

# AMERICAN MARTIAL ARTS INSTITUTE

## AMERICAN EAGLE STYLE



**Teaching Before, During, and After the Covid Crisis**

Traditional martial arts for all ages  
8382 Seneca Turnpike: New Hartford, NY 13413  
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[AMAI-EagleStyle.Com](http://AMAI-EagleStyle.Com)

## Grandmaster Clifford C. Crandall, Jr.

Founder of the  
American Martial Arts Institute



The American Martial Arts Institute is under the direction of Clifford C. Crandall, Jr. Grandmaster Crandall is recognized internationally for his contributions to the field of martial arts and his safety awareness programs. His educational experience as a superintendent of schools in the state of New York, elementary and high school principal, and classroom teacher, combined with over 55 years of martial arts experience bring an educational professionalism seldom seen in a martial arts school. As founder of the American Martial Arts Institute, he is Grandmaster of the American Eagle Style, a traditional empty-hand style of martial arts; he is Headmaster for the world of Takenouchi-Hangan-Ryu-Matsuno-Crandall, a 300-year old iaido style based on the samurai philosophy of life; and he is one of the founders of the American Eagle Cane Style.

## Training During COVID 19

The safety of our students, instructors, and the community has always been one of our highest priorities. COVID 19 has certainly changed many of our personal social interactions. We are taking many precautions in response to these concerns. First, we have a written safety plan following the guidelines provided by the NYS Department of Health and the CDC. This plan is updated every time a new recommendation is issued by these agencies.

Some of our most visible precautions include temperature checks, hand sanitizing by everyone who enters our facility, and the wearing of appropriate masks that cover the mouth and nose. We are cleaning and sanitizing our facility and equipment with products recommended by the CDC. As covid regulations change and become less restrictive, our school is cautiously (within regulatory guidelines) permitting more traditional interactive training. Where necessary, areas such as self defense are being learned by alternative teaching methods including solo drills. If you have any questions please speak with an instructor.

To see our class schedule [AMAI-EagleStyle.Com](http://AMAI-EagleStyle.Com).

Headmaster Stalloch is an 8th Degree Black Belt under Grandmaster Crandall and the proprietor of the main location with over 30 years of martial arts experience. He is also a 10th Dan and Headmaster of the American Eagle Cane Style. He is the CEO of Secure Living, an organization developed to improve personal and home safety awareness. He has authored three books, produced 10 instructional DVDs and written numerous articles including for Taekwondo Times, Action Martial Arts, and others. He has been designated as the successor to the title of Grandmaster for American Eagle Style. He is a tenured High School teacher actively teaching anatomy, forensics, and sciences. Learn more about his martial arts certifications, at [AmericanEagleStyle.Com](http://AmericanEagleStyle.Com)

## Headmaster Eric Stalloch

Proprietor of the Main  
Location of the American  
Martial Arts Institute



# We Are Now Accepting New Students For:

## AMERICAN EAGLE STYLE

Our empty hand martial arts classes / sessions are for children ages 3-5, 6-12, teenagers, and adults of all ages.

## TAKENOUCHI-HANGAN-RYU-MATSUNO-CRANDALL IAIDO

This 300 year old traditional samurai sword style is for adults ages 18 and older. Ask an instructor for more information.

## AMERICAN EAGLE CANE STYLE

This martial art style teaches how to use a walking cane or umbrella for self-defense for ages 18 and older. Ask an instructor for more information.

## AMERICANIZED EAGLE KENDO

Not accepting new students at this time.

## Saturday Sessions

In addition to our regular class schedule (available at [AMAI-EagleStyle.com](http://AMAI-EagleStyle.com)), we also offer "Saturday Sessions". These one-hour sessions occur on a rotating basis for specific rank groups and focus a unique topic. For example, a Session may be held for Colored Belts or White Belts; following a brief stretching and warm up, the entire session is dedicated to a topic such as self-defense, kata, sparring drills, and others. See [AMAI-EagleStyle.Com](http://AMAI-EagleStyle.Com) or an instructor for more information.

## Certified Adult Black Belt Instructors

All classes are taught by certified, adult black belt instructors. These men and women, who have chosen to teach American Eagle Style, continue their individual training in separate classes under the Grandmaster. A complete list of our Black Belt Staff, Certified Instructors, and Master Instructors is available on our website under the title "Instructors."

## American Eagle Style Instructional Textbook, 3rd Edition.

This textbook documents the American Eagle Style in 410-pages with hundreds of step by step color photographs. It contains all required basic forms, katas, and more. Whether you are an instructor of the martial arts, a new student, a family member of a martial artist or just generally interested in the concepts of solid, effective martial arts training, this book is for you.



## SecureLiving.Org

SecureLiving.Org was cofounded by Grandmaster Crandall and Headmaster Eric Staloch. The website offers personal safety videos, seminars, and staff training for all age groups and abilities.

# American Eagle Style Classes / Sessions

The American Martial Arts Institute offers instructional martial arts programs for adults and children. Our certified, professional instructors teach “American Eagle Style,” which has strong roots in the historical formulation of traditional martial arts. American Eagle Style uses hands and feet techniques equally, resulting in a more well-rounded physical program. It is a traditional empty-hand martial art style.

**Children Ages 6-12.** The children’s sessions provide a positive and fun atmosphere where the students learn self-defense and traditional martial arts while building self-confidence, discipline, and focus that benefits them in school and other activities.

**Adults Ages 13 and older.** Improve balance, coordination, flexibility, and overall fitness while reducing daily stress. It is never to late to start training in traditional martial arts.

**Superkick Ages 3-5.** This program is intended to improve the child’s social skills, listening skills, and motor skills. They learn to work in a group, follow instructions, and become more aware of their surroundings and it better prepares the child for the public education system.

**Open System Ages 40 and older.** This optional program allows for the benefits of traditional martial arts training without the requirement to test for ranks. Beginner, novice, intermediate, and advanced levels.

**Extension Tool Classes** Special classes are available for registered students with the Tonfa, Bo, Kama, Naginata, Sword, Cane, Escrima Sticks, Half-Moon Staff, Eku, Sai, etc. These special sessions can include blocks, strikes, self-defense, katas, and three-point sparring.

## American Eagle Style Frequently Asked Questions

### When can I join?

Classes/sessions run all year and you may join at any time. Speak with an instructor to find out what schedule is best for you.

### How will I benefit?

Improve your endurance, coordination, personal safety and self-confidence.

### When do I get to spar?

Beginners are not immediately allowed to spar until they have earned their first colored belt, therefore sparring gear is not necessary for beginners.

