tomita continued to compete until 1954, when he retired but continued as a volunteer instructor and coach at Nuuanu YMCA into the 1960s. Today, he can be found on the golf course, along with many other old Nisei athletes.

Sakata became a successful professional wrestler, but came to greater and lasting fame as a movie actor, playing James Bond's most memorable

nemesis, the Korean henchman Oddjob, in "Goldfinger" in 1964. The most outgoing of the group and its unofficial leader, Sakata held regular reunions at his home until his death of cancer in 1982.

Both Tom and Ishikawa retired in 1952, but continued to work out. Both men also did some coaching and Tom helped out with contests and with refereeing at meets as well. Both men remain close friends, and continue to work out to this day, even as they near 80. [Ed note: *Ishikawa passed away in 2006. Tom passed away in 2007.*]

One of the local lifters coached by Ishikawa was John Yamauchi, who became a national champion in the 1970s. Today, Yamauchi's sons are promising lifters and they—along with contemporary national champion Legrand Sakamaki from the Big Island—continue the local tradition started so long ago.

#### Notes

1. Rob Ruck, *Tropic of Football: The Long and Perilous Journey of Samoans to the NFL* (New York: The New Press, 2018), 9, 11.
2. Ibid.
3. "August 21, 1959: Hawaii Becomes the 50<sup>th</sup> State," *This Day in History*, *History.com*, viewed at: [www.history.com/this-day-in-history/hawaii-becomes-50th-state](http://www.history.com/this-day-in-history/hawaii-becomes-50th-state).
4. Wayne Maeda, *Continuing Traditions: Japanese Americans, Story of a People: 1869 to 1992*, (Sacramento: Sacramento Regional Japanese American 1992 Exhibit Committee, 1992), 2.
5. Department of Commerce, Bureau of the Census, *Thirteenth Census of the United States in 1910 for Hawaii* (Washington, 1913), 5.
6. Dennis M. Ogawa and Everts C. Fox, Jr., "Incarceration elsewhere. Japanese internment and relocation: the Hawaii experience" in *Japanese Americans, from Relocation to Redress*, eds. Roger Daniels, Sandra C. Taylor, Harry H.L. Kitano (Seattle: University of Washington Press, 1991), 135.
7. "A Celebration of Service for Dr. Richard You," March 29, 1996, Nu'uuanu Congregational Church, Honolulu, x-xii. Tommy Kono Papers, Stark Center, University of Texas, Austin. Afterwards the team was disbanded, though its heroics continued to serve as an inspiration for future weightlifting and bodybuilding activities. Tommy Kono, who won the lightweight class and would later become Hawaii's greatest star, was still living in Sacramento and represented Yarrick's Gym in Oakland.
8. For more information on Niiya, see "Brian Niiya," *encyclopedia.densho.org/authors/Brian%20Niiya/*.
9. Brian Niiya, *Japanese American History: An A to Z reference from 1868 to the present* (New York: Facts on File, 1993).
10. See Brian Niiya, *encyclopedia.densho.org/authors/Brian%20Niiya/*.
11. Kelli Y. Nakamura, "Hawaii Hochi (newspaper)," *Densho Encyclopedia at encyclopedia.densho.org/Hawaii%20Hochi%20(newspaper)/*.