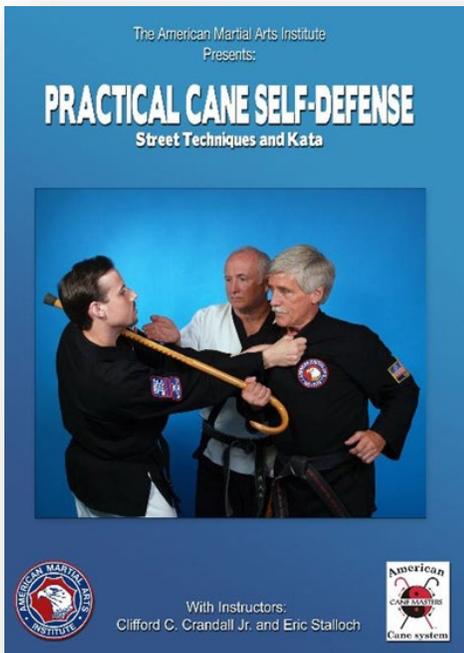




## OUR PUBLICATIONS

### Practical Cane Self-Defense: Street Techniques and Kata



#### OUT OF PRINT

This DVD is no longer in print, but is the first video to document the American Eagle Style cane kata formulated by Master Eric Stalloch and Grandmaster Clifford C. Crandall, Jr. This kata was initially created for the students of the American Martial Arts Institute. It was later adopted for use in the American Cane System under Grandmaster Mark R. Shuey, Sr., founder of the Cane Masters International Association. It is also a required kata in the American Eagle Cane Style under the American Martial Arts Institute.

#### ORIGINAL RELEASE NOTICE:

The American Martial Arts Institute is proud to offer an instructional DVD produced by American Eagle Style founder Grandmaster Clifford C. Crandall Jr. and Chief Instructor Eric Stalloch. Under Grandmaster Crandall's supervision, Mr. Stalloch is also a certified Cane Master in the American Cane System, Cane Masters International Association under Grandmaster Mark R. Shuey, Sr.

This 53-minute instructional DVD contains several cane self-defense techniques and a traditional cane kata. Filmed with multiple camera angles and presented with step-by-step detailed explanations, these techniques are now available to both the long-time cane student and beginners alike. Some of the scenarios covered include: double lapel grabs, a grabbed cane, a grabbed purse, seated self-defense, ground fighting, head lock, bear hug, and punches with different arms and angles. The kata presented is the Natural Walk Cane Kata, and it includes front, side, and back views as well as 3/4 speed instruction and segments with detailed application.

For more information visit [AMAI-EagleStyle.com](http://AMAI-EagleStyle.com).

Copyright American Martial Arts Institute. All rights reserved.

OUT OF PRINT

\$29.95 US

The American Martial Arts Institute  
Presents:

# PRACTICAL CANE SELF-DEFENSE

Street Techniques and Kata



Cane Master Eric Stalloch, Grandmaster Mark Shuey, Sr., Grandmaster Clifford C. Crandall, Jr.

The cane is a versatile tool for self-defense and personal fitness. Cane Masters International Association and the American Cane System under Grandmaster Mark R. Shuey, Sr. are recognized internationally as an authority in quality cane self-defense instruction. Whether you are a long-time student of the cane or this is your first cane self-defense experience, there is something here for you.

This DVD includes self-defense techniques and a traditional cane kata. The techniques are explained in detail from multiple camera angles and include a demonstration of practical application on the street. Some of the defense scenarios include techniques against punches, headlocks, bear hugs, ground fighting, from a seated position, and many more. The kata, when practiced and understood, includes a variety of additional self-defense techniques, and allows the practitioner to practice when no training partner is available. The kata is demonstrated from different views and includes instructional segments where the kata's application and defensive scenarios are explained in more detail.

Eric Stalloch is a certified Cane Master in the American Cane System. He is a 5th degree black belt in American Eagle Style and a Chief Instructor in the American Martial Arts Institute, with over 21 years of martial arts training. He is also a permanently certified high school teacher in the State of New York. He has co-produced this DVD with his instructor, Grandmaster Clifford C. Crandall, Jr., the founder of the American Martial Arts Institute. Grandmaster Crandall has over 48 years of martial arts experience, and his background includes holding the educational positions of Superintendent, High School and Elementary School Principal, and High School Teacher in the State of New York. These two martial artists have combined their years of martial arts training, research, and practical application into an informational presentation of self-defense and katas for the cane. You may learn more about these individuals by searching the Internet or visiting [www.amal-eaglestyle.com](http://www.amal-eaglestyle.com) or [www.SecureLivingOnline.com](http://www.SecureLivingOnline.com).

Practical Cane Self Defense

Crandall and Stalloch



With Instructors:  
Clifford C. Crandall Jr. and Eric Stalloch



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