



We are honored to welcome Molly Hale to SDIC-ST 2011 as both and SDIC presenter and ST trainer. Molly began her training in 1984 at Aikido West in Redwood City, California, as a student of Frank Doran Shihan. Her passion for movement and background in dance, yoga, t'ai chi, and Continuum supported her Aikido training. She became the senior instructor of the Aikido West Children's program in 1988 and instructor of Oracle Aikido Club in 1991.

In 1995 an automobile roll-over damaged her cervical spine and spinal cord; the prognosis was severe: she was expected to have no voluntary movement below her shoulders. Never-the-less, she returned.

