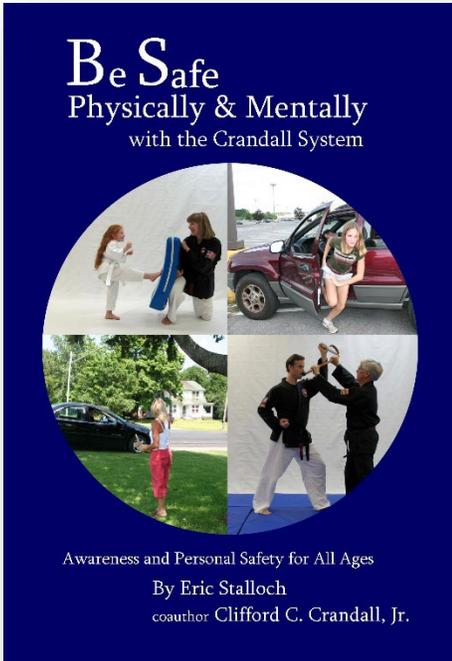




OUR PUBLICATIONS

Be Safe Physically and Mentally with the Crandall System

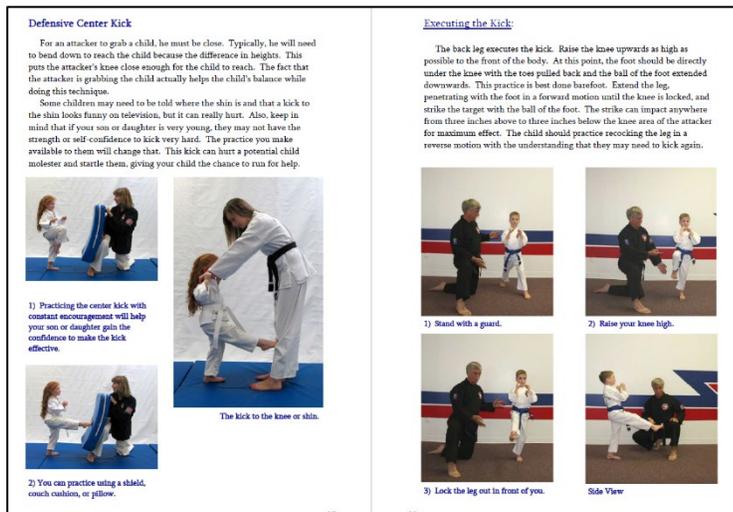
By: Eric Stalloch and Clifford C. Crandall, Jr.



Be Safe Physically and Mentally with the Crandall System was written by Master Eric Stalloch and coauthored by Grandmaster Crandall. This book documents the four levels of the Crandall System and was written to heighten the awareness of people of all ages. It is 160 pages in length and contains dozens of self-defense techniques that are both described in text and complimented by step-by-step full-color photographs.

Level One: Children's Self-Defense and Awareness

Level one is intended for children 12 years of age and younger, and it presents information on a variety of topics including dealing with strangers, what to do when lost, the buddy system, fire safety, and much more. It includes several escape techniques aimed at child abduction prevention. It also provides educators and parents with the objectives and teaching philosophy of the Crandall System. The Crandall System educates men, women, and children of all ages regarding dangers that face them every day and provides them with effective solutions so they may feel more secure in their daily lives.



Level Two: Teenager's Self-Defense and Social Awareness

Level two is intended for young adults 13-19 years of age, and it presents information about peer pressure, driving safety, bullying, internet safety, exercise safety, and more. It includes escape techniques not covered in level one.



1) The cross wrist grab.



2) Grab the attacker's wrist by making a small circle with your hand.



3) Step in and place your hand to the back of the attacker's elbow.

Cross Wrist Grab
The attacker's right arm grabs your right arm.
Reverse Grip Arm Control
Bring your right hand up to about shoulder height with your elbow directly underneath your wrist, and rotate your forearm so the palm of your right hand grabs the attacker's right wrist. Step forward and slightly to the right with your left foot so your body is angled and your left foot is between you and the attacker. While your left foot is stepping forward, place your left hand on the elbow of the attacker's right arm. Pull your right hand, which is holding the attacker's wrist, up to your chest, and push down with your left hand, which is on the back of the attacker's elbow. This puts the attacker off balance and leaves them vulnerable. If you quickly step back with your right foot and twist your upper body clockwise, the attacker will fall face down to the floor. At this point, let go and run to a safe place.



4) The takedown.

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Shoulder Grab

The attacker reaches out with his left arm and grabs your right shoulder.

Lock and Takedown



1) Grab the attacker's hand, and place your forearm on the outside of the attacker's arm.



2) Roll the attacker's arm over and press down.

Reach up with your left hand, grab the attacker's right hand that is on your shoulder, and press it firmly into your shoulder so that it is locked to your body. Bend your right arm slightly and raise it up to the outside of the attacker's arm. As your arm rises, the forearm applies pressure against the attacker's elbow and rolls his arm over so that the attacker's arm is locked straight, his elbow is pointing to the ceiling, and the thumb of his hand, which you are still holding to your shoulder, points downward. Step back with your left foot away from the attacker. Simultaneously, push straight down with your right arm on the attacker's elbow, trying to bring your forearm toward your body. This will bring the attacker to his knees on the floor so that you are free to get and flee.



3) Take the attacker to the ground.

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Level Three: Women's Self-Defense and Assault Prevention

Level three is for women basically 16 years and older. It is written for individuals who may never have trained in the area of self-defense before and who may not consider herself athletic. The strongest part of our body is our mind, and the knowledge within it arms us with the tools that can make a difference in our daily lives. It includes information about the purse, assaults, knives, guns, and a covers a variety of techniques.

Level Four: Senior Citizen's Self-Defense and Secure Living

Level four is for adults of all ages, but it includes areas specific to senior citizens. It provides suggestions, which should help to make men, and women feel more comfortable regarding some of the more common situations that can occur in daily life. Some topics include travel, securing your home, exercise, identity theft, and more. This section covers self-defense from a seated position and a variety of techniques using a walking cane.

Secure living covers all areas of life. Home security, family security, personal security, and more. Whether you're in a local store or traveling in a foreign country. This handbook will touch on all of these areas with information that once understood, can help you feel more secure about your life.

For more information visit AMAI-EagleStyle.com.

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May be available in additional formats.

\$24.95 U.S.

If you are concerned about the safety of children or you want to improve your own self-defense and awareness skills, then this book is for you. The Crandall System is a complete program for educators, community leaders, parents, and personal use that will increase your awareness and safety in your daily life. It presents information about vulnerabilities, potentially dangerous situations and assaults, and provides effective solutions for these situations. Through well-founded educational principles and knowledge for all ages, let the Crandall System help you become more in control of your safety in the world that surrounds you.



The program designer, Grandmaster Clifford C. Crandall, Jr., is recognized internationally for his safety awareness programs and martial arts skills. He is the founder and head of the American Martial Arts Institute, which teaches American Eagle Style of martial arts. His educational experience as a permanently certified superintendent of schools, high school and elementary principal, and classroom teacher, combined with his over 45 years as a professional martial artist have contributed to his designing the Crandall System.

The author, Master Eric Stalloch, is a certified black belt instructor with over 23 years of martial arts training in American Eagle Style. Under Grandmaster Crandall's instruction, he has performed and instructed internationally as a representative from the American Martial Arts Institute. He is a permanently certified teacher in the State of New York, with several years of teaching experience, and he is the proprietor of a full-time training location of the American Martial Arts Institute in Central New York.



*There's something
you can do.*

Stalloch & Crandall

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Awareness and Personal Safety for All Ages

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