



JOAN LIFFRING-ZUG BOURRET, PUBLISHER  
DEB SCHENSE AND JOHN JOHNSON, ASSOCIATES  
215 BROWN STREET  
IOWA CITY, IOWA 52245-5842  
319-337-9998 • 1-800-728-9998 • FAX 319-351-6846  
E-MAIL: [penfield@penfieldbooks.com](mailto:penfield@penfieldbooks.com)  
WEBSITE: [www.penfieldbooks.com](http://www.penfieldbooks.com)  
*Publishing and Distributing Ethnic Books*

## *Czech Immigrants and the Sokol Movement*

By Robert Tomanek

8 1/2 x 11"

Color Covers

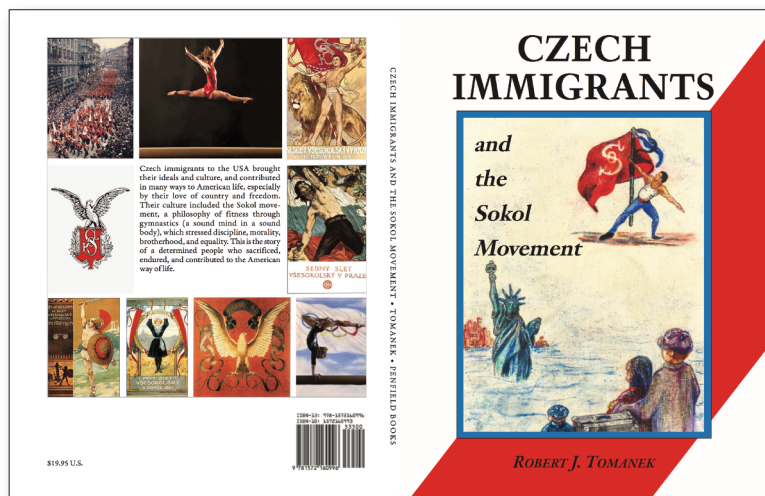
Black and white interior

120 pages

\$21.95 Retail

ISBN-13: 978-1572161214

For Immediate Release



## *Czech Immigrants and the Sokol Movement*

"I'm a historian from Prague who has been conducting research on American Czechs for many years. One of the symbols of the Czech community in America, the Land of the Free, was the "Sokol" (Falcon in English) gymnastic movement. Soon after its foundation in 1862 in Prague, it spread overseas and established numerous local branches. The history of Sokol is the modern history of the Czech nation, and its long-lasting struggle for freedom and independence. I deeply appreciate the work of Robert J. Tomanek, Ph.D. I consider *Czech Immigrants and the Sokol Movement* one of the best books in English ever written concerning Sokol. It is a necessary handbook for everyone interested in looking behind the scenes of the Czech social, cultural, political life in the USA from the 19th century to the present times."

—Dr. Martin Nekola, Ph.D., researcher, the Czechoslovak Talks project coordinator

Penfield Books showcases *Czech Immigrants and the Sokol Movement* by Robert J. Tomanek.

*Czech Immigrants and the Sokol Movement* is about the people of the Czech lands who settled in the USA, bringing their ideals and culture, and contributing in many ways to American life. They left their homeland because they were denied independence under Austrian rule during the late 19th and early 20th centuries. Their culture included the Sokol movement, a philosophy of fitness through gymnastics (a sound mind in a sound body), which stressed discipline, morality, brotherhood, and equality. The movement was so strong that it helped spark the Czech Legions, an army consisting of men who left the Austrian army in order to fight on the side of the allies during World War I. Their legacy was a major factor that rallied support for the establishment of Czechoslovakia in 1918. This is the story of a determined people who sacrificed, endured, and contributed to the American way of life, especially by their love of country and freedom. The book documents the role of Sokol clubs in facilitating the Czech culture in America by contributing to fitness through gymnastics, as well as the arts.

Author Robert J. Tomanek, PhD is Professor Emeritus Anatomy and Cell Biology, Carver College of Medicine, University of Iowa, Iowa City, Iowa 52242. Call or e-mail John at Penfield Books for more information about *Czech Immigrants and the Sokol Movement* 1-800-728-9998 or 1-319-337-9998. E-mail: [penfield@penfieldbooks.com](mailto:penfield@penfieldbooks.com)

