



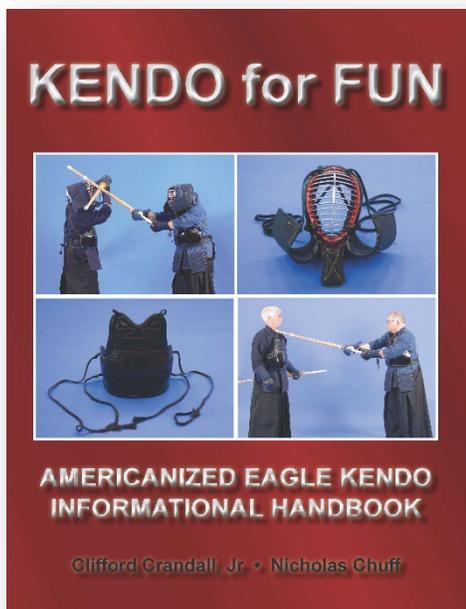
OUR PUBLICATIONS

Kendo for Fun: Americanized Eagle Kendo Handbook

Authors: Grandmaster Clifford Crandall and Master Nicholas Chuff

OUT OF PRINT

Why is this book out of print? The Kendo for Fun: Americanized Eagle Kendo Handbook was first produced and released as a handbook, a guide for students of the American Eagle Style (empty hand). Subsequent editions developed with an eye toward the future and it was restructured into a basic textbook. Eventually the benefits of a more detailed Style book were recognized, a new book was written by Grandmaster Crandall that replaced this book. Grandmaster Crandall's belief that knowledge should be documented and shared has often resulted in a first edition of a concept to make it available with the potential for its maturing into a more detailed, polished work in the future. The Americanized Eagle Kendo Handbook allowed the style to be shared with students and provided the necessary time for it to eventually be replaced with the Style book that is used by its instructors and students and today.



From the Back Cover By Grandmaster Crandall:

"Kendo for Fun" is exactly what the title states. In 1994, 1995 and 1996 I was studying kendo and training in it regularly; however, my commitment to my empty hand American Eagle Style and the growth of my students within that style took precedence. But I did not stop promoting kendo and the beauty and power that it teaches to my instructors and black belt students. Over the years we have had workout classes and seminars in kendo and its history. My number one student in this area has been Master Nicholas Chuff, one of my empty hand instructors. He was the overseer and instructor for my school's kendo workouts and over the past two years has

encouraged this book to be written for our workout class participants. Kendo is truly a unique area of the traditions of the sword. We are not a traditional kendo school and our style of kendo is called "Americanized Eagle Kendo". It has come about to meet the needs of my instructors and students in my empty hand and laido styles. Some of these individuals have serious knee challenges or lower

back limitations, leaving them unable to execute some of the ceremonial traditions and demands of traditional kendo. Existing on the outside of the circle of traditional kendo, our style allows them to participate and enjoy this magnificent discipline. This book includes traditional and slightly altered stances, body postures, basic strikes, basic blocks, four kumi tachi, two three-point sparring exercises, and the kendo kata “Falcon Stoop”. The book also presents the kendo armor, how to put it on and take it off as well as maintenance. Reading this book also prepares individuals to participate in our classes, understand our stretching, and provides information on where to look for a traditional kendo school if they desire. The martial arts are all about enjoying life and taking in as much as possible. We have fun practicing kendo, which in turn gives us a terrific workout as it improves our balance, strength and focus.

For more information visit AMAI-EagleStyle.com.

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May be available in additional formats.

ABOUT THE AUTHORS

Grandmaster Clifford Crandall, Jr. is the 10th degree and founder of American Eagle Style and the American Martial Arts Institute; the Headmaster of Takenouchi-Hangan-Ryu-Matsuno-Crandall Iaido/Batto-do style and school; and a 9th degree and co-founder of the American Eagle Cane Style. With his over 28 years of kendo training and experience, he is the Hanshi or Headmaster of this Kendo style.

Kyoshi Nicholas Chuff is one of Grandmaster Crandall's top students and is a 7th degree black belt and Master Instructor in American Eagle Style with over 30 years of martial arts experience. Kyoshi Chuff was one of Headmaster Crandall's early Kendo students.



KENDO for FUN



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AMERICANIZED EAGLE KENDO INSTRUCTIONAL TEXTBOOK

Clifford Crandall, Jr • Nicholas Chuff

KENDO FOR FUN: AMERICANIZED EAGLE KENDO INSTRUCTIONAL TEXTBOOK
Crandall and Chuff



American Martial Arts Institute
8382 Seneca Turnpike: New Hartford, NY 13413
Tel: [315-768-1859](tel:315-768-1859)