



**AIKIDO MOUNTAIN WEST**

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Aikido Mountain West welcomes  
**Molly and Jeramy Hale**  
**The Nature of Power in Aikido and**  
**Ukemi On Your Own Terms**  
August 17-19, 2018

Friday 6:30-8pm

Saturday 10-noon , 2:30-4:30

Sunday 10-noon

370 West Ironwood Drive - South Salt Lake City 84115

[www.aikidomountainwest.org](http://www.aikidomountainwest.org) [info@aikidomountainwest.org](mailto:info@aikidomountainwest.org) (801) 707-9905

Seminar fee: \$15 per session

Spectators Welcome



Jeramy and Molly Hale have been training in Aikido for a combined 66 years. Students of Frank Doran Shihan, they bring their personal expression to the art colored by years of exemplary teaching. Jeramy's focus encompasses training that brings health and vitality to the body, and skills that enable lifelong engagement in Aikido including the ability to take ukemi as the body ages. Molly brings a unique perspective to the art as she trains and teaches from a wheelchair. She is the US representative for adaptive Aikido in the International Aikido Federation. Her teachings inform the typical standing practitioner and seated student, expanding and broadening their responses and receptivity. Together, Molly and Jeramy move fluidly as they play off of each other's teaching,