



## OUR PUBLICATIONS

### American Cane System: Ranking Series: Levels 1-8

By: Master Eric Stalloch, Grandmaster Clifford C. Crandall, Jr., and Master Lynn Jessee  
With: Grandmaster Mark Shuey, Sr.

**What is the American Cane System Ranking Series?  
How is related to the American Martial Arts Institute?  
How is it different from the American Eagle Cane Style?**

**These questions and more will be answered below:**

In 2000, Grandmaster Clifford Crandall, as Grandmaster of the American Martial Arts Institute, made it possible for two of his American Eagle Style black belt instructors to train as students of the Cane Masters System. They were Eric Stalloch and Lynn Jessee. This began years of training in the Cane under the supervision and direction of Grandmaster Crandall. In 2007, they earned the rank of First Dan and later Canemaster in the Cane Master System, alongside Master Crandall. In 2016, Grandmaster Shuey promoted Master Crandall and Master Jessee to 8th degree within his organization and Master Stalloch to 9th degree, identifying him as the successor to his style and programs for the world. More can be learned about their involvement with Cane Masters in the History section of the American Eagle Cane Style textbook.

From 2008 through 2020, the American Martial Arts Institute served as the East Coast Headquarters for the Cane Masters International Association, teaching the American Cane System, founded by Grandmaster Mark Shuey, Sr. During this time period, the American Martial Arts Institute taught the American Cane System.

In 2017, Grandmaster Crandall, Master Eric Stalloch, and Master Jessee co-founded the American Eagle Cane Style. The American Eagle Cane Style is separate and distinct from the American Cane System. The American Eagle Cane Style is taught and overseen by Headmaster Eric Stalloch at the American Martial Arts Institute with support for Grandmaster Crandall. The American Cane System is under the direction of Grandmaster Mark Shuey, Sr.

Today, the American Martial Arts Institute offers four distinct martial arts styles: American Eagle Style (empty-hand), Takenouchi-Hangan-Ryu-Matsuno-Crandall Iaido (sword), American Eagle Cane Style (cane), and Americanized Eagle Kendo.



This history of these two separate organizations (American Martial Arts Institute and the Cane Masters International Association) and these two different styles (American Eagle Cane Style and American Cane System) is much more detailed. For more information regarding these topics, see the American Eagle Style Instructional Textbook, the American Eagle Cane Style Instructional Textbook, the American Martial Arts Institute Guidebook, and the American Martial Arts Institute website [AMAI-EagleStyle.com](http://AMAI-EagleStyle.com).

## ABOUT THE AMERICAN CANE SYSTEM RANKING SERIES



The American Martial Arts Institute served as the production agency for eight instructional DVDs documenting the core knowledge and skills required to test for every rank up to and including 1st degree black belt in the American Cane System. Each DVD documents the requirements for one entire belt rank including that rank's philosophical concepts, stances, empty-hand techniques, blocks, strikes, drills, self-defense techniques, katas, exercise system movements, and more. The eight DVDs are copyrighted by the American Martial Arts Institute, and their reproduction rights are granted solely by the American Martial Arts Institute. Cane Masters International Association is one of the agencies that has historically distributed these DVDs. These videos may be available in additional formats. DVDs 1-4 were released in 2010 and DVDs 5-8 were released in 2011.

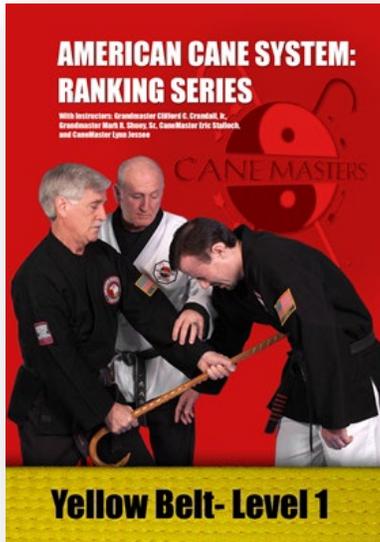
These DVDs were scripted and organized by Master Eric Stalloch. They were filmed on location at the American Martial Arts Institute's main training location. The lead instructors are Master Eric Stalloch, Grandmaster Crandall, and Master Jessee, along-side Grandmaster Mark Shuey, who participated in all 8 videos. DVDs 7 and 8 also include Canemaster Mark Shuey, Jr.

These videos also permit those individuals who wish to train in the American Cane System, but who cannot get to classes regularly due to the fact that classes are not offered in their area, to learn the fundamentals and practice until they can get to an instructor who will oversee their training. Those who achieve the rank of 1st degree black belt may request from Grandmaster Shuey, through one of the Cane Masters International Headquarters, to become a certified instructor and teach the style. There are 10 degrees of black belt and the title of Cane Master is earned at 4th Degree Black Belt. Contact Grandmaster Mark Shuey, Sr. for more information.

From 2008-2020, the American Martial Arts Institute offered American Cane System classes, private training, testings for those who learned through the video series, and seminars on a variety of topics.

The American Cane System: Ranking