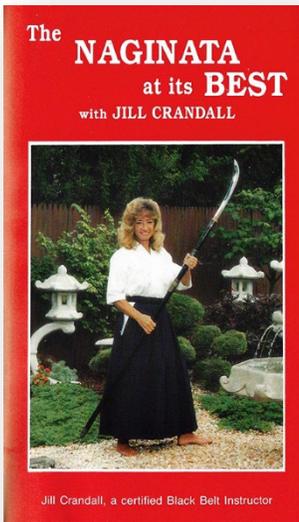




OUR PUBLICATIONS

The Naginata at its Best

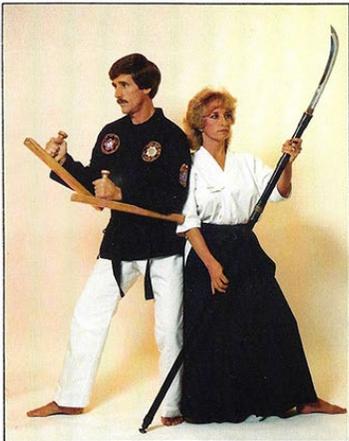


OUT OF PRINT. First Released in 1990. The Naginata at its Best is a 50-minute VHS instructed by the late Master Jill Crandall, produced and released by Tonfa Master Enterprises. This video includes an interview, information regarding the naginata, basic blocks and strikes, and the kata Omou. Jill Crandall was a top competitor in AAA tournaments in the 1980s and 90s with the use of the naginata. She began her naginata training in Japan in the early 1980s. Today the kata Omou continues to be taught by American Eagle Style instructors and is additionally documented on the DVD American Eagle Style Extension Tools.

For more information visit AMAI-EagleStyle.com.

This is an instructional tape dealing with the ancient weapon called the Naginata. Jill Crandall gives not only the history and techniques of the naginata, but a kata using the naginata. The kata demonstrated, Omou, lends itself to martial artists no matter what their style may be. Jill began her training with the naginata in Japan and is recognized for her expertise in its use.

Jill has a professional career as a Supreme Court Reporter for New York State. She is a certified Black Belt instructor with the American Kang Duk Won Association and is well known for her skill and instruction of women's self-defense. She does a women's self-defense segment on a New York TV show and has produced a women's self-defense tape along with her husband, Clifford C. Crandall, Jr.



American Kang Duk Won certified Black Belt Instructors Clifford C. Crandall, Jr. and Jill Crandall with their specialty weapons.

Dedication to my loving and supportive husband, Clifford C. Crandall, Jr. who inspired me to study the Naginata as well as the martial arts many years ago. He has given me the gift of not only his love but the skill to do what is most fulfilling to me, the teaching of the martial arts to others.

Look for the instructional video tape and book by Clifford C. Crandall, Jr. on the subject of the Tonfa and Cliff and Jill Crandall's Women's Self-Defense Volume I instructional video tape.

Cover Picture: Miograno Photography
Back Picture: Walt's Country Studio
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Program Length: 49 min.
15 sec.

The **NAGINATA** at its **BEST**

with Jill Crandall



Jill Crandall, a certified Black Belt Instructor

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May be available in additional formats.



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