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DVD Report

'Kaiju' is monstrously entertaining

In this corner we have the formidable Los Plantanos, a pair of Spanish-speaking, freedom-fighting plantains. In the other corner we have Dino Kang Jr., the dinosaur-like creation of the villainous Dr. Cube, a "human genius turned quasi-monster" who sports a perpetual grimace and a head shaped like, well, a cube.

No, this isn't your father's WWF tournament. Instead, it's Kaiju Big Battel, the live-action wrestling phenomenon in which characters clad in elaborate monster costumes battle it out before an audience. The abbreviated back story of Kaiju is that the world has become besieged by gigantic creatures who wreak havoc on unsuspecting citizens. To contain them, the Kaiju Regulatory Commission has erected wrestling matches where "pent-up monster aggression could be unleashed without human casualty." Kaiju's latest DVD, **"Kaiju Big Battel: Shocking Truth,"** is a primer on how all of this came about.

Though the battles ape Japanese monster mashes, this madcap revelry actually comes from the clever folks at Studio Kaiju in Jamaica Plain -- that's why you'll recognize some of the scenery. Much of "Shocking Truth" plays out like one long Japanese cartoon, replete with cheeky commercials and a mock TV show hosted by the aptly named Loudon Noxious. As Motrin-inducing as this all sounds, it's also wildly entertaining and certainly a worthwhile rumble.

Extras: Past Battel smackdowns; Kaiju trivia, biographies, and trailers. (Koch, \$19.98; available now)

Capsules are written by Globe correspondent Tom Russo and titles are in stores Tuesday unless otherwise specified.