

## **Hawaii Five-0 S3,E16: Kekoa - Warrior**

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[Hawaii Five-0](#) episode “Kekoa” aired on February 11, 2013

[Hawaii Five-0: “Kekoa - Warrior”  
Season 3, Episode 16 - February 11, 2013](#)

“[Kekoa](#)” is Hawaiian for Warrior or Soldier and the episode featured [Lua](#), the traditional fighting system of the Islanders.

The bone-breaking system of [Lua](#) is one of the “secret arts” that was added to [Danzan Ryu Jujutsu](#) and Kajukenbo. There is a training sequence and fight scene with techniques that will probably look really familiar to most of you.

You can probably [watch the episode here for free](#), once the ads finish.

Also a bit of trivia: [Mark Dacascos](#) -a well known Kajukenbo man- plays [Wo Fat](#) (the main Bad Guy) in the series.