

DR. KUMU MICHELLE MANU



Elite Athlete

Media
Personality

Master Martial
Artist

Author

Coach/Kumu
Hawaiian Lua

Champion for
Women



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Dr. Kumu Michelle Manu, a metaphysician, coach, artist, and champion for women is an internationally recognized expert in women's longevity, urban self-protection, and ancient with evolved Hawaiian warrior arts.

Among her many accomplishments, Michelle has authored several books, performed in live shows, appeared on television and in film. She is also a seasoned fight coordinator and film director.



In addition to her multiple disciplines and artistic endeavors, she has achieved the designations of Juris Doctorate (JD), Master of Metaphysical Science and Doctor of Philosophy (PhD).



HONORS & AWARDS



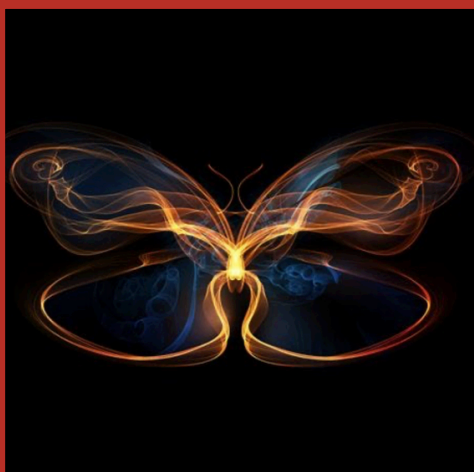
2024 Presidential Lifetime Achievement Award
2024 Person of the Year by Custom Trends Magazine
2017 Inductee Argentina Martial Arts Hall of Fame
2017 Woman of the Year Kenpo International Association
2017 Female Empowerment Inspiration by WGSC
2017 Special Celebrity by Munich Hall of Honour
2016 Knight Commander by Royal Order of Kamehameha I
2016 Hall of Fame Inductee Martial Arts History Museum
2006 Inductee Masters Hall of Fame



BOOKS

The Archetype of the Woman Protector

Inspired by her own self-reflection, Trailblazer in Women's Empowerment, Dr. Kumu Michelle Manu delves into the metaphysical. Utilizing her skills as a Coach, Educator and Wellness Counselor, this book brings light to the potential reawakening of a forgotten archetype—the Woman Protector. She challenges readers to question why and how to live out this protector archetypal behavior, which involves both spiritual and physical or aptly described as the 'Seen' and 'Unseen', the 'Physical' and the 'Non-Physical'.



The Butterfly Effect

Developed from her doctoral dissertation, Dr. Kumu Michelle Manu JD, PhD, presents an insightful look into a meteorology theory. A masterfully skilled and knowledgeable Educator, she examines how a small change at one place can lead to large and unexpected consequences converted in a case for metamorphic self-evolution, through the daily practice of transformation.

Mea Kaua 'o Kaihewalu Lua

Written by Senior Black Belt and Kumu of the Hawaiian art of Lua, Michelle Manu, this beautiful, never-before-seen art photography, conversational coffee table presentation is unequivocally unique. Using her knowledge as a Cultural Preservationist and Traditional Weapons Artisan, Kumu Manu provides history on how each weapon was used during Maoli (original) and their modern uses by the Kaihewalu Lua lineage.



FULL BIO & HIGHLIGHTS

Dr. Kumu Michelle Manu, JD, MMsc, PhD, is a multi-disciplinarian, elite athlete, and master martial artist. She is the Founder and Curator of the Sovereign Woman Collective, a dynamic movement empowering women through total wellness, self-protection, and cultivated freedom—restoring their inherent right to govern themselves.

Internationally recognized for her achievements, Kumu (teacher) Manu is a 10th-degree Black Belt, Alihikaua (General) and Kumu Lua in the indigenous Hawaiian warrior art of Lua (Kaihewalu and Manu lineages). She is the only high-ranking female teacher of Lua and the first public representative of a Hawaiian woman warrior in over 200 years. In recognition of her work preserving Hawaiian culture through Lua, she was knighted as a Knight Commander of the Royal Order of Kamehameha I (O'ahu Chapter)—the only woman to receive this honor.

Before her martial arts prominence, Kumu Manu was a professional Polynesian Hula dancer and choreographer, touring the Midwest for a decade. She now empowers thousands of women by integrating Hula with Lua, using the dance to develop essential combat skills such as timing, balance, placement, and biomechanics. She teaches this method internationally, including at UCLA, Honolulu Community College, and her private school, Nā Koa/Pā Lua O Manu. She remains active in the martial arts community as a cultural preservationist.

Kumu Manu specializes in self-protection for individuals in high-risk environments, including pilots, flight attendants, real estate and healthcare professionals, university students, adult entertainers, survivors of domestic violence, and women in various industries. Her dedicated students also study the ancient warrior disciplines of metaphysical science, warrior massage, wellness, and conditioning.

Her work and expertise have been featured in leading publications worldwide, including Sports Illustrated, Black Belt Magazine, Hawaiian Airlines Hana Hou!, Martial Arts Xperience, Inside Kung Fu, Martial Arts Masters Magazine, Seni Beladiri (Malaysia), Tae Kwon Do Times (Korea), USAdojo.com, KenpoGirl, Herstory, Martial Arts Illustrated UK, Warrior Magazin (Germany), Martial Journal, Immersion Labs, and El Camino The Way (Spain).

A respected figure in the entertainment industry, Dr. Manu regularly works in television, film, and live media. She has earned credits as a producer, director, host, fight actress, and fight coordinator, contributing to various films, series, and projects.

She is a published author, including non-fiction books *The Archetype of the Woman Protector* and *The Butterfly Effect*.

Beyond her warrior training, Dr. Manu has been a legal professional for three decades. She earned a Juris Doctorate (JD), business credentials from George Washington University, a senior executive leadership credential from Harvard Business School, a master's degree in Metaphysical Science (MMsc), and a PhD specializing in metaphysical counseling.

DR. KUMU MICHELLE MANU



CONTACT

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