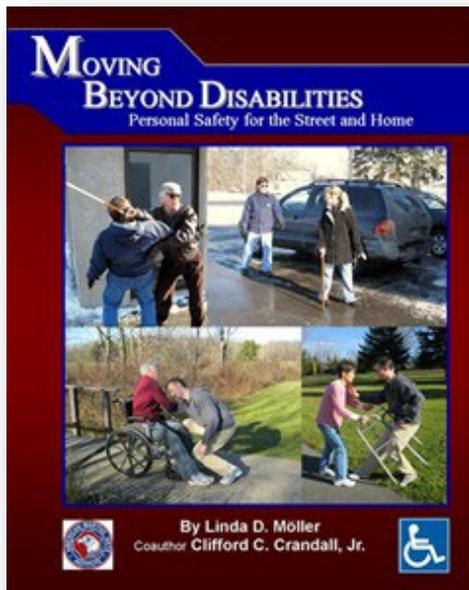




## OUR PUBLICATIONS

### Moving Beyond Disabilities Personal Safety for the Street and Home

By: Linda D. Möller and Clifford C. Crandall, Jr.



Master Linda Möller has a B.S. in Physical Education with permanent teaching certification for K-12 as well as an M.S. in Public Administration. Her early work experience includes teaching Physical Education in New York State schools but her calling came in 1978 when she began her career in the human services division of the not-for-profit COARC (Columbia County Chapter of NYSARC, an organization providing services for persons with developmental disabilities). This agency gave her the opportunity to truly make a difference in people's lives. The last few decades have allowed her to train and orient staff in their positions to improve the quality of life for individuals with disabilities.

Grandmaster Crandall is a retired superintendent of schools, principal and classroom teacher. His professional background includes overseeing special education departments, chairing IEP committees, teaching sign language, and working with individuals who are blind or visually impaired. Together they bring a unique combination of martial arts skills and professional educational backgrounds.

#### FROM THE INTRODUCTION

##### Intent

*Moving Beyond Disabilities'* intent is to improve the wellness, awareness, and personal safety in the daily lives of people with disabilities. It has been written to encourage individuals to view themselves as capable and deserving of the freedom to defend themselves from a verbal threat, as well as a physical one. In some cases, the adaptive equipment needed for your mobility becomes an asset to

use in times of defense. It provides stability, support, and becomes an assistive device that can be transferred into a personal safety tool.

## Ability

Knowledge of the basic fundamentals of personal safety applies to you whether you do or do not have a disability. People who experience a disability may have additional concerns for their safety. We are aware that those with a disability may have limitations, but many are able to develop other capabilities to protect themselves. *Moving Beyond Disabilities* offers many techniques that are used by persons without disabilities. Some of these techniques have been adapted to be effective for those experiencing disabilities.

### Variation:

Holding on to the back of a chair will help you with balance. You can also put a chair under you as a goal as if you were going to sit. It will help you measure how close you are to the chair and encourage correct movement. It will also be a tool for your safety.

### Application:

This is a fundamental movement for anyone who has to sit and then stand. It strengthens the muscles in the back of your leg and improves stability. It also develops the muscles in the spine and core of your body to help maintain alignment in the trunk of your body.

*Example:* When someone grabs you and you want to kick to their knee or instep. Another example would be when you need to stand and support yourself to block or kick an oncoming assault.

### Back Wall Slide



Ball placed between yourself and wall.



Lowering yourself keeping contact with wall.

Clarification: In some health and exercise books, this exercise may be referred to as a swiss ball squat or physioball squat.

113

### Procedure:

- Place ball between your lower back and a wall, feet approximately hip width apart.
- Bend your knees and hips and lower yourself to a comfortable position. The ball will roll with you. Keep contact with the ball at your back.
- As you lower yourself, do not let your knees pass your toes.
- Keep your weight on your heels.
- Push yourself upward to your starting position keeping contact with the ball.

### Variation:

If you do not have a swiss ball, you can use a wall or a door that is secure and won't open while you are doing this technique.

Application: This movement strengthens the muscles of your upper leg and hip. It is a good way to strengthen this area if you have weakness in your knees or ankles as it can provide some stability.

*Example:* When you need to raise yourself up from the ground or lift your leg to kick.

### Step ups



Begin with feet on ground.



Place one foot onto step.

114

## Perception

The objective of personal safety is to escape a physical conflict situation without injury. You have the right to live safely and securely. People with disabilities often are viewed as easy targets. Those who use walkers, canes or other aids are regarded as less likely to defend themselves. Other persons share this unfortunate circumstance such as women, seniors, and young children. This may appear to be unfair but predators seek out the most vulnerable because they only care about satisfying their own needs. It is important to also mention to be aware of people who provide caregiving services for you. Although it doesn't happen often, not all caregivers have your safety in mind. It becomes your

responsibility to be alert and take the necessary steps for your well-being. In the world at large, you may also be victimized by family members, acquaintances, strangers, and hospital personnel. You need to be observant, not only aware of what is around you but the people who are delivering a service to you. Do not be fearful of your right to protect yourself from harm.

## Introduction

We are not saying that everyone in your world is unkind and waiting for their opportunity to victimize you. We are just trying to alert you to become more aware of your surroundings. If you feel you are in danger, don't hesitate to take action. You can call a trusted neighbor, family member, or law enforcement official to come to your aid. As you may have once heard, it is better to err on the side of caution and do what is safe, than take any unnecessary risk that could result in your serious injury.

## Responsibility

Your responsibility to yourself is to be as safe and as healthy as you can be; our responsibility is to give you the information and tools that will assist you in this goal. *Moving Beyond Disabilities* is an asset to you. It will provide you with the necessary information to maintain better health and personal safety, and improve daily awareness regarding your surroundings. As you read through this information, as with any physical skills, practicing the technique will build your confidence and competency. To successfully use the techniques, the more prepared and confident you are the less likely you will become a victim. If you are assaulted, being prepared and confident will allow you to defend yourself and discourage an attack from continuing.

### Scenario #4 – You are grabbed at the throat.

A stranger approaches you and grabs you with one hand at the throat.



Striking to attacker's abdominal area.



Striking attacker's upper leg.

**NOTE:** This is once excerpt out of context. Not everyone who uses a walker can do this technique based on balance or strength. Alternatives are presented for various abilities.

With the information in *Moving Beyond Disabilities*, you can develop your strength and skills to be safer and more secure in your independence in the community and at home. This book, in conjunction with *Be Safe Physically and Mentally with the Crandall System* and the “Cane-Fu: Moving Beyond Disabilities” DVD will give you plenty of well-rounded information to better educate yourself on all that you can do for a safer life for yourself and those you love.

## Table of Contents

Dedication  
Acknowledgments  
About the Grandmaster and Coauthor  
About the Author  
Preamble

### Introduction

What this book can do to improve the awareness, wellness, and personal safety for persons with disabilities.

### Chapter 1 – Getting Help for Personal Needs

Securing your safety with helpers who you trust and can assist you when needed

### Chapter 2 – Being Aware Makes a Difference

Awareness on how to stay safe in your daily routine. Includes tips on how to protect yourself

### Chapter 3 – Home Security

How to safeguard your home and provide for your well-being. Includes scenarios and how to respond to a home invasion

### Chapter 4 – Personal Safety in Your Vehicle

Your car and its potential dangers involving an intruder. Includes tips and scenarios on how to prevent you from becoming a victim and what action to take if necessary

### Chapter 5 – An Unsteady Gait – Its Challenges and Solutions

Responses and actions you can take against a physical assault

### Chapter 6 – A Walker’s Versatility

Techniques on using a walker as a defensive tool against physical threats

### Chapter 7 – A Wheelchair for Your Safety

Responses to dangerous situations when threatened

## Chapter 8 – Reaching Personal Safety with Visual Impairments

Planning for your safety when traveling away from home. Includes scenarios and how you can respond.

## Chapter 9 – Exercises to Improve Your Functional Fitness

Offers movements to strengthen the muscles of the upper and lower portions of your body. These will improve your ability to maintain a level of independence in your lifestyle. This muscle strengthening maintenance allows for greater success in the execution of the personal safety techniques offered in this book.

## Chapter 10 – Conclusion

Information on the American with Disabilities Act (ADA), statistics, and your fundamental right to be safe and secure. Also included is a suggested listing of resources to further your knowledge in securing your well-being. The time was taken to bring this information up to date with the current statistics for the publishing of the 2<sup>nd</sup> edition.

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

Copyright American Martial Arts Institute. All rights reserved.

May be available in additional formats.

*Moving Beyond Disabilities* is the first of its kind to specifically address personal safety, health and awareness for individuals with unsteady gait, who have need for a cane, who use a walker or wheelchair or are visually impaired. In this book it is clear that living with a disability does not mean that your personal safety is the responsibility of someone else. The empowerment and independence that one can feel by having the knowledge to protect themselves is life changing.

The information and instruction in this book is geared towards individuals with disabilities, but is also applicable to anyone interested in their own personal safety. This text is designed to meet the needs of agencies, instructors in the fields of education, community programs, as well as parents and friends who work with and assist individuals with disabilities. The ten chapters include Being Aware Makes a Difference, Home Security, Personal Safety in Your Vehicle, An Unsteady Gait – Its Challenges and Solutions, A Walker's Versatility, A Wheelchair For Your Safety, Reaching Personal Safety with Visual Impairments, and Exercises to Improve Your Functional Fitness. Scenarios alert the reader as to potential daily concerns, escape techniques and counters combined with exercises to improve one's functional fitness.

Author Linda Möller has an extensive background in teaching and designing programs for individuals who have disabilities and for staff members who teach those with disabilities. For the past 33 years she has worked making a difference for individuals with disabilities in the human services division of the not-for-profit Coarc (Columbia County Chapter of NYSARC, an organization dealing with developmental disabilities). This is combined with her 30 years experience in the American Martial Arts Institute which teaches American Eagle Style. As a 6<sup>th</sup> Degree black belt instructor she has passed on safety information to thousands of individuals through classes and seminars.

Co-author Clifford C. Crandall Jr. is the founder and Grandmaster of the American Martial Arts Institute. He is also Headmaster of Takenouchi-Hangan-Ryu-Matsuno-Crandall which teaches traditional Iaido. A retired Superintendent of schools in New York State, he has also held positions as a teacher, administrator for elementary and high school as well as taught at the college level. He is known worldwide for his books, videos, and DVDs on personal safety and awareness. He has hosted two TV shows and lectured extensively on safety topics for all individuals including those with disabilities.

Knowledge is the Key. Together these two individuals bring knowledge to you the reader which can impact your views of personal safety and empower you to enhance your quality of life.

\$24.95 US



MOVING BEYOND DISABILITIES

Möller and Crandall

# MOVING BEYOND DISABILITIES

Personal Safety for the Street and Home



By Linda D. Möller  
Coauthor Clifford C. Crandall, Jr.





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