



Esteller Martial Arts Reopens & Rebrands To Esteller MMA & Fitness – The rebranding to Esteller MMA & Fitness has been a natural progression as E-MMA does so much more than just teach “Karate.” We have programs available for as young as 2 years old, to helping people in their 60’s and 70’s, and from Law Enforcement Defensive Tactics to professional and amateur fighters coached by UFC Bantamweight Michael “Mayday” McDonald! But the heart and soul of E-MMA is, and always has been the SAFEKIDS Program. Developed in 2000 as an Anti Abduction course for Middle and High Schools, this program has been shared with thousands of students in the Pleasanton, Castro Valley, and San Leandro/San Lorenzo school districts, and is responsible for 4 kidnap attempt survivors! There are many choices in town for Children’s Martial Arts or Fitness Kickboxing, but we hope you chose to become a part of the E-MMA Ohana (family). More information and Web Specials are available at Estellermmaptown.com or by calling 925-768-3555.