

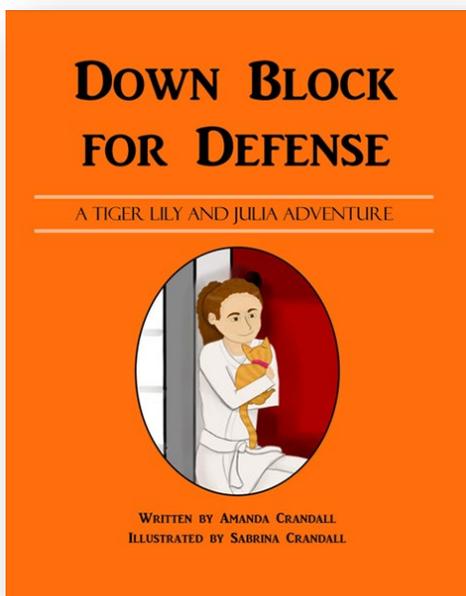


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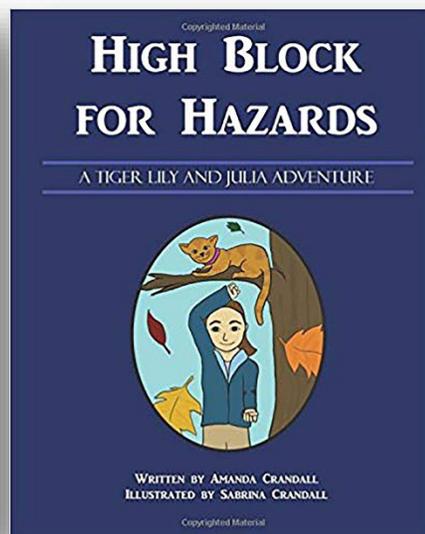
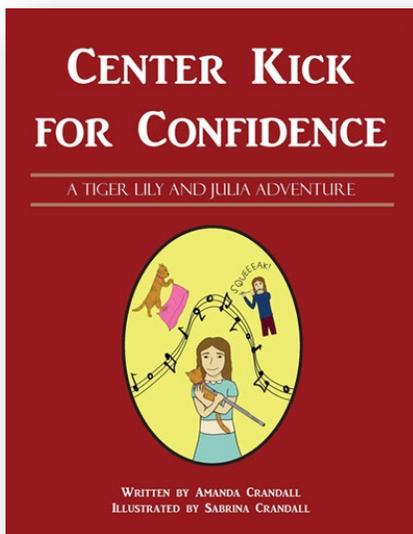
The Tiger Lily and Julia Adventure Series Books 1-3

By: Amanda Crandall

Illustrated by: Sabrina Crandall



This children's book series was written by Master Instructor Amanda Crandall and illustrated by Instructor Sabrina Crandall. It follows a young girl named Julia as trains in traditional martial art style and her pet cat, Tiger Lily, who follows her, learning valuable life lessons along the way. Written for preschool aged children, the books are often also used in the American Martial Arts Institute's Superkick class for ages 3-5 to assist in teaching topics such as stranger awareness, confidence, and being aware of your surroundings. Each book also includes how to do a martial arts technique, such as a down block, center kick, or high block.



In **Book 1** Tiger Lily learns how to confront a bully.

In **Book 2** Tiger Lily must find her confidence and overcome obstacles in order to see Julia's flute solo.

In **Book 3** Tiger Lily learns that personal safety is about being aware of your surroundings.

Tiger Lily was scared of Jax! She tried not to look at him as they went past, and soon they arrived at the karate school.



Many other kids dressed in white uniforms were arriving with their parents and went into the school.

Tiger Lily hopped up onto a window ledge and watched as the boys and girls lined up in rows on the floor.



An instructor wearing a black belt was at the front of the class, and he guided the students through meditation and then stretching.

Tiger Lily sat crouched low to the ground, not moving except for a few quick flicks of her tail.

She was staring intently ahead, focused and ready to strike.



For more information visit AMAI-EagleStyle.com.

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May be available in additional formats.

TODAY IS JULIA'S FIRST DAY OF KARATE CLASS, AND TIGER LILY IS NOT FAR BEHIND! WATCHING FROM THE WINDOW, TIGER LILY SHARES JULIA'S EXCITEMENT AND LEARNS HOW TO DO A DOWN BLOCK. WHEN A SCARY DOG SURPRISES TIGER LILY ON THE WAY HOME, SHE KNOWS JUST WHAT TO DO!

THIS IS THE FIRST BOOK IN THE TIGER LILY AND JULIA ADVENTURE SERIES.

About the Author and Illustrator: Amanda and Sabrina Crandall have each been training in the martial arts for over 13 years. Amanda is currently a 5th degree black belt, and Sabrina is a 4th degree black belt. Both ladies are certified instructors in the American Martial Arts Institute, American Eagle Style, and they teach men, women, and children of all ages. As avid readers, both believe in the importance of stories carrying lessons, as these can positively impact children and continue to do so in the future. As such Amanda and Sabrina look forward to being a part of that learning process for children. Professionally Amanda Crandall is a Civil Engineer, and Sabrina Crandall is an Automation Engineer. Both ladies live in New York state.

\$9.95 US

DOWN BLOCK FOR DEFENSE

A TIGER LILY AND JULIA ADVENTURE



WRITTEN BY AMANDA CRANDALL
ILLUSTRATED BY SABRINA CRANDALL



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