James Seiso Mana was born in Honolulu on January 30, 1918. He was the son of Nitaro and Masa (Irrii) Mana. He attended Kuhio School and McKinley High School and was employed as a Sign Painter for the Coca Cola Bottling Company in Honolulu, Hawaii.

James Mana was inducted into the Army on November 17, 1941 in Honolulu (Serial number, 30102327). He trained at Schofield Barracks with the 298th Regiment, Hawaiian National Guards and the 100th Infantry Battalion, Company E, in Camp McCoy, Wisconsin and Camp Shelby, Mississippi. He served in the Hawaiian Islands, continental United States, Algeria, and Italy. He was awarded the Purple Heart Medal, Combat Infantryman Badge, Asiatic-Pacific Campaign Medal, the American and European-African-Middle Eastern Campaign Medals, and the World War II Victory Medal.

Pvt James Seiso Mana was killed in action near Pozzilli, Italy, on November 12, 1943, during the Salerno to Cassino Campaign. He is interred at the National Memorial Cemetery of the Pacific (Punchbowl), Honolulu, Hawaii.