

# SAFE

## Physically and Mentally

A program for School Systems  
to increase the safety, awareness, and self-confidence of its children

Education can fight back against violence by arming our children with the knowledge that will make the difference in how they feel about themselves and the world around them.

Your school and its staff can meet and beat the growing challenge of student fear and apprehension regarding the violence that surrounds them today.

Safe Physically and Mentally is Presented By:



**Program Director:** Grandmaster Clifford C. Crandall, Jr.

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Clifford C. Crandall, Jr.  
Grandmaster  
American Eagle Style

Dear District Superintendent:

This package is directed to you because as a retired superintendent of schools myself, I realize the importance of your position in the introduction of new programs uniformly throughout your BOCES school district.

This program has been developed, documented, and implemented during the past twelve years, and it can answer a growing concern in each community; that being, how we can educate our children against violence and assault.

**With this program you can answer that question:**

- 1) with your own staff
- 2) in your own building
- 3) within your yearly budget
- 4) with a program that is educationally sound and common sense effective

**The accompanying booklet will give you:**

- 1) the teaching seminar outline
- 2) background information regarding the educational philosophy of the program
- 3) examples of informational areas covered
- 4) examples of non-aggressive escape techniques covered
- 5) a copy of the registration application
- 6) an example of your staff's certification
- 7) a complete resume on Grandmaster Crandall's professional educational background and martial arts background.

The seminar can be held at a building of your choice most suited for easy access by the participants. A representative of the program can be available to meet with you or come to one of your superintendent's monthly meetings to answer any question. Prepare for the next year and have your teaching seminar this summer.

Thank you for your professional time and interest.

Sincerely yours,

Clifford C. Crandall, Jr.

## **Dear Educator:**

There is little doubt that the aim of the educational institution has always been to prepare our next generation with the knowledge and skills to succeed, not only for themselves but also of our country and the world of tomorrow.

One area of growing concern expressed by communities, which is very difficult to be met by the school systems as they exist today, is that of personal safety and awareness in this changing world. How do we arm young ladies and gentlemen with the skills to defend themselves without teaching them violence and skills that can just as easily be misused? The answer is now available through the "Safe Physically and Mentally" program that becomes educationally sound because your staff teaches it.

## **Consider:**

- Education is a process for educators. It is an area of professionalism that understands the community, state laws, and the techniques that reach children in a classroom atmosphere.
- You can offer a self-defense program for grades K-12 that is taught by the school physical education department and maintained and controlled through the decisions of the building administrator and the board of education.
- You can meet the growing concerns regarding the safety of young ladies, grades seventh through twelfth, with a self-defense program that is effective.
- You can meet the needs of young gentlemen, grades seventh through twelfth, with a physical fitness and self-confidence program that is geared to be defensive and not bully or fight oriented.
- You can now offer a program that certifies you staff and is taught by a New York State permanent certified teacher, school administrator and supervisor, and school district administrator.

The program is taught by a martial artist that is world recognized as the founder of one of the only true American styles of martial arts in the world, who has authored three books in the area of self-defense and martial arts plus five instructional video tapes, which are sold worldwide.

The American Martial Arts Institute can make your physical education department certified to meet a growing need and concern in our community, that of personal self-defense through the teachings of Grandmaster Clifford C. Crandall and the innovative program called "Safe Physically and Mentally."

# About the Program Designer

## Safe Physically and Mentally

Clifford C. Crandall, Jr.  
Grandmaster of the American Martial Arts Institute

This educational program was written and is taught by Clifford C. Crandall, Jr., a full-time professional martial artist. Mr. Crandall is recognized internationally for his contributions to the field of martial arts and his safety awareness programs. His educational experience as a permanently certified superintendent of schools, elementary and high school principal, and classroom teacher, combined with his many years as a professional martial artist gave him the unique combination of knowledge and skills to develop the Safe Physically and Mentally program for increasing safety of children through the school systems.

### His Education Certifications and Degrees Include:

- 1969, Educational B.A. Degree
  - 1974, Permanent N.Y.S. Teachers Certificate
  - 1975, Master Degree in Educational Administration
  - 1975, Permanent N.Y.S. Administration and Supervision Certificate
  - 1976, School District Administrator N.Y.S. Permanent Certificate
  - 1978, Instructor in the use of PR#24
  - 1979, Law Enforcement Defensive Tactics Instructor
- 1996, Nationally Certified as a Grandmaster



Mr. Crandall has authored three books and produced seven instructional videos, two of which have now been formatted into DVDs. One of these DVDs is *Children's Self-Defense and Awareness, Volume 1*, a self-contained program of non-aggressive self-defense for educating school children. He has taught elementary through high school children self-defense with his *Just Get Away* program, presented his *Women's Self-Defense seminars* for rape crisis centers, universities, and other private organizations, instructed *college credit courses* on self-defense, instructed and certified physical education teachers to implement a *K-12 self-defense curriculum* to meet state required safety standards, and designed safety programs for senior citizens.

