Today, Kajukenbo is practiced all over the world in many different branches. Kajukenbo is a hybrid martial art that combines Western Boxing, Judo, Ju Jitsu, Kenpo Karate, Eskrima, Tang Soo Do, and Kung Fu. In Pleasanton, Kokua Martial Arts Fitness Academy has a Kajukenbo program that focuses on developing complete martial artists. In contrast to many traditional martial arts, students are not required to mimic the teacher, but are encouraged to develop their own “expression” of the art.

“Our emphasis is on consistent and hard training both mentally and physically,” said Sigung Esther, co-founder and the head instructor of the Kokua Martial Arts Fitness Academy. The Academy educates its students in the Empedorado methodology of Kajukenbo, also known as the original or traditional method. Kajukenbo uses hard, fast strikes to vital points throughout the body, take-downs involving high impact throws, and many joint and limb destruction techniques.

**Kokua Martial Arts Philosophy**

- Treat people as we would like to be treated, with honor and respect.
- Welcome martial artists into our Academy which we consider our home and make them feel like Ohana (Family).
- Understand that Martial Arts encompasses your Spirit, Mind, and Body, which is the meaning of the clover in the Kajukenbo seal, which represents Sijo Emperado.
- Sigung Esther has many years of exceptional training and extreme competition with great accomplishments. She started her training in college in the late 1970’s in TueKwonDo then found the art of Kajukenbo in the early 2000’s. She is a member of the United Kajukenbo Federation and the Kajukenbo Self-Defense Institute.
- Her passion for the Martial Arts and her constant development and evolvement of the curriculum has produced exceptional instructors and students, Grand Champions, World Champions, and responsible young adults in the community. Having been brought up with the Aloha Spirit, family is very important to her and can be felt throughout all aspects of the Academy. Her son, Sibak Matthew Kaiser, is an accomplished Second-Degree Black Belt in Kajukenbo and her husband is always there supporting her.
- Kokua Martial Arts Fitness Academy is located at 7063 Commerce Circle, Suite I-J in Pleasanton. Learn more at www.kokuamafa.com or by calling (925) 223-8519.

**Definition of Kajukenbo**

- KA – Karate – Long Life
- JU – Judo/Ju Jitsu – Happiness
- KEN – Kenpo – Fist
- BO – Boxing/Chinese Boxing
- Kung Fu – Style

**Philosophical meaning of Kajukenbo**

Through this fist style, one gains long life and happiness.

---

**Serving the Tri-Valley for 40 Years**

Hope Hospice has been a vital community resource since 1980. We are a nonprofit organization committed to providing exceptional hospice care, as well as grief support and caregiver education.

**Connect today to learn more.**

- Staff availability 24 hours
- Care in your home, wherever home may be
- Grief support
- Dementia-care support
- Family caregiver education for client families and the public
- Certified by The Joint Commission, Medicare, and Medi-Cal
- 501(c)(3) nonprofit organization

HopeHospice.com | (925) 829-8770

---

**START A HOLIDAY VIRTUAL FOOD DRIVE!**

We estimate the need for food assistance in Alameda County has **doubled** since the start of the pandemic.

Help purchase our community's most needed items such as milk, eggs, and fruits and veggies.

**$1 = 2 healthy meals**

For more info visit accfb.org/fooddrive