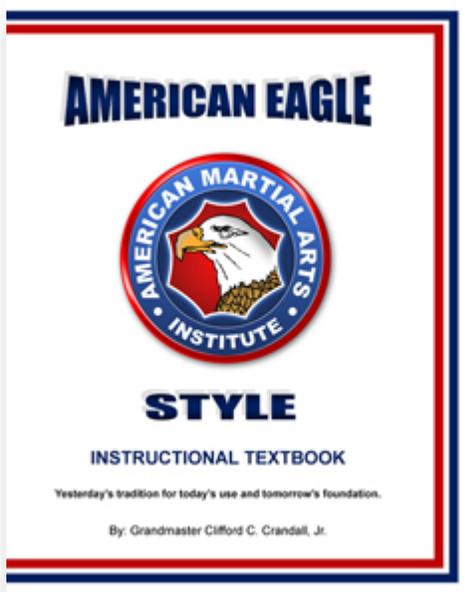




OUR PUBLICATIONS

American Eagle Style Instructional Textbook – 3rd Edition

Author: Grandmaster Clifford Crandall, Jr.



In 1996, the American Martial Arts Institute became one of the only schools in the world to document their style in an instructional textbook. The first edition was 293 pages long and covered aspects of both American Eagle Style and some of the procedures of the American Martial Arts Institute school. Hundreds of copies of the first edition went out to students, instructors, and other martial artists around the world. The second edition was released in 2002 and was 324 pages in length, hardcover, and concentrated less on the school that teaches American Eagle Style, instead focusing more on detailed information about the style and its techniques.

In 2012, Grandmaster Crandall completed the 3rd edition of the textbook by elaborating on the style's philosophy, added all required black belt katas (fully documenting 49 katas of the American Eagle Style in total), and adding a variety of other techniques not previously documented. At 424 pages in length, this is one of the world's only fully documented American martial arts styles.

Preface Excerpt

"Before the use of the written word, tradition and truth were dependent on the storytellers and song writers. The true students of any architecture, painting style, master craft or way of life were dependent on the accurate depiction from one student to another down through the generations. This accuracy of passing on knowledge to keep alive some idea, concept or philosophy was greatly enhanced by the accurate writing of books and their accurate duplication for others to read and learn from. This meant that although the only true teacher is a living human being, the information could be found written and learned to some degree of accuracy through the writings and pictures of a style.

The responsibility here, which was overlooked many times, is the author's realization of the variety of possible interpretations and understandings of what is written. This instructional textbook reaches for this clarity of instruction through the reader's use of its information..."

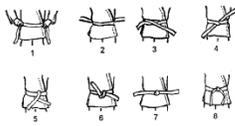
Table of Contents

Chapter One

- Introduction
- About the Founder of the Style and School
- The Way or Path
- The Eyes of a Student in Martial Arts

Chapter Two

- School Philosophy
- Instructor Status
- American Eagle Style History and Facts
- School Patches
- Procedure for Tying a Uniform Belt
- What Does an American Eagle Style Class Include?
- American Eagle Style Superkick Program
- American Eagle Style Belts and Ranking

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| <p>School Patches</p> <p>These are the patches that may be seen on the uniform of a student or instructor in the American Eagle Style.</p> <p>The first patch is the school patch with the American Eagle Style logo. This is the American eagle head with the yin yang on the pupil.</p>  <p>This patch is the American flag patch chosen for the school.</p>  <p style="text-align: right;">23</p> | <p>Procedure for Tying a Uniform Belt</p> <p>Student ranks white through purple use this type of belt knot. Brown belts and black belts use what is referred to as a full kata knot in the American Eagle Style.</p> <ol style="list-style-type: none"> 1) Center the belt in front at your waist. 2) Carry ends around back behind you. 3) Continue bringing the belt ends around to your front. 4) Cross right end over the left end and tuck up under both layers in front of you. This now becomes your left end. 5) Cross ends as shown in diagram. 6) Cross left over right and tuck up through the hole created. 7) Pull ends to complete knot. 8) A square knot is formed. When extended out in front of you the two ends of the belt should be the same length.  <p style="text-align: right;">24</p> |
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Chapter Three

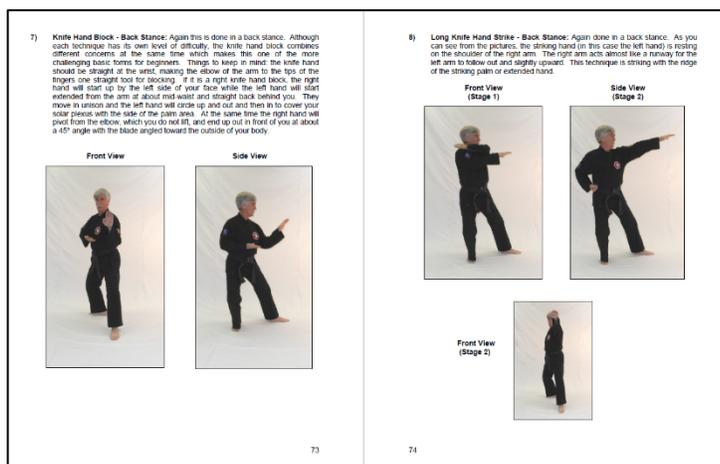
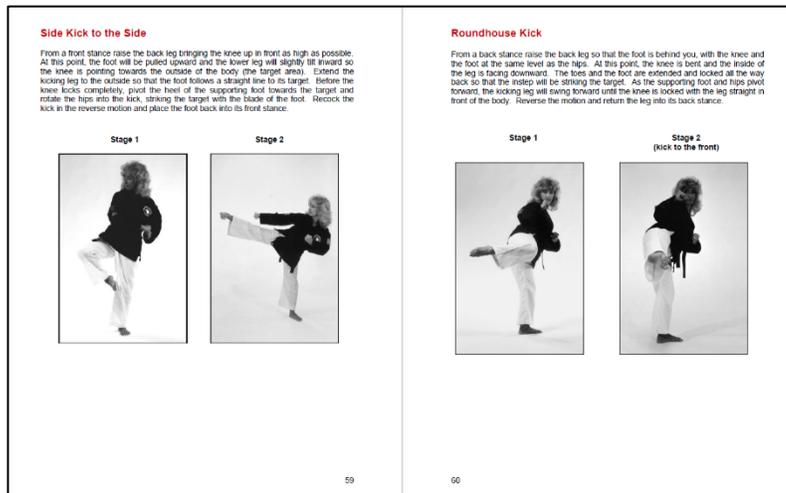
- Stretching
- Making a Proper Fist
- Traditional Weapons of the Martial Arts:
 - Upper Body: Hands, Elbows and Wrist,
 - Lower Body: Feet, Knees, Head: Front and Back

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| <p>Front Stance</p> <p>Starting at center, place your hands on your hips and move your left foot forward approximately twice the width of your shoulders. At the same time you move the left foot out so that it would be approximately shoulder width from the right foot if they were side by side. Bend the left (front) leg so that your calf is perpendicular to the floor. Straighten the right (back) leg, keeping both feet facing forward as much as possible. The weight distribution is 60% forward and 40% backward. Keep the hips low and straight ahead, transferring the weight through the hips to the front leg. The center of gravity is slightly forward.</p> <p>This stance is used to move into kicking motion and preparing for basic forms. It is an integral part of many katas and forms as well as in the basic forms themselves.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Front View</p>  </div> <div style="text-align: center;"> <p>Side View</p>  </div> </div> <p style="text-align: center;">  </p> <p style="text-align: right;">47</p> | <p>Back Stance</p> <p>Starting at center, put your hands on your hips and move your left foot forward approximately twice the width of your shoulders, and as you do so pivot your right foot so that it now points right. As you move your left foot forward, the heel of it should be in a 90° line with the heel of the right foot. Bend the back leg so that 70% of the body weight is resting on it. Slightly bend the front leg so that only 30% of the weight is forward and resting on it. Your hips will have turned slightly to the right with the left side of your body leading forward. This left back stance is illustrated in the front view picture, while the side view picture shows a right back stance.</p> <p>This stance is a common starting position for sparring. This is an integral stance in many katas, kudo and in the basic forms as well.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Front View</p>  </div> <div style="text-align: center;"> <p>Side View</p>  </div> </div> <p style="text-align: center;">  </p> <p style="text-align: right;">48</p> |
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Chapter Four: Stances

- Ready Stance (Chumbi Stance)
- Front Stance
- Back Stance
- Horse Stance
- Diagonal Horse Stance
- Cat Stance
- Leaning Front Stance
- Kihondachi Stance (Sanchin Walking)
- X-Stance
- Crane Stance

- **Preparing for Kicking**
 - Basic Kicks
 - Center Kick
 - Reverse Crescent Kick
 - Crescent Kick
 - Side Kick to the Side
 - Roundhouse Kick
 - Ax Kick
 - Spinning Back Kick
 - Spinning Wheel Kick
 - Spinning Hook Kick
 - Hook Kick
 - Basic Moving Kicks
- **Basic Forms**
 - Preparing for Basic Forms
- 36 Basic Forms Demonstrated



Chapter Five

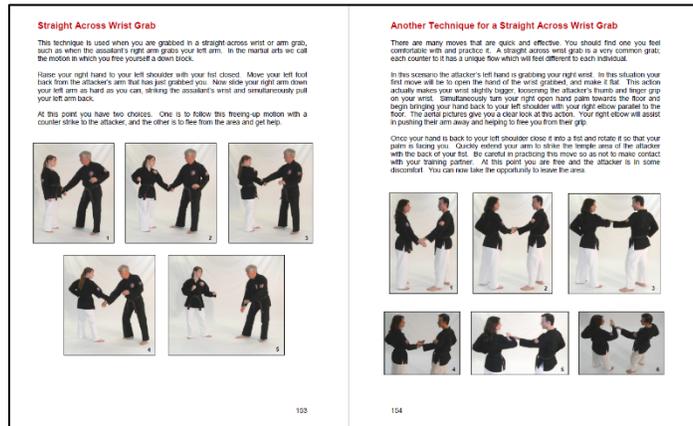
- Striking Points
- One-Step-Sparring(Ippon Kumites): Ippon Kumite #1 through 10
- Hanza Escape Techniques: Hanza Escape Technique 1 through 5
- Circular Self-Defense
- Sparring

Chapter Six: American Eagle Style Self-Defense

- SD-1: Counter to a Sleeve Grab
- Double Lapel Grab
- SD-2: Counter to a Straight Across Wrist Grab
- Women's Self-Defense in the American Eagle Style
- Circular-Arm Break Away
- Straight Across Wrist Grab
- Another Technique for a Straight Across Wrist Grab
- Coat-Grab Break Away
- Breaking Free from a Throat Grab
- A Grab or Arm Reach to Pull You In
- Grab From Behind in a Rear Choke
- Defense from the Ground
- Come Along Techniques

Single Arm Low Come Along
 Single Arm High Come Along
 Cobra Come Along
 Bent Wing Come Along
 Neck Collar Come Along

- Seated Self-Defense
- Take Downs
 - Double Wrist Grab
 - Straight Wrist Grab
 - Cross Wrist Grab
 - Right Lunge Punch
 - Right Center Kick to the Solar Plexus
- Knife Techniques
 - High Knife Attack
 - Low Knife Attack
 - Knife Attack from the Rear
- Gun Techniques
 - Gun From Behind
 - A Straight On Gun Attack
 - Gun Attack from the Front with the Gun Sideways
- Extension Tools



Chapter Seven: Forms

- Basic Kata 1-3
- Introduction to the Pal-Gwes
- Pal-Gwe 1-8
- Black Belt Empty Hand Forms

Old Koryo
 Chulgi 1
 Eye of the Eagle
 New Koryo
 Chulgi 2
 Geumgang
 Chip Su
 Heian 1
 Chulgi 3
 Chip Jang
 Taebaek
 Bassai Dai

Heian 2
 American Eagle
 Long Hand
 Continuity Two
 Pyongwon
 Heian 3
 Aoyanagi
 Hansoo
 Hookiyu 1
 Sil Lum
 Heian 4
 Simplicity
 Cheon Kwon

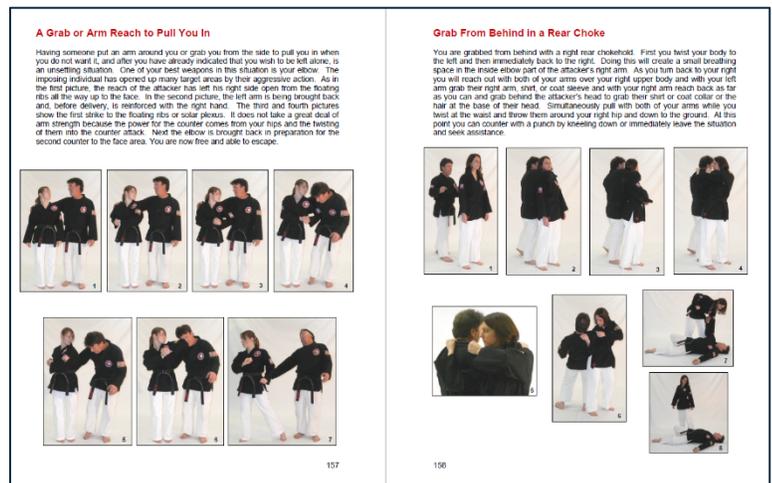
Gekisai 1
 Sipjin
 Heian 5
 Bassai Sho
 So San Hyung
 Arena
 Se Jong Hyung
 Hwa-Rang Hyung
 Open Hand
 Tong Il Hyung
 Gauntlet
 Wind
 Unity

Chapter Eight

- American Eagle Style World Involvement
- China-America International Martial Arts Team
- International Tournament, St. Petersburg, Russia
- American-Japanese Goodwill Tour 2002
- American-Australian Cultural Exchange 2005
- American-Italian Goodwill Tour 2008
- Martial Arts Today TV Show
- Action Martial Arts Magazine
- Takenouchi-Hangan-Ryu-Matsuno-Crandall Iaido Style

Chapter Nine

- Learn More About American Eagle Style
- The World Wide Web
- Main Office Location
- Secure Living Online
- American Martial Arts Institute Books and DVDs
- Books
- DVDs
- Out of Print
- Websites
- TV



For more information visit AMAI-EagleStyle.com.

First Released:

First Edition: 1996

Second Edition: 2002

Third Edition: 2012

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May be available in additional formats.

\$85.00

AMERICAN EAGLE STYLE INSTRUCTIONAL TEXTBOOK

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 a must. This book documents one of the only world recognized American styles of martial arts, and at the same time teaches much of the uniqueness associated with a traditional style. This book, in its third edition, has put an American style of martial arts into libraries, schools, and the hands of interested individuals around the world.

- Learn effective self-defense moves for escape, control and take-down counters against empty hand as well as gun and knife attacks.
- Learn Basic Katas 1, 2 and 3.
- Learn the eight Pal-Gwes and the three Chulgis.
- Also presented are 38 BLACK BELT empty-hand forms such as Se Jong Hyung, Old and New Koryo, Hookiyu 1, Chip Jang, Pyongwon, Cheon Kwon, Gekisai 1, Hwa-Rang Hyung, Sil Lum, American Eagle, Eye of the Eagle, the five Heians, Sijin, Tong Il Hyung, So San Hyung and many more.
- Learn the five hanza escape techniques and the 10 Ippon Kumites.
- Learn this style's 36 basic forms.
- Women's self-defense techniques and safety tips.
- Seated self-defense and circular self-defense along with One-Step-Sparring.
- Understand stances and exactly how to position your feet for an effective foundation.

Be proud to be involved in the martial arts and increase your awareness of its growing facets. Be excited to be an American and realize that your country has taken its place in the world of quality and professional martial arts training.



About the Author: Grandmaster Clifford C. Crandall Jr. is the founder of the American Eagle Style. He holds the title of Headmaster in Takenouchi-Hangan-Ryu-Matsuno-Crandall Iaido style. He holds Master Instructor status in two styles, and he is a retired superintendent of schools in New York State. A practitioner of the martial arts for over 45 years, he retired from public education in 1982 and has since devoted his life to the martial arts. He has authored numerous videotapes and DVDs as well as five books. As the host of the Martial Arts Today TV show and the Safety and Awareness Today TV show, he has traveled throughout the world representing the martial arts and the positive impact it can have on people of all ages.

American Eagle Style Instructional Textbook

By: Clifford C. Crandall, Jr.

AMERICAN EAGLE



STYLE

INSTRUCTIONAL TEXTBOOK

Yesterday's tradition for today's use and tomorrow's foundation.

By: Grandmaster Clifford C. Crandall, Jr.



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