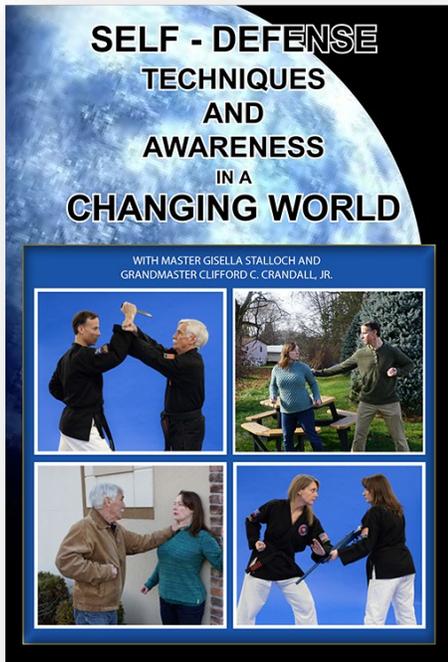




OUR PUBLICATIONS

Self-Defense Techniques and Awareness in a Changing World

With: Master Gisella Stalloch and Grandmaster Crandall



This two-hour instructional DVD was produced and instructed by Master Gisella Stalloch and Grandmaster Clifford Crandall. It contains step-step instruction for a variety of assault scenarios and is appropriate for all levels of training. For absolute beginners, there are segments on how to make a proper fist, basic blocking skills, and how to execute a center kick. Priority is emphasized on avoidance skills, and the first hour helps to establish a solid foundation of basic skills including how to escape common grabs. The second hour is denser in content, focused on more complex scenarios. The final segment is on home security considerations and is presented by Grandmaster Crandall and Headmaster Eric Stalloch.

This DVD includes scenarios or grabs (wrist, arm, bear hug, choke holds, throat grabs, hair grabs from behind and front, and several others), punches, kicks, knife assaults, hand gun assaults, being restrained on the floor, and rifle assaults.

In addition, Master Gisella Stalloch and Grandmaster Crandall produced a webpage with free self-defense resources. This webpage is divided into segments based on topics with segments of the DVD presented in full. A full 50% of this DVD's contents and techniques are offered for FREE on this website for you to view and utilize. It is not a sales or marketing website. It does not present teaser segments of videos. It presents the entire techniques and content as shown on this DVD. The website does not offer the entire DVD's two-hours, but it is a great resource for those who are interested.

[CLICK HERE TO VIEW THE FREE WEBPAGE AND SELF-DEFENSE RESOURCE](#)

Access to this webpage is often shared at seminar taught by our school so that the learning may be shared or continued at home.

For more information visit AMAI-EagleStyle.com.

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May be available in additional formats.

Self-defense is about peace of mind. You may never need to use what we teach you in this video, but knowing it can make a world of difference each day in your life. Do you know how to read a dangerous situation before you are in it? Can you escape unharmed if assaulted? Can you save your partner from harm in a robbery, or your children from the dangers of a home intruder? Your level of self-confidence depends on your level of knowledge.

Whether you are a man or a woman, young or old, your safety is first your responsibility. Assaults do not care about the laws we have passed; they choose a time when the police cannot help you and a place where good Samaritans cannot see you. You are on your own. The more you know, the better off you are to make that split-second decision that could mean the difference between life and death.

This informative and instructional video is based on Clifford Crandall Jr. and Gisella Stalloch having over 75 combined years of seminar and program experience helping people just like you. The content addresses daily awareness, home security, escape techniques, blocks, strikes, kicks, plus techniques against a knife, handgun, and rifle. Those who are skilled and practice self-defense should have this video, and those who do not, need this video.

SELF-DEFENSE TECHNIQUES AND AWARENESS IN A CHANGING WORLD

WITH MASTER GISELLA STALLOCH AND GRANDMASTER CLIFFORD C. CRANDALL, JR.

ABOUT THE INSTRUCTORS

Grandmaster Clifford C. Crandall, Jr. is a 10th degree black belt and the founder of the American Martial Art Institute and the American Eagle Style of traditional martial arts training. He is a retired superintendent, principal, and teacher from the New York State educational system. He brings to this video over 55 years of self-defense seminar experience for both men and women.

Master Gisella Stalloch is a 7th degree master instructor in American Eagle Style with over 25 years of martial arts training. For the past 15 years she has worked with Grandmaster Crandall in his self-defense seminars. This video is a result of her passion to share this knowledge with the world.



Grandmaster Clifford C. Crandall, Jr. and Master Gisella Stalloch



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