



OUR NEWS

Women's Self-Defense Seminar



With June right around the corner, high school seniors are preparing to graduate and vacation plans are being made. For graduates, this marks a stage of independence in their lives. Many will be traveling to new cities or states. For families, it means beaches, fairs, concerts, shopping, and travel. Unfortunately, it also means an increased risk for assaults because people tend to travel to unfamiliar areas, carry more money, and may “drop their guard.” It’s not about being paranoid; it’s about being prepared.

On May 28, 2026, eighteen women ages 17 through 74, took a 90-minute women’s self-defense seminar at the American Martial Arts Institute presented by Headmaster Eric Stalloch with assistance from school staff.



The first 30-minutes of the seminar focused on awareness information, seeking to arm the participants with knowledge on how to avoid potentially dangerous situations and methods that criminals use to facilitate an assault. The presentation included a discussion of pre-incident indicators, situational awareness, intuition, criminal tactics, refusal skills, boundary setting, and more. For this segment, the participants were able to sit in chairs, while Headmaster Stalloch demonstrated using a number of display items. These included

simple devices for securing the home, purse, or car.



The next 60-minutes was non-stop action with the women working together as partners. Headmaster Stalloch led the group through how to create a “proper fist” for punching and a practice method for improving punching skills. Then two fundamental kicks were covered, center kick and side kick, with both focusing on the knee as a primary target. Assisting Headmaster Stalloch were several instructors including Master Freleigh, Master Stalloch, Instructor Quintal, and Instructor Payne. While Headmaster Stalloch led the women through

practice, the instructors brought around padding shields to punch and kick. Next, the group learned how to escape from common grabs including wrist, sleeve, throat, double-throat, and being grabbed from behind.



Additional time was taken at the end of the evening for individual questions. Everyone was given a handout with a summary of awareness information including a list of additional resources our school has produced. These include the 2-hour DVD *Self-Defense Techniques and Awareness in a Changing World* (by Master Gisella Stalloch and Grandmaster Crandall) and the link to 1-hour of this video which is available as a free community resource on our website (AMAI-EagleStyle.com/self-

defense), the book *Women's Self-Defense and Awareness in a Changing World* (by Master Lynn Jessee and Grandmaster Crandall), and the book *Be Safe Physically and Mentally* (by Headmaster Stalloch and Grandmaster Crandall).



For more information about our seminars, classes, and programs visit AMAI-EagleStyle.Com

**The Seminar was also covered by the Rome Daily Sentinel.
See Coverage Below:**



Self-defense class scheduled for women Thursday. Page 10

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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