

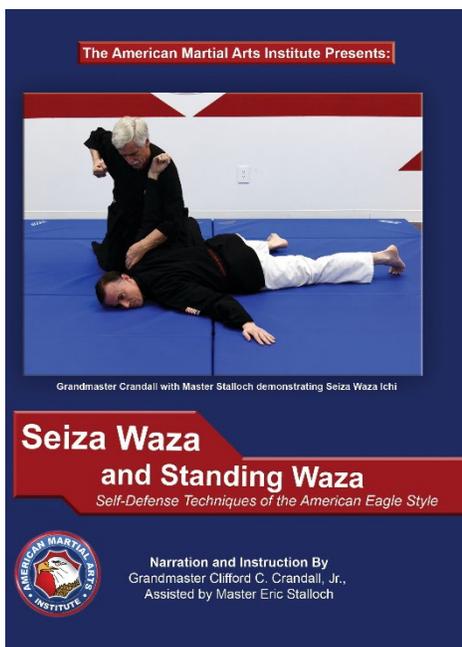


## OUR PUBLICATIONS

# Seiza Waza and Standing Waza Self-Defense Techniques of the American Eagle Style

Instruction By: Grandmaster Clifford Crandall, Jr.

Assisted By: Master Eric Stalloch



The American Eagle Style is documented in an effort help maintain the consistency of its high standards for its instructors and students through the publication of books and DVDs.

These are primarily:

- The American Eagle Style Instructional Textbook,
- The American Eagle Style Self Defense, Volume 1 DVD, and
- The Seiza Waza and Standing Waza DVD.

Other useful resources including the Leadership Piece by Piece book, the American Martial Arts Institute Guidebook, and others can be found on this website.

This DVD documents the six seiza waza, six standing waza, three drill sets, and related concepts for American Eagle Style. Seiza Waza is Japanese for “Seated Techniques.” In this case,

a traditional method of kneeling and sitting on the insteps of feet. While this posture may seem anachronistic or out of place in our current culture, sitting on a floor of tatami mats is a historical reality. Seiza Waza are traditional techniques that counter attacks from this “seated” position. Beyond historic relevance, they teach the modern practitioner body mechanics from shifting the hips and controlling an assailant without the use of stances. This benefits the student who then can incorporate many of these movements from a standing position. The standing waza are American Eagle Style techniques developed by Grandmaster Crandall for students with mobility challenges involving knees, hip, or back limitations. They are derived from the seiza waza. Additional techniques in this video include Shikoho, seiza drill sets, and others.

For more information visit [AMAI-EagleStyle.com](http://AMAI-EagleStyle.com).

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May be available in additional formats.



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Duration: 53 Minutes  
 American Martial Arts Institute Production



Grandmaster Clifford C. Crandall, Jr.  
 Head and Founder of the American Martial Arts Institute  
 in American Eagle Style Uniform

This DVD was created in an effort to maintain the traditions and techniques taught to Grandmaster Crandall during his training in Japan in 1984 with the Okinawan Goju-Ryu school taught by Master Seiki-chi Toguchi. The Seiza Waza information and techniques were presented to instructors and student black belts of his school at a teaching seminar held by the American Martial Arts Institute on May 6th, 2017 in Niagara Falls, New York.

Grandmaster Crandall is the Headmaster of Takenouchi-Hangan-Ryu-Matsuno-Crandall and is wearing his laido uniform, while his top student in American Eagle Style, Master Eric Stalloch, is wearing an empty-hand style uniform. This allows you to see the movements as executed in both styles of martial arts attire.

There are six (6) Seiza Waza training techniques done within the empty-hand American Eagle Style of martial arts. Seiza (seated) Waza (techniques) is the generic name for techniques in the seated stance in traditional Japanese martial arts. However, the techniques done in Seiza are transferrable to standing self-defense techniques as well. Due to the minimal use of legs in these self-defense techniques, students will find greater skill developed with their upper body and learn how to move their hips in techniques while using standing postures. Individuals with knee or back injuries are still capable of executing the Waza done in Seiza or in Kiza postures.

Keep in mind that books, videos, and the internet do not teach. Instructors teach by knowing the information and taking your physical and mental abilities in to consideration when working with you. See your instructor if you have questions.

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 American Martial Arts Institute Production



The American Martial Arts Institute Presents:



Grandmaster Crandall with Master Stalloch demonstrating Seiza Waza Ichi

SEIZA WAZA AND STANDING WAZA

## Seiza Waza and Standing Waza

*Self-Defense Techniques of the American Eagle Style*



Narration and Instruction By  
 Grandmaster Clifford C. Crandall, Jr.,  
 Assisted by Master Eric Stalloch