Mr. Crandall produced and hosted the *Martial Arts Today Show* for twelve years, which aired on NBC to over eight million homes in the U.S. and Canada. For over twenty years, he has raised public awareness regarding safety with his *Secure Living* television public service announcements, by serving as the Central New York spokesperson for McDonald's in safety commercials, and with his television show *Safety and Awareness Today* that presented self-defense and safety topics for all ages on ABC, Fox, and MyTV.

# Safe Physically and Mentally

A program of non-aggressive self-defense for our School Systems

## The Purpose of Self-Defense

The purpose of self-defense is not to hurt other people; it is to ensure that you do not get hurt. With all that is involved in protecting yourself, this can be easily forgotten. However, this program keeps this in mind and realizes that awareness helps make this goal possible.

The self-defense techniques presented in this educational program are also taught as part of the American Eagle Style of martial arts, but there is a great deal more to self-defense than the physical techniques, especially for young ladies and gentlemen. There is the knowledge of avoidance, awareness of your surroundings, and the possession of the self-confidence that you can do something to defend yourself.

## Teaching Self-Confidence and Self-Defense

Self-confidence is a key element in successful self-defense, but teaching it can be challenging. Every student is different. *Teaching the physical techniques of the Crandall System involves accepting the following concepts and knowing how to put them into practice for all students.*

### 1. You do not have to touch a child to teach a child

Physical contact by adults is unnecessary to teach a child. Yes, physical contact has short-term benefits for such things as correcting body posture and techniques, but other methods of instruction are more appropriate and effective in the long term. There are several reasons why you should not touch children. This concept is primarily for people working with children who are not their own.

Therefore, the program emphasizes the use methods that do not involve physical contact such as demonstrations, verbal directions, imagery, and visual aids. By endeavoring to arm the child's mind with knowledge, they can learn the ability to react.

### 2. Continually use supportive compliments

Encouragement builds self-confidence. Point out what the child does well, not what they could be doing better. It is essential to continually use supportive compliments, smiles, and other forms of positive reinforcement.

### 3. Be patient

Always be patient, especially when teaching children. A child's body is still developing, and this causes changes in motor coordination, balance, and confidence.

These challenges can be frustrating to a child. Through repetition, constructive correction, and supportive compliments, the child will continue to build self-confidence and proficiency with the techniques. Learning is a process that requires time.

4. The key to success is your own enthusiastic attitude

Be aware that a child responds to the atmosphere that you create. If the child is having fun along with you, they will learn faster and will wish to learn more. When you compliment them, use the inflection of your voice to reinforce your own excitement.

## **The Objectives of the Program**

The Crandall System educates students of all ages regarding dangers that face them everyday and provides them with effective solutions so they may feel more secure in their daily lives.

## **Objectives for Mental Awareness**

1. Participants will understand ways to promote positive behavior from those around them and ways to discourage unwanted behavior.
2. Participants will demonstrate and present personal and socially responsible behavior.
3. Participants will care for and respect themselves and others.
4. Participants will recognize threats to themselves and their friends and will have the confidence to offer safe alternatives to minimize those threats.
5. Participants will understand self-defense and its relationship to others whether potentially threatening or simply daily participants in their social surroundings.

## **Objectives for Physical Skills**

1. Participants will perform skills that are basic to small and large motor coordination. These skills will allow them to successfully manipulate and escape physical aggression.
2. Participants will gain the self-confidence to challenge, enjoy, and express themselves positively through their training in self-defense.
3. Participants will be able to identify safety hazards and react effectively to ensure a safe and positive experience for themselves and those around them.

4. Participants will demonstrate care, consideration, and respect for themselves and their partner while practicing the activities.

The educational philosophy of the Crandall System prioritizes awareness, responsible behavior, prevention, and verbalization before any physical action. However, it also recognizes that a physical response is sometimes required. As a parent, educator, or community member, it is important to understand that self-confidence is what makes the difference when taking a stand in a situation that could end up being very serious.

