



PANEL: Women in the Martial Arts



Delve deep into this women-led panel as they engage in an inspiring dialogue about the power and benefits of women training in the martial arts.

[Malory Graham](#): Aikido instructor, filmmaker, and media instructor from the United States of America.

- **Martial arts is a great way to teach empowerment because it gets people into their bodies in a way that intellectual activities cannot.**
- Women are culturally conditioned to not take up space. Practicing a martial art helps to combat that.
- **Advice:** Do not only take up space. Own that space.

[Georgia Verry](#): Martial artist, exercise scientist and podcaster from Australia.

- Structure is a benefit of martial arts. There is a system of progression that provides people with a feeling of improvement which humans crave.
- Research into martial arts found that people, especially women, benefit greatly because they **learn to take up space and find personal authority and agency.**
- **Balancing the feminine and masculine in martial arts** includes a focus on the feminine energy to observe what the opponent will do to you as opposed to solely sitting in the masculine energy that is always ready to charge.
- **Advice:** Take up space.

[Roma Pijlman](#): Karate instructor, Netherlands olympic karate team coach, life & business coach.

- **Martial arts teaches you to feel more competent to handle life.**
- Respect is a learned value in martial arts. When you enter a dojo, you always bow for the sensei, the lineage and each other. There is a **community building** aspect to martial arts.
- As you get older practicing martial arts, you get more into the wisdom and the meditative side of it.
- **Advice:** Be yourself and continue exploring what it means to be yourself.

[Daniela Welzel](#): Black belt in Aikido, certified MBCT trainer, conference manager for TEC2020.

- Aikido teaches you to lean forward and center yourself literally and metaphorically in class and in life
- **Training in martial arts is beyond technique. It is about the core principles and values like discipline, responsibility, structure, and reliability.**
- Women are often slightly better and quicker learners in Aikido.
- **Advice:** Do not be afraid to be yourself.



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