



OUR NEWS

The Rome Daily Sentinel Covers our School's Women's Self-Defense Seminar



Self-defense class scheduled for women Thursday. Page 10

TUESDAY, MAY 26, 2026 | 101

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161 YEARS FAMILY OWNED | \$2.50

SAFETY AWARENESS

Women's self-defense class set May 28

NEW HARTFORD — The American Martial Arts Institute, 8382 Seneca Turnpike, will hold a women's self-defense class from 6:30 to 8 p.m. Thursday, May 28, for women age 18 and older.

The class will focus on awareness, avoidance and basic physical self-defense techniques designed to help participants respond to threatening situations. Instruction will include blocking methods, escape techniques from grabs and bear hugs, and identifying primary striking targets.

The class will be taught by Headmaster Eric Stalloch, a ninth-degree black belt who has trained under Grandmaster Clifford C. Crandall Jr. for more than 37 years. Organizers said the training emphasizes recognizing warning signs and avoiding physical confrontation when possible.

Participants also will learn techniques for freeing themselves from arm and throat grabs, along with strategies for understanding surroundings during a potential assault.



Photo submitted

Headmaster Eric Stalloch and Sensei Kyleigh Osborne demonstrating breaking free from a throat grab.

Organizers said the session is designed to provide practical knowledge while also serving as a light physical workout.

For more information or to pre-register, visit www.amai-eaglestyle.com or call the American Martial Arts Institute at 315-768-1859.

ABOUT OUR ARCHIVES

The American Martial Arts Institute maintains a library at its main office with records of rank promotions, events, publications, media coverage, photographs, and videos. These are in the form of photo albums, copies of our publications, preserved news articles, and digital files such as videos and photographs from events in our history. In 1998, the American Martial Arts Institute launched its first website. Since then, the website has undergone many updates to keep up with changing technology. Many of our school's events and history are recorded on this website; however, not all testing results are maintained online (although testing records are maintained at our school). Events prior to 1998, are kept at our school library. This webpage documents some of our school's history.

For more information visit AMAI-EagleStyle.com.

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