



Cane system

American Cane System Cane Self-Defense Seminar

Saturday, July 11th, 2009: 9:00 a.m. to 10:00 a.m.



Held at the Harts Hill Inn: 135 Clinton Street: Whitesboro, NY 13492 (315) 736-3011

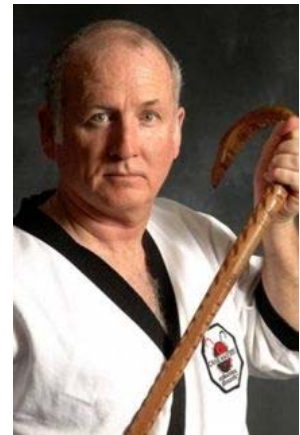
Presented By: Grandmaster Mark R. Shuey, Sr. and Mr. Eric Stalloch

Hosted By: The American Martial Arts Institute
Under the direction of Grandmaster Clifford C. Crandall, Jr.



Learn how to use a Cane for Self-Defense and Physical Fitness.
As Seen in the Wall Street Journal, AARP magazine, on the Colbert Report & CNN.

Grandmaster Shuey



About the Presenters:

This seminar will be presented by Mr. Eric Stalloch, and overseen by Grandmaster Mark Shuey. Grandmaster Shuey is the head and founder of Cane Masters International Association, which teaches the cane style called the American Cane System. He has been featured in the Wall Street Journal, the AARP magazine, and numerous other magazines. He has appeared on CNN, CBS early show, the Colbert Report, and other national news programs for his promotion of the cane as a tool of physical fitness and self-defense.

Mr. Stalloch is a certified Cane Master in the American Cane System, a certified 5th degree, black belt instructor in the American Martial Arts Institute under the direction of Grandmaster Clifford C. Crandall, Jr., and certified teacher in the State of New York. His the proprietor of the Utica location of the American Martial Arts Institute, co-author of *Be Safe Physically and Mentally with the Crandall System*, and co-founder of SecureLivingOnline.Com.

About Grandmaster Crandall:



The American Martial Arts Institute teaches American Eagle Style and is under the direction of its founder, Grandmaster Clifford C. Crandall, Jr. Grandmaster Crandall is also Headmaster of the Iaido style Takenouchi-Hangan-Ryu-Matsuno-Crandall. 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). He has produced nine instructional videos including three DVDs, authored four books in the field of martial arts, and co-found SecureLivingOnline.Com, pioneering downloadable, instructional 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 an educational professionalism seldom seen in a martial arts school.

[For more information, please visit these websites:](#)

Grandmaster Crandall and the American Martial Arts Institute visit: www.amai-eaglestyle.com

Grandmaster Shuey and the American Cane System visit: www.canemasters.com

About the Seminar:

This seminar is open to all community members who are 18 years of age or older.

The cane is NOT a crutch! Canes have been stereotyped as a crutch for the injured or elderly. In reality, the cane is a versatile tool that can be used for self-defense, strength training, rehabilitation, and added support.

The cane a powerful tool for self-defense, and it may be carried everywhere you travel.

The seminar will focus on using a walking cane as an extension tool for self-defense. It will include an introduction to the cane exercise system and 15 effective self-defense techniques. Some of the scenarios that will be covered include defenses against grabs and punches, escapes from being restrained against a wall, and defenses from a seat position.

Eligibility and Additional Information:

- Participants must be 18 years of age or older.
- Participants must fill out and sign the registration form.
- Please bring your own cane if you have one. If not, please indicate on your registration form that you will need to borrow one. Also, a limited number of CaneMaster canes will be available for purchase at the seminar *if you wish* (approximately \$50.00-\$90.00 + Tax).
- Wear comfortable clothing (or martial arts uniform if you are a registered member of the American Martial Arts Institute or American Cane System).

Please note: spectators are not permitted. Photography, videotaping, or any other forms of electronic recording including cellular phones will not be permitted except by seminar staff.

Registration:

Pre-Registration Fee: \$35.00 **OR** Walk-in Registration Fee: \$50.00

Discounted Rate: Registered American Cane System Students: \$30.00
American Martial Arts Institute Staff: \$25.00

Pre-Registration forms and fees must be received no later than **Monday, July 6th, 2009.**
Walk-in registration will be permitted (cash only).

Forms may be mailed or delivered in person to:

Chief Instructor Eric Stalloch
American Martial Arts Institute
8380 Seneca Turnpike: New Hartford, New York 13413

Checks should be made out to: *American Martial Arts Institute.*

Please do not send cash. There are no refunds.

VISA, MasterCard, American Express, and Discover cards accepted for pre-registration at the American Martial Arts Institute's New Hartford Location. Call (315) 768-1859 for hours.

**If you have any questions regarding this seminar,
please contact Mr. Eric Stalloch at (315)768-1859.**