

Business Spotlight

Long life and happiness through Kajukenbo at Kokua Martial Arts

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.

Here 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 Emperado method of Kajukenbo, also known as

Sigung Esther Molina of Kokua Martial Arts aims to be the type of leader that inspires others to dream more, learn more and do more.



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 while in college in the late 1970's in TaeKwonDo 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 involvement of the curriculum has produced exceptional instructors and students, Grand Champions, World Champions, and responsible young

The name Kajukenbo works in two ways:

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.

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.



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