### **A Sample of Information Covered**

The following list of six pieces of information is part of a larger list of concepts covered in the workshop. The information appears to be self-explanatory; however, they are more than just pieces of information. They are phrases that invoke concepts of thought that are explained in much greater and more sophisticated detail in the “Be Safe Physically and Mentally” program.

1. Be careful when dealing with people seeking directions, and keep your distance from their car.
2. If you are being followed by a car, turn around and walk the other way. Go up a one-way street if possible. Get the license plate number of the car and a description.
3. Be prepared mentally as well as physically for any type of action.
4. Do not give information over the phone to people you do not know (such as calls for your parents, roommate, *et cetera*). This includes when you are housesitting or babysitting. The key information not to give out is whether or not you are alone at home and how long you will be alone.
5. Become proficient enough to protect yourself if the need arises. This includes escape by using breakaway techniques and fight back if necessary.
6. Be aware of your surroundings and alert as to what is happening around you. Do not transfer your responsibility for being aware to someone who may be with you (such as a boyfriend, girlfriend, parent, *et cetera*).

The program deals greatly with the defensive awareness for female students, but it can also be presented in more than one way if the class is primarily or totally male.

## **Supplemental Curricular Materials**

### Children's Self-Defense and Awareness, Volume 1 (3<sup>rd</sup> edition) DVD

**Author:** Clifford C. Crandall, Jr.

This instructional DVD is one-hour in length is still one of the most popular on the market being used by colleges, public schools, individuals, and martial arts schools as an outline for self-defense courses. It comes with a 10-page guide and contains the following content that is also presented within the “Be Safe Physically and Mentally” program:

- Introduction by Clifford C. Crandall, Jr.
- Children's Section
- Instructor's Section
- Introduction and Course Overview
- Circuit Training and Techniques
  - Horse Stance Center Punch, Circular Arm Breakaway, Straight-Across Wrist Grab, Straight-Across Wrist Grab (with counter), Throat Grab, Sleeve Grab
- Defensive Center Kick
- Responsive Move When Being Picked Up
- Instructor's Program Review
- Teenage Just-Get-Away Escape Techniques

### Be Safe Physically and Mentally with the Crandall System: Instructional Book

**Author:** Eric Stalloch

**Coauthor:** Clifford C. Crandall, Jr.

This 160-page book documents many of the techniques of the “Safe Mentally and Physically” program. Complete with detailed photographs and explains for each technique. It also contains segments to be read by or presented to children and teenagers.

### Learn Takedowns Plus Counters Against a Knife and Gun: DVD

**Author:** Clifford C. Crandall, Jr.

This one-hour instructional DVD is a good resource for continuing professional development of the teaching staff to gain a more sophisticated knowledge of self-defense concepts. It also includes stretching and tumbling segments.

### American Eagle Style Instructional Textbook

**Author:** Clifford C. Crandall, Jr.

This 324-page, hardcover textbook documents the American Eagle Style of martial arts and is an excellent resource for continuing professional development and reference.

# Safe Physically and Mentally

## Teaching Seminar Outline

**Program Designer and Coordinator:** Clifford C. Crandall, Jr.

**Program Copyrighted In:** 1997

**Program Presented By:** American Martial Arts Institute

Participants must be dressed and able to participate physically, but this is not a strenuous workout seminar. It is a teaching seminar that simply needs the participants to understand the moves and physical concepts of the techniques. The true emphasis is in what vocabulary to use and how to demonstrate the techniques without resorting to touching the students being instructed.

This is a one-day workshop taught by Grandmaster Clifford C. Crandall, Jr., who is assisted by staff of the American Martial Arts Institute. This workshop results in certification of the participants based on their understanding of the information taught, which is based on a basic 25 question written review form at the end of the day.

The program is seven hours in length.

### Sample Agenda

- |                                 |  |
|---------------------------------|--|
| <b>9:00 a.m. to 10:00 a.m.</b>  | Introduction. This includes workbook handouts, language terms, safety concerns, teaching goals, and general questions by participants.   |
| <b>10:00 a.m. to 12:00 noon</b> | Basic warm-up that should be done with school students in preparation for instruction. Forming a proper first and understanding the chamber and power of each part of the body. Upper and lower body structure for punches and kicks. The most common stances in the martial arts such as the front stance, back stance, and horse stance. |
| <b>12:00 noon to 1:00 p.m.</b>  | Lunch Break  |
| <b>1:00 p.m. to 2:00 p.m.</b>   | Awareness techniques, avoidance, and prevention. How not to be a target or victim.   |
| <b>2:00 p.m. to 4:00 p.m.</b>   | Controlling techniques, blocking techniques, counter techniques, and non-aggressive escape techniques.   |
| <b>4:00 p.m. to 5:00 p.m.</b>   | Questions and answers. How to adapt curriculum for children with special needs. The written review form.   |

Individual certificate documentation is presented to the participants at the end of the day. School districts that request it may also receive a letter of completion regarding staff members for their school files.

## Self-Defense Techniques Covered by the Program

The program instructs on how to escape from a wide variety of potentially dangerous situations. The philosophy of this program is to make sure that you or the student being attacked is not hurt. Awareness, avoidance, and outright running are excellent techniques to achieve the primary goal, which is not to get hurt. The physical education department is then free to choose which techniques it will implement as part of its curriculum.

**The following are few of the situations that are presented in the program:**



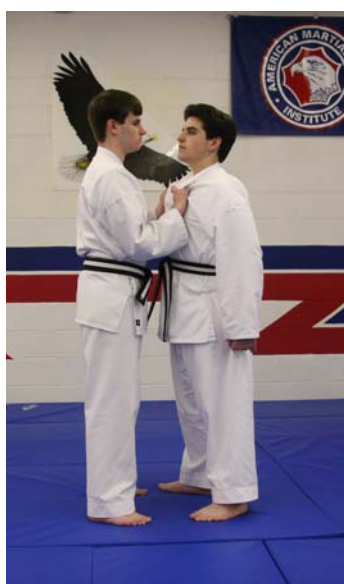
**The hair grab from behind.**



**The hair grab from the front.**



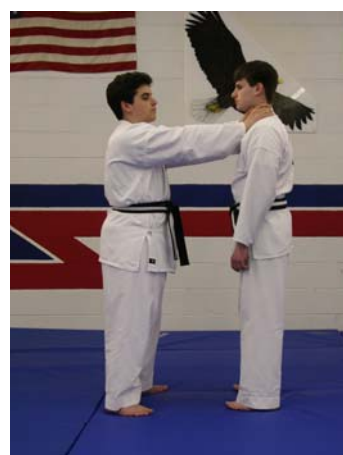
**A single lapel grab.**



**A double lapel grab.**



**The Sleeve Grab**



**The Double Throat Grab**



**The Bear Hug.**



**Choke hold from behind.**



**Shoulder Grab**



**Arm around the shoulder.**



**Arm around the waist.**

**Summary of primary ways people are most often attacked.**

(These are not in any specific order and exclude weapons such as knives, guns, clubs, chains,

**Grabs:**

- Hair grab from behind or in front
- Bear hug from behind or in front
- Cross wrist grab
- Straight across wrist grab
- Throat grab (one hand or two hands)
- Lapel Grab (single or double)
- Shoulder grab
- Sleeve grab
- Rear choke hold

**Attacks:**

- Punch to the face
- Punch to the solar plexus
- Punch to the side of the rib cage
- Kick to the face
- Kick to the solar plexus
- Kick to the groin
- Kick to the knee
- Kick to the side of the rib cage

## Sample Techniques Presented in the Program

### Straight Breakaway

The attacker uses a straight across wrist grab to grab your right wrist with his left hand. Open your right hand so the fingers are extended but together. This increases the circumference of your wrist by expanding the forearm muscles and helps to weaken the attacker's grip. At this point, turn your open hand palm towards the floor. Bring your right hand to your left shoulder quickly with force and speed, and step back with your left foot, rotating at the waist. This motion results in bending your right arm at the elbow and driving that elbow into the back the attacker's left forearm. Once your wrist is free from the grasp of the attacker's fingers and thumb, you can continue turning your body and run from the situation.



## Straight-Across Wrist Grab

The attacker's right arm grabs your left arm.

### Down Block Technique



1) The Straight Across Wrist Grab



2) Bring your right arm to your left shoulder.



3) Execute the down block.

Close your right hand into a proper fist and raise it to your left shoulder. Step back with your left foot, moving away from the attacker's arm that has grabbed you. Slide your right arm down your left arm as hard as you can, striking the assailant's wrist, and simultaneously pull your left arm back. At this point, you have two choices. You can flee from the area and get help, or you can follow this freeing motion with a counterstrike to the attacker.



Close-up of the impact.



4) You are free to escape.