

# Finding My Center-Martial Arts on the Way to Tikkun Olam

Laura S. Brown

[www.drlaurabrown.com](http://www.drlaurabrown.com)



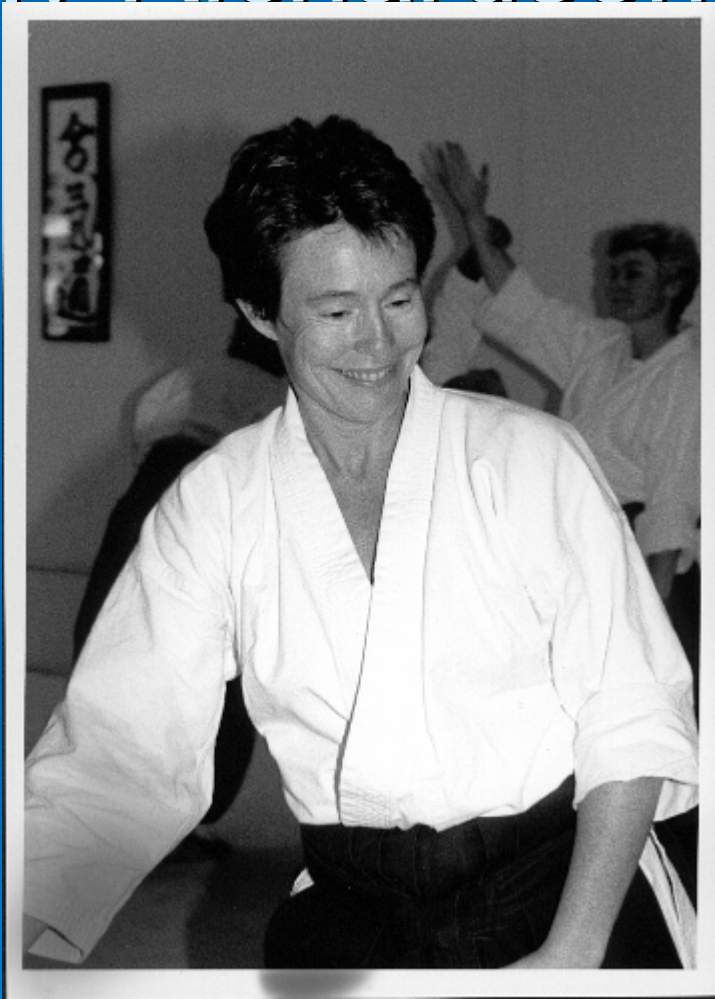


Woman Who Doesn't Have a Body Below Her Larynx

"Rise up early to greet the sun. Breathe in and let yourself soar to the ends of the universe, breathe out and bring the cosmos back inside. Next breathe up all the vibrancy of the earth. Finally, blend the Breath of earth with that of your own, becoming the breath of life itself. Your body and mind will be gladdened, depression and heartache will dissipate, and you will be filled with gratitude."

-O' Sensei

# Kimberly Richardson Sensei





Irimi Nage at my Fourth Kyu Test





Pinning from Kote gaishi at my Fourth Kyu Test



Helping a Black Belt Flip Over and Fall Down with Kokyu Nage, Third Kyu Test Day



Pinning from Shomenuchi Ikyo at my Third Kyu Test



Sankyo  
Pin,  
Third  
Kyu  
Test





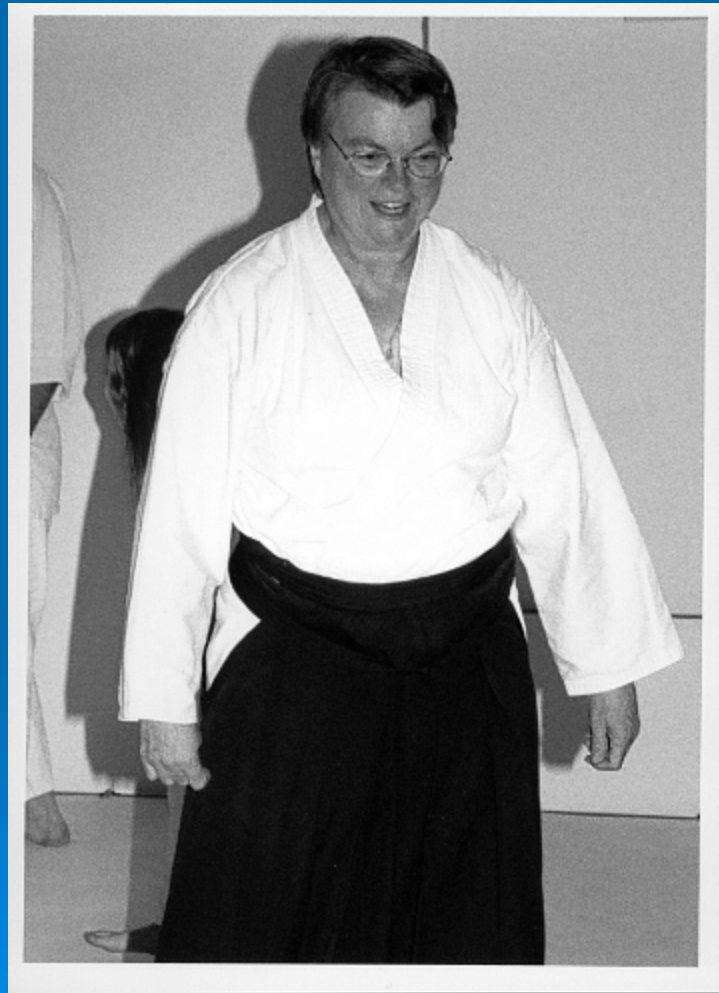
Jiwaza (two attackers who can attack you any way they want) at Third Kyu Test



Smiling, about to be attacked by no-longer scary Black Belt



# Mary Heiny Sensei



# Mary Heiny Sensei





# Aikido=Feminist Practice?

"The techniques of Aikido are intended for us to use in examining the nature of power, to engage in uncompromising self-scrutiny, and to realize our potential as powerful, compassionate, self-aware human beings."

-Mary Heiny Sensei

