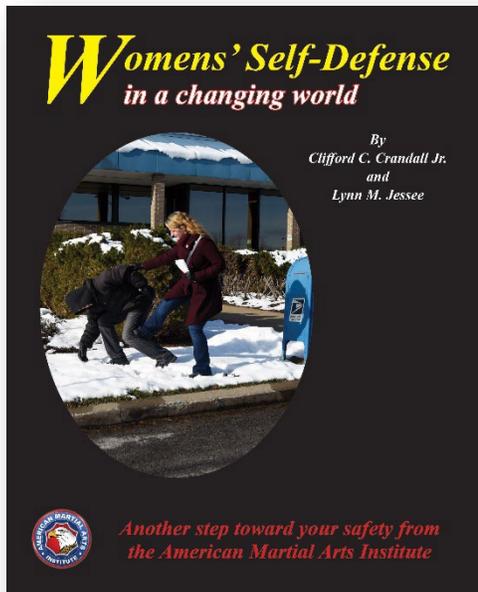




## OUR PUBLICATIONS

### Women's Self-Defense in a Changing World

By: Master Lynn Jessee and Grandmaster Clifford C. Crandall, Jr.



In today's world, with violent crime on the rise and no shortage of television and news coverage drawing it to our attention, many women increasingly find themselves in situations or environments where they feel vulnerable. Single women living alone or mothers running a household may be concerned with security in their homes or the safety of their family during daily activities. Professional work responsibilities or leadership roles may involve travel to unfamiliar places, long commutes that may require public transportation or walking city streets, meeting unfamiliar people, or working late hours or night shifts.

Feeling that you have little control over your own safety not only impacts your sense of security in your environment, it can undermine self-confidence and quality of life.

The goal of this book is to equip adult women, ages 18 and older and of average physical ability, with information that can help them lead safer and more confident lives. With practical advice on how to prevent or respond to situations that jeopardize your personal safety, "*Women's Self-Defense in a Changing World*" will empower you with the knowledge needed to feel safer in your environment and give you the confidence to participate more fully in the activities and responsibilities you value.



# TABLE OF CONTENTS

- Dedication
- Acknowledgements

## About the Authors:

- Grandmaster Clifford C. Crandall
- Lynn Jessee
- About the American Martial Arts Institute and American Eagle Style

## CHAPTER 1 – Introduction

- You Can! Knowledge is the Key

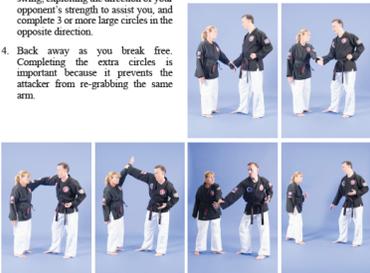
## CHAPTER 2 – Prevention and Avoidance

- Prevention and Avoidance Start with Awareness
- Who is the attacker?
- How does an attacker choose a victim?
- Decreasing your risk of being identified as a target
- Precautions / Safety Habits
- Precautions Regarding Your Car
- Precautions Regarding Your Purse
- Precautions at the ATM
- Home Precautions
- Technology Precautions, Including Phone and Internet
- Situational Awareness – Honing Your Observational Skills
- Practicing Your Awareness Skills
- Listening to Your Instincts
- Your Safety is Your Responsibility
- The Greatest Predator on this Planet

**SECTION II**  
SELF-DEFENSE AGAINST SPECIFIC GRABS

**Straight Across Wrist Grab: Technique #1 - Circular Arm Breakaway**

1. Attacker grabs your left wrist with their right hand (mirror image grab). *\*Note: this technique can also be used for cross wrist grabs (diagonal grabs) or for a low sleeve grab.*
2. Swing your arm in one direction. This initial movement triggers a reflex where the attacker attempts to resist the direction of the motion.
3. Quickly reverse the direction of the swing, exploiting the direction of your opponent's strength to assist you, and complete 3 or more large circles in the opposite direction.
4. Back away as you break free. Completing the extra circles is important because it prevents the attacker from re-grabbing the same arm.



83

**Straight Across Wrist Grab: Technique #2 - Down Block**

1. Attacker grabs your left wrist with their right hand (mirror image grab).
2. Bring your right fist to your left shoulder and step your left foot back (stepping back with the foot on the same side as the attack assists with pulling your arm away in the next step).
3. Slide your right arm down your left arm as hard as you can, striking the assailant's wrist and simultaneously pull your left arm back. Run in a safe direction as soon as you break free.



84

## CHAPTER 3 – Before a Physical Response

- During the Testing Stage of an Assault: General Principles
- Behavior and Body Language
- Verbal Resistance
- Actions for Specific Situations
- Being Approached for Help
- A Driver Asks for Directions
- Being Followed
- Being Directly Threatened or Chased
- Robbery
- Carjacking
- Home Intrusion
- Date Rape



## CHAPTER 4 – Being Prepared Mentally and Emotionally

- Coming to Terms with Fear
- Knowledge is the Key
- State of Mind – Who Are You Defending?

## CHAPTER 5 – Preparing Yourself Physically

- Attire
- Hands free
- Carrying a weapon for security
- Walking/ Jogging and Self-Defense
- General Health and Fitness

## CHAPTER 6 – Self-Defense Anatomy: Understanding the Tools and Targets

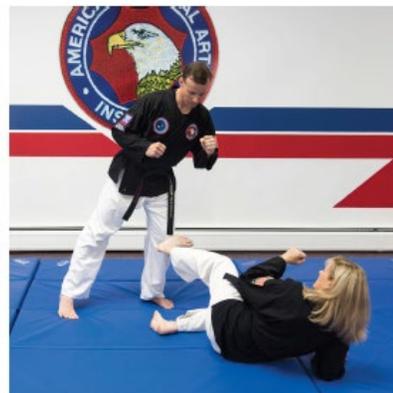
- Effective Targets – Where to Strike
- Your Anatomical Striking Tools

## CHAPTER 7 – Individual Technique Skills

- About Stances
- Making a Proper Fist
- Basic Blocks
- Basic Strikes
- Basic Kicks

## CHAPTER 8 – Practical Applications

- Being a Good Partner When Practicing Self-Defense
- **Section I:** Techniques for Lower-Level Threats or Nuisance Situations
- **Section II:** Self-Defense Against Specific Grabs
- **Section III:** Defense From the Ground



- **Section IV:** Self-Defense Against Knife Attacks
- **Section V:** Self-Defense Techniques Dealing with Guns

**CHAPTER 9 – Legal and Ethical Considerations, and After an Assault**

- Legal and Ethical Considerations
- After an Assault
- Giving the Police a Good Description
- Rape: Myths, Reactions of Others, and Getting Support

**Resources**

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.

**ABOUT THE AUTHORS**

Grandmaster Clifford Crandall, Jr. is the 10th degree and founder of American Eagle Style and the American Martial Arts Institute; the Headmaster of Takenouchi-Hangan-Ryu-Matsuno-Crandall Iaido/Batto-do style and school; and a 9th degree and co-founder of the American Eagle Cane Style. He is a retired Superintendent, Principal, and Teacher in New York State.

Master Lynn Jessee is one of Grandmaster Crandall's top students and is a 7th degree black belt and Master Instructor in American Eagle Style with over 30 years of martial arts experience. She is also a 9th degree and co-founder of the American Eagle Cane Style. She is a Physical Therapist Assistant in the State of New Hampshire.



# Womens' Self-Defense

## in a changing world

By  
Clifford C. Crandall Jr.  
and  
Lynn M. Jessee

WOMENS' SELF DEFENSE IN A CHANGING WORLD

This book can make a difference in how you feel about yourself and how you live your life. Who were we thinking about when we wrote this Women's Self-Defense Book? We were thinking of educated, active women who realize their importance. Whether you have taken your focus and strengths into the competitive career world or committed your unique abilities to the complexity of guiding a family through the maze of changing life experiences, this book will change your perceptions of how to respond to encroaching outsiders and ultimately how to respond to that once in a lifetime assault situation.

This book has the key, and the key is knowledge. Based on over 50 years of seminars held in high schools, colleges, YWCAs, rape crises centers, community centers and educational TV presentations, this book approaches the topic and skills of Women's Self-Defense from a fresh new perspective. Clifford Crandall Jr., a New York State educator known worldwide for his videos, books and seminars, is joined with Lynn Jessee and her medical background and personal passion to help people live safer, more productive lives.

**YOU CAN DO SOMETHING.** The Key is Knowledge and the key is within this BOOK.



Crandall and Jessee



Another step toward your safety from  
the American Martial Arts Institute



American Martial Arts Institute  
8382 Seneca Turnpike, New Hartford, NY 13413  
Tel: 315-768-1859