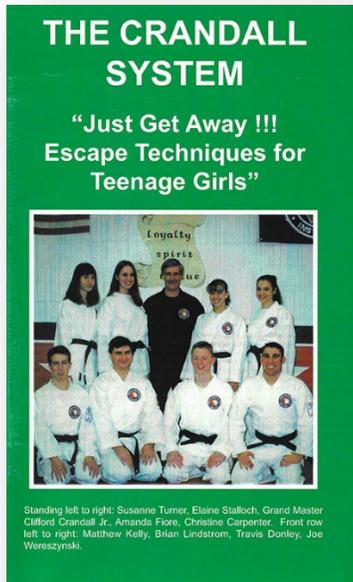




OUR PUBLICATIONS

THE CRANDALL SYSTEM

Just Get Away! Escape Techniques for Teenage Girls



OUT OF PRINT. First Released in 1999.

This VHS is a short, eight-minute, refresher video that included an instructional booklet for educators. The Crandall System is a safety and awareness program developed by Grandmaster Clifford Crandall for use by educational institutions and community organizations. There are four “levels”, target groups.

- Level 1 = Children ages 6-12
- Level 2 = Teenagers
- Level 3 = Women’s Self-Defense
- Level 4 = Senior Citizens and Home Security

These topics were first outlined in the book *The Best Handbook to Secure Living*. This was followed by the VHS/DVD, *Children’s Self-Defense and Awareness, Volume 1*. Level 3 was initially documented through the VHS *Women’s Self-Defense*. The Crandall System was further documented in the book *Be Safe Physically and Mentally with the Crandall System* by Master Eric Staloch and Grandmaster Crandall.

The Crandall System, Level 2, was taught across NYS to physical educators through the BOCES system for implementation in schools. This VHS was one of the instructional resources to assist teachers in presenting the content in their classes and programs. It was also used by various community agencies.

For more information visit AMAI-EagleStyle.com.

Everyone is concerned about the safety of our teenagers in general. But we all realize that teenage girls are more a target regarding assaults, rapes and dating conflicts and that special consideration regarding their safety needs to be taken. The defense against these concerns is KNOWLEDGE. We need to teach the teenage girls you are concerned about knowledge that will make them safe. This video and seminar are the starting place to arm the young ladies of our high schools with the self-confidence, self-worth and self-defense to make their lives safer and happier. This will help whether they are leaving high school for college, going for their first job or accepting the responsibility of starting a family with children of their own to protect. Grand Master Crandall, a retired Superintendent of Schools in New York State and having held the positions of high school and elementary school principal plus his years of classroom teaching experience, combines this with his over 30 years of martial arts experience to make it possible for you to do something to increase the safety of the teenage girls you care about.

The techniques covered include breakaways from a single straight-across wrist grab, a single cross-wrist grab, a throat grab, coat grab, and a choke hold from behind, as well as some clear responses to unwanted aggressive dating situations.

**** This particular package, including this instructional videotape, teachers' guide and teaching seminar taught by Grand Master Crandall and his staff. This instructional package has been made possible by the efforts of the following concerned and supportive community sponsors:

- **** American Martial Arts Institute (American Eagle Style)
- **** Newschannel 2 WKTV/WBU
- **** Metzler Printing Co., Inc.
- **** St. Elizabeth Medical Group
- **** Law Offices of Brindisi, Murad and Brindisi Pearlman

For more information contact Tonfa Master Enterprises,
P.O. Box 4264, Utica, New York 13504 or these Web Sites:
www.amai-eaglestyle.com or www.tonfamasterent.com

Program Length = 8 min. 12 sec.

Copyright 1999

T
H
E

C
R
A
N
D
A
L
L

S
Y
S
T
E
M

THE CRANDALL SYSTEM

“Just Get Away !!! Escape Techniques for Teenage Girls”



Just
Get
Away!!!

Standing left to right: Susanne Turner, Elaine Stalloch, Grand Master Clifford Crandall Jr., Amanda Fiore, Christine Carpenter. Front row left to right: Matthew Kelly, Brian Lindstrom, Travis Donley, Joe Wereszynski.

Copyright American Martial Arts Institute. All rights reserved.

May be available in additional formats.



American Martial Arts Institute
8382 Seneca Turnpike, New Hartford, NY 13413
Tel: 315-768-1859