



American Martial Arts Institute

American Eagle Style

8380 Seneca Turnpike: New Hartford, New York 13413
(315) 768-1859 www.amai-eaglestyle.com

The American Martial Arts Institute is a franchised school under the direction of Grandmaster Clifford C. Crandall, Jr.

The Open System

A Non-Ranking Martial Arts Program

for Men and Women 30-55 years of age who wish to train in American Eagle Style without progressing through a Belt Ranking System.

What is the Open System?

The **Open System** is a one-hour class designed specifically to meet the needs of men and women 30 years of age or older who are interested in training in American Eagle Style but not interested in progressing through the ranking system.

Some of the benefits of this program include consistent weekly workouts, year-round self-defense training, increased balance and flexibility, improved circulation and strength, personal enjoyment, and more.

Who teaches the Open System Classes?

The Open System Program is taught by certified adult black belt instructors of the American Martial Arts Institute. These professional men and women care about you, your well-being and health.

What is the class structure?

All classes are one hour in length and include: Stretching, Punches, Kicks, and Blocks. Other areas covered will vary from class-to-class. Some of these areas include: katas, self defense, ippon kumites, awareness information regarding safety topics, and more.

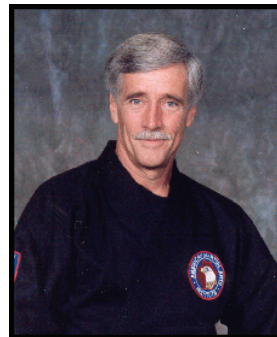
When Does the Open System Class meet?

The Open System Class meets at the American Martial Arts Institute's full-time training facility located in New Hartford, NY. **Mondays from 7:30 to 8:30 p.m. (Concurrent with the adult class).**

Note: Open System students train with ranking students for certain segments of the class; however, they are worked with separately for some segments.

Clifford C. Crandall, Jr.

Grandmaster of the
American Martial Arts Institute



The American Martial Arts Institute is under the direction of Clifford C. Crandall Jr., a full-time professional martial artist. He was inducted into the Action Martial Arts Magazine International Hall of Fame and has produced nine instructional video tapes and authored three books in the field of the martial arts. He hosted the Safety and

Awareness Today Show for Central NY, which aired weekly on ABC, Fox, and MyTV. He is also the cofounder of SecureLivingOnline.Com, the first website to offer downloadable self-defense videos.

As a retired Superintendent of Schools in the State of New York with classroom teaching experience plus the unusual combination of once being principal of an elementary school, Kindergarten through fourth grades, and principal of a high school, Grandmaster Crandall brings to this martial arts program an educational professionalism seldom seen in a martial arts school. There is little doubt that Clifford C. Crandall Jr. has had a real and positive impact on the world of martial arts and continues through his instruction of American Martial Arts Institute Black Belts to maintain the tradition and true meaning of the martial arts. His over 45 years of martial arts training includes professional instruction in traditional Japanese and Chinese styles with his primary heritage in Korean (Tae Kwon Do). The style founded by him and taught by the American Martial Arts Institute is the "American Eagle Style."

Visit www.amai-eaglestyle.com to learn more.

How does the Open System Differ from the Ranking System?

- There are no belt ranks in the Open System. Instead, students are designated as beginner, intermediate, or advanced status.
- There are no testings in the Open System. Instead, students are evaluated while participating in class over a period of time, and then are requested to set aside some time to demonstrate the level they are at for Grandmaster Crandall. This evaluation is casual and one-on-one with no testing fee.
- There is no sparring in the Open System. Instead, circular self-defense is practiced.
- Once students in the Open System reach intermediate status, they may also participate in extension tool classes held for Ranking System students.
- Open System students may do alternative techniques to the ranking class.

What do I wear?

Open System Students wear a white school uniform.

Participants wear a white belt with a blue tip, unless they previously achieved a belt in the ranking system and are now registered in the Open System.

- Beginner students will wear one blue tip.
- Intermediate students will wear two blue tips.
- Advanced students will wear three blue tips.

Can I earn belt ranks if I want to?

Yes. If you decide, you may choose to register as a full-time student in the American Eagle Style of martial arts and test for belt ranks. This allows you to attend unlimited classes during the week. You may receive credit toward your time spent training in the Open System toward testing for your first belt ranks. **Speak with an instructor for more information.**

When Can I Join?

You can Join Now. Registration is open. Speak with an instructor about joining today.

What is the Registration Fee?

Receive 6 months of classes for \$325.00. You may pay \$112.50 to start and the balance after 3 months. **New members receive a free uniform.** Family discounts are available, even if other family members choose the Ranking System. Members 55 and older may also attend the Senior eagles class at no additional cost, if they choose.

Other American Martial Arts Institute Programs

American Eagle Style Classes

Children's Classes for 6-12 year olds. **Adult Classes** for ages 13 and up. Unlimited classes taught by certified adult black belt instructors. Second family member receives a 25% discount.

Superkick Program

For 3, 4, and 5 year olds. This 45-minute program meets in three month sessions. It builds self-confidence, small and large motor coordination, balance, focus, and listening skills. Teaches self-defense and awareness.

Senior Eagles Program

For ages 55 and older. This special program specifically designed for men and women 55 and older meets weekly for one hour. Many insurance companies pay for the full cost of the program.

Traditional Iaido (Sword)

For ages 18 and older. Takenouchi-Hangan-Ryu-Matsuno-Crandall is a 300-year old samurai sword style under the direction of Headmaster Clifford C. Crandall, Jr. Speak with an instructor for more information.

American Cane System Classes

Adult Classes for ages 18 and up. Learn how to defend yourself using a walking cane. Classes meet weekly and private classes are available. Speak with an instructor for more information.

Tai Chi Chuan

For ages 18 and older. This ongoing program deals primarily with the traditional basic 24-move form and its history and application.

Special Seminars and Classes

Special seminars available on a variety of topics including women's self-defense (ages 16 and older), child abduction prevention, traditional extension tools (such as bo, tonfa, sai, kama, etc...), and more.

**Try the Open System for
1 month for just \$19.95.**

Includes a free uniform.

New members only.

Expires: _____