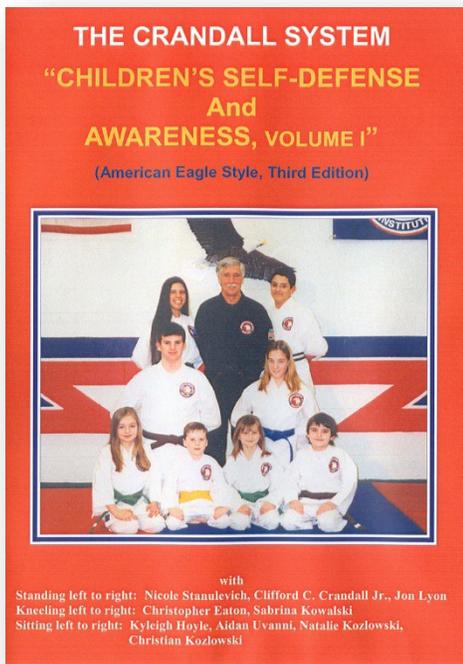




OUR PUBLICATIONS

Children's Self-Defense and Awareness, Volume 1 (VHS/DVD)



Children's Self-Defense and Awareness, Volume 1 was first released on VHS in the 1998 eventually being updated to a 3rd edition in 2005 on DVD. This video was produced for use by schools in teaching children self-defense and awareness. In 1998, Grandmaster Crandall was awarded a Guinness Book World Record for being the first person to break a board while skydiving. This was done to raise awareness for child safety. When he landed, he told the press, "It shouldn't be safer for me to break a board while skydiving than it is for some children to walk home from school." That same year he released the first edition of the video. It was adopted by several schools throughout Central New York, and the "Crandall System" for children and

teenagers was taught to physical educators through BOCES in NYS to be presented as part of their curriculum.

The video included a section for educators to view and a separate section for children to view; scenarios about stranger awareness, the buddy system, and other awareness and refusal skills. The instructional segments included circuit training for self-defense. The physical responses included escapes from common grabs, a defensive center kick, punches from a horse stance, and a response to being picked up from behind.

Grandmaster Crandall is a retired Superintendent of School in New York State, who also served as a high school and elementary school principal, and a classroom teacher. At the time of producing the first edition he had over 40 years of martial arts training and experience, and had been inducted in the Action Martial Arts Magazine Hall of Fame.

For more information visit AMAI-EagleStyle.com.

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May be available in additional formats.

The techniques included in this instructional program are found in the Chapters identified below:

- | | |
|--|--|
| Introduction by Clifford C. Crandall Jr. | (Circuit Training and Techniques Continued) |
| Children's Section | Straight-Across Wrist Grab (with counter) |
| Instructor's Section | Throat Grab |
| Introduction and Course Overview | Sleeve Grab |
| Circuit Training and Techniques | • Defensive Center Kick |
| Horse Stance Center Punch | Responsive Move When Being Picked Up |
| Circular Arm Breakaway | • Instructor's Program Review |
| Straight-Across Wrist Grab | Teenage Just-Get-Away Escape Techniques |
| | Closing Statement & Credits |

For more information visit www.amai-eaglestyle.com

Third Edition

ISBN: 0-9636605-2-7

Program length = 60 minutes

American Martial Arts Institute/Tonfa Master Enterprises Co-Production

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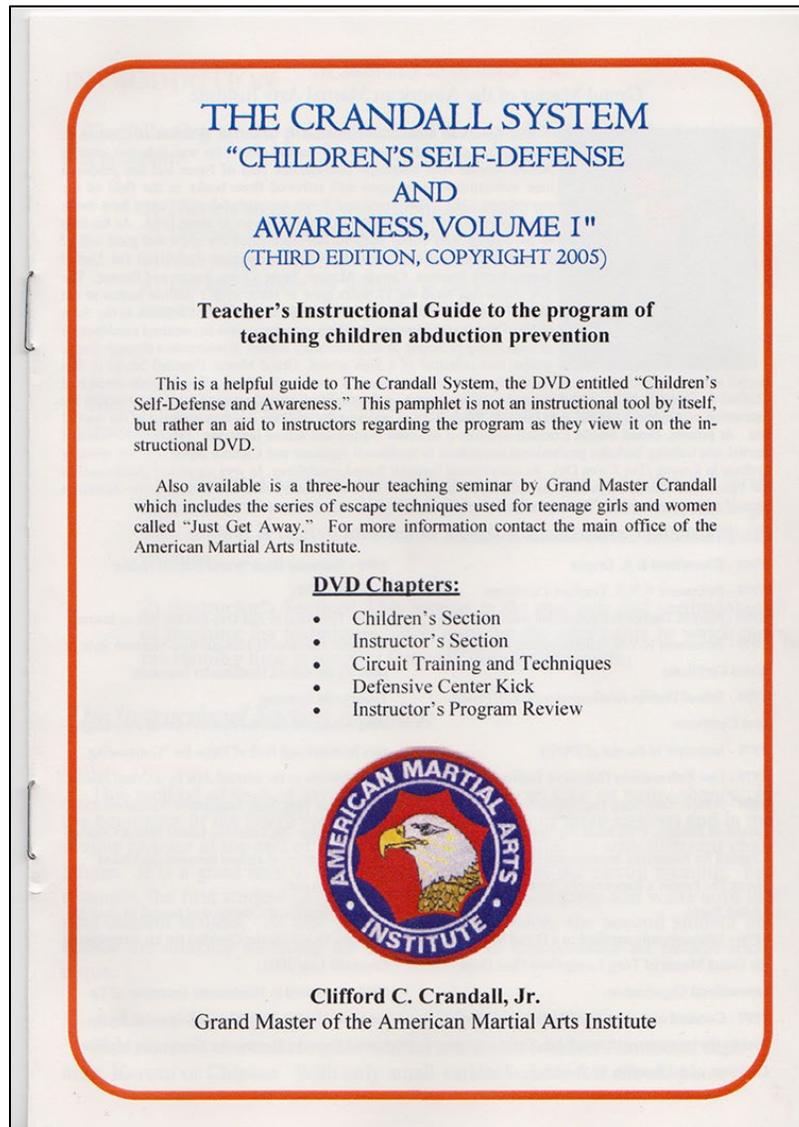
OUR PUBLICATIONS

THE CRANDALL SYSTEM

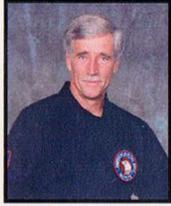
Children's Self-Defense and Awareness, Volume 1

Teacher's Instructional Guide to the program of teaching children abduction prevention

The following are scans of the eight-page teacher's instructional guide that was included with the original VHS and DVD.



Clifford C. Crandall, Jr.
Grand Master of the American Martial Arts Institute



The American Martial Arts Institute is under the direction of Clifford C. Crandall Jr., a full-time professional martial artist. He was inducted into the Action Martial Arts Magazine International Hall of Fame and has produced nine instructional video tapes and authored three books in the field of the martial arts. His Tonfa Book and Tonfa instructional video tapes have made him known as the Tonfa Master throughout the world since 1984. As the host of the Martial Arts Today show he has represented the spirit and good will of the martial arts and American Martial Arts Institute throughout the United States, South America, Canada, Mexico, Japan, China, Russia and Europe. The T.V. show that aired for 12 years grew to reach over 2 million homes in the United States and Canada. As a retired Superintendent of Schools in the State of New York with classroom teaching experience plus the unusual combination of once being principal of an elementary school, Kindergarten through fourth grades, and principal of a high school, Grand Master Crandall brings to this

martial arts program an educational professionalism seldom seen in a martial arts school. There is little doubt that Clifford C. Crandall Jr. has had a real and positive impact on the world of martial arts and continues through his instruction of American Martial Arts Institute Black Belts to maintain the tradition and true meaning of the martial arts. At present, Grand Master Crandall oversees 3 full-time martial arts school locations. His over 40 years of martial arts training includes professional instruction in traditional Japanese and Chinese styles with his primary heritage in Korean (Tae Kwon Do). As a traditional Samurai Sword practitioner, he was appointed Headmaster in the Takenouchi-Hangan-Ryu-Matsuno School of Iaido. The style founded by him and taught by the American Martial Arts Institute is the "American Eagle Style."

His Education Certifications Include:

- 1969 - Educational B.A. Degree
- 1974 - Permanent N.Y.S. Teachers Certificate
- 1975 - Masters Degree in Educational Administration
- 1975 - Permanent N.Y.S. Administration and Supervision Certificate
- 1976 - School District Administrator N.Y.S. Permanent Certificate
- 1978 - Instructor in the use of PR#24
- 1979 - Law Enforcement Defensive Tactics instructor
- 1994 - A New York State Legislative Resolution #55 passed on January, 1995 honoring Grand Master Crandall for improving international relations between The People's Republic of China and The United States.
- 1996 - Internationally certified as a Grand Master by the Grand Master of Tong Leong Gwo Shuh Goan International Organization.
- 1997 - Certified with the title of Professor of Martial Arts by the International Martial Arts College by the Chairman of the Board in St. Petersburg, Russia.

- 1998 - Guinness Book World Record Holder (June 18, 1998)
- 1999 - Promoted to 2nd Dan and the title of Instructor in the Takenouchi-Hangan-Ryu-Matsuno style of Iaido by the school Headmaster Instructor Tsuneyoshi Matsuno.
- 2001 - Inducted into the Action Martial Arts Magazine International Hall of Fame for "Outstanding Contributions to the Martial Arts by a Grand Master."
- 2002 - New York State Legislative Resolution #5333 passed on May 7th, honoring Grand Master Crandall for his international service between the United States and Japan.
- 2002 - A Senatorial Citation was passed on June 30, honoring Grand Master Crandall for his international Goodwill Tour 2002.
- 2002 - Promoted to Headmaster Instructor of Takenouchi-Hangan-Ryu-Matsuno-Crandall for the United States by Headmaster Tsuneyoshi Matsuno.

INTRODUCTION

The following are the philosophies and concepts involved for the teaching of this program:

- 1) There is no need to touch a child to teach a child.
- 2) The constant stimulant is supportive compliments.
- 3) Maintain patience and the awareness of the bigger picture.
- 4) The atmosphere for learning is the teaching atmosphere you create with your positive, enthusiastic attitude.

SCOPE

There are two sections to this instructional program of the Crandall System DVD.

- 1) (Children's Section) This section is a discussed and acted out series of awareness points to help children be aware of their surroundings. This section is twelve minutes in length and should be watched by the children.
- 2) (Instructor's Section) This section is the methods and methodology of teaching the techniques. It is only for the instructors to watch and the running time is roughly forty-six minutes in length.

The Instructional Section Includes:

Circuit Training:

This method of student involvement and action can take on many shapes. In the beginning of the DVD you see a very basic series of three stations and in the review chapter at the end of the DVD you see three stations with different challenges. It is a good idea to have an attack situation in the circuit training. For example, the first student going through stays at station three and waits until the next student arrives. At this point, under supervision, the second student becomes the attacker allowing the first student to demonstrate an escape technique.

Horse Stance Center Punch:

This stance is common to most martial arts styles whether American, Japanese, Korean or Chinese. With only small variation, both feet should point

CONTINUED BELOW

straight ahead and your left foot should move out to the left creating a width of approximately twice the distance of your shoulders. This stance is used in learning the rhythm of how to punch. It tends to neutralize the lower body, allowing focus on the hand and arm movements for proper punching techniques.

Circular Arm Breakaway:

The circular motion uses a change of direction in it which, in turn, uses the strength of the attacker to help the child free themselves up from the grab. The extra circles after you are free make it difficult for the attacker to grab hold again as the student steps back to run.

Counter to a Straight-Across Wrist Grab:

Having the child open the hand of the wrist that has been grabbed makes their wrist expand slightly and creates a situation better for escaping.

Counter to a Straight-Across Wrist Grab (with counter):

There is a counter shown, but the primary aim is for the child to get free and run. The counter becomes more applicable for older children who understand such action and realize that even with the counter the intent is not to stay and fight.

Counter to a Throat Grab:

In response to this grab, first make a proper fist with the same arm as that of the person who has grabbed you. If the attacker grabs with the right arm the child will use their right arm. With the child's fist up and their elbow straight under their fist pointing to the floor, they should rotate their upper body, striking their arm into the inside elbow area of the attacker's arm.

Counter To a Sleeve Grab:

Keep in mind that the turning of the child's hips as an extension of the swing of the arm down creates a unity of flow and motion. The first motion of the child's arm is to come up between the child and the grabber rather than to the outside of their body and down between themselves and the attacker. The inside motion is to create a visual distraction to the attacker and complicate any effort the attacker may try in using their other hand to grab and stabilize the situation.

Defensive Center Kick:

The back leg executes the kick by first raising the knee upwards as high as possible to the front of the child's body. At this point, the foot should be

directly under the knee with the toes pulled back and the ball of the foot extended downwards. The leg is then extended "penetrating" with the foot in forward motion until the knee is locked, striking the target with the ball of the foot.

Responsive Move When Being Picked Up from Behind:

Safety for the pretend attacker becomes a major concern here. The success of the technique will be based on the response time of the child once picked up and the alternation of the heel kicks to the back by the child in combination with the head butt to the back by the child.

Four of the "Just Get Away!!!" escape techniques for teenage girls are in the end review chapter of this DVD. The following is a simplified and brief written description of what you are seeing the young ladies do to get away. These techniques are not taught in depth during the DVD program presentation.

1) Down block technique against straight-across wrist grab

The attacker's left arm grabs your right arm. Raise your left hand to your right shoulder with your fist closed. Move your right foot back from the attacker's arm that has just grabbed you. Now slide your left arm down your right arm as hard as you can striking the assailant's wrist and simultaneously pull your right arm back. At this point you have two choices. One is to follow this freeing-up motion with a counter strike to the attacker and the other is to flee from the area and get help.

2) Arm-around-the-shoulder contact

The attacker places his left arm around the young lady's shoulder in an effort to pull her in towards him. The young lady will use her right arm in defense by bringing it down between herself and the attacker and moving it in circular motion back between herself and the attacker. As it rises, she would bend her elbow, bringing her right forearm down on the shoulder or upper section of the attacker's left arm. Simultaneously, she now places her right foot behind the attacker's left foot, and extends her right arm out as far as possible. The straightening of her right arm should result in the palm of her right hand being pressed backwards into the attacker's throat or chin. By continuing the pressure and the pushing of her right hand back the attacker will fall over her right foot, losing control of her and landing on the ground.

CONTINUED BELOW

3) Arm-around-the-waist contact

A person puts their arm around your waist. So that we can understand the process, we will identify the aggressive arm of the attacker as their left arm going around the young lady's waist. With this action the young lady's response will be to bring her right arm forward, swinging it up in front but to the right of her own body, until it is above her shoulder and between herself and the attacker. It should now be brought down behind her and the attacker and straightened in a muscular firmness that results in her arm becoming rigid. She proceeds to bring this rigid arm down and move her right foot slightly forward and to the left. As she takes this step, her right arm will come in contact with the back of the attacker's elbow of his left arm. The amount of pressure and speed at which her arm is brought in contact with the attacker's will determine the amount or level of injury that will occur to the attacker.

4) Sleeve grab

If an assailant grabs you by the sleeve area of your coat (that area being between your wrist and your shoulder), you should swing your arm forward and up in a circular motion. As your arm is rising to about your chest height, you should be stepping in just slightly towards your attacker. Continue swinging your arm (the one they have ahold of) up and over their arm. As your arm now comes down behind theirs, you will have created a bend in their elbow. Swing your arm all the way down and through the area between your body and theirs. This will lock their arm up and allow you to throw them off balance or with the proper power and speed dislocate their shoulder.

What is the Underlying Educational Philosophy of the Crandall System?

Students will understand self-defense and its relationship to others whether potentially threatening or simply daily participants in their social surroundings. They will understand ways to promote positive behavior from those around them and to discourage unwanted behavior. Students will demonstrate and present personal and socially responsible behavior. They will care for and respect themselves and others. They will recognize threats to themselves and their friends and be confident to offer safe alternatives to minimize the threat.

Available from:
The Crandall System
American Martial Arts Institute
700 Oriskany Blvd.
Yorkville, New York 13495
web site: www.amai-eaglestyle.com



All American Martial Arts Institute locations are designed and patterned alike. This is a picture of the main location training hall where all black belt and brown belt testings for the school take place.

INFORMATION REGARDING THE AMERICAN MARTIAL ARTS INSTITUTE

Programs:

A martial arts program of instruction for boys and girls ages 3 and up also geared to all men and women. Over 45 certified professional adult instructors that teach the martial arts to each student according to that student's ability. The American Martial Arts Institute uses hands and feet techniques equally, resulting in a more well-rounded physical program.

The style is called "The American Eagle Style." The style has strong roots in the historical formulation of traditional martial arts. The given breakdown of the American Eagle Style regarding national influences is:

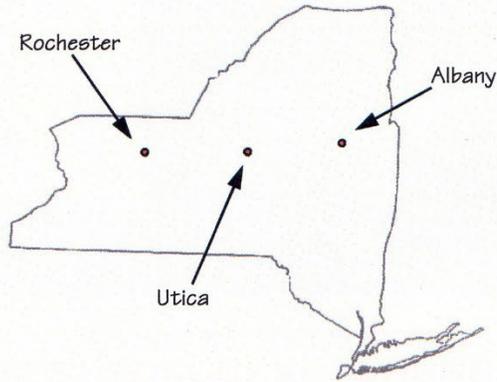
American (Self-Defense & Forms) = 40%
Korean (Tae Kwon Do) = 35%
Japanese (Karate) = 15%
Chinese (Wu Shu) = 10%

BLACK BELT STAFF

Titled instructors are individuals who have accepted an administrative role in the growth and direction of the American Martial Arts Institute. These individuals contribute additional personal time to the development of programs as well as making themselves available to assist at testings and seminars held by the school. A specific list of our TITLED INSTRUCTORS is available at all three locations and on our website.

A complete list of our Black Belt Staff and Certified Instructors is available on our website under the title "Instructors." There you will find information about their rank, profession and personal specialties.

CONTINUED BELOW



For More Information:

Look for the *"American Eagle Style Instructional Textbook, 2nd Edition."* The first book of its kind in the martial arts. 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. This textbook documents the American Martial Arts Institute and its style, the American Eagle Style, in a hardcover, 324-page instructional text format.

ISBN: 0-9636605-3-5. Library of Congress Catalog Card Number: 96-61574.

Learn Take Downs Plus Counters Against a Knife and Gun With Grand Master Clifford C. Crandall, Jr.

Grand Master Clifford C. Crandall Jr. now brings you the fundamental, intermediate and advanced concepts of a good self-defense program aimed at take downs, knife and gun counter techniques. He is the founder of the American Martial Arts Institute which teaches the "American Eagle Style" worldwide. This instructional videotape covers nine take downs: three from a grab attack, three as counters to a punch and three as counters to a kick. Also included are five counters against a knife attack plus five counters against a gun.

ISBN: 0-9636605-6-X



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