

# DR. KUMU MICHELLE MANU



Elite Athlete

Media  
Personality

Master Martial  
Artist

Author

Coach/Kumu  
of Hawaiian Lua

Champion for  
Women



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Dr. Kumu Michelle Manu, 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) 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'.

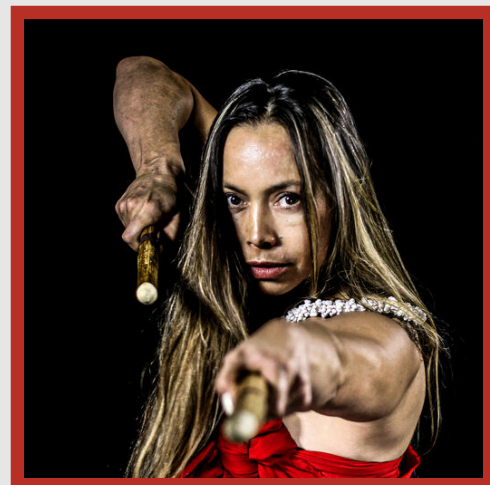


## ***The Butterfly Effect***

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, a multi-disciplinarian, is the Founder and Curator of a dynamic women's movement, Sovereign Woman Collective. Her unique approach to total wellness, self-protection, and cultivated freedom has been actively utilized to empower women to gain or regain their inherent right to govern themselves.

Michelle accepts offers to work regularly in the entertainment industry in TV shows, films, podcasts, and live television. She has credits as producer, director, host, fight actress, and fight coordinator in several films, series, and projects.

Dr. Manu is a published author, including titles *The Archetype of the Woman Protector* and *The Butterfly Effect and Mea Kaua 'o Kaihewalu Lua*.

Dr. Manu is internationally known for her accomplishments as a 10th Degree Black Belt, *Alihikaua* (General), and *Kumu Lua* (teacher) of the indigenous Hawaiian cultural warrior art, the *Lua* (Kaihewalu and Manu lineages). Kumu Manu is the only high-ranking female teacher of this art and the only public representative of a Hawaiian woman warrior in over 200 years. She is the only woman to be honored with the designation of *Knight Commander* of the Royal Order of Kamehameha I (O'ahu Chapter), for her continued work in protecting, promoting, and perpetuating the Hawaiian culture through the *Lua*.

Kumu Manu toured the Midwest as a professional Polynesian *Hula* dancer and choreographer for ten years. She empowers thousands of women using the *Hula* dance to teach *Lua*. She believes it is essential for timing, balance, placement, and biomechanics during close-quarters combat. Using this proven method, Kumu Manu teaches internationally at UCLA and Honolulu Community College, and privately at her school *Nā Koa/Pā Lua O Manu*.

Using the *Lua* and *Hula*, Kumu Manu teaches self-protection to people in high-risk environments such as pilots and flight attendants, real estate professionals, healthcare professionals, university students, adult entertainers, women experiencing domestic violence and homelessness, and women working in many other industries. Kumu Manu requires dedicated students to study the ways of the ancient warrior: metaphysical science, warrior massage, wellness and conditioning.

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

Kumu Manu is featured in magazines, 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)*.

# DR. KUMU MICHELLE MANU



## CONTACT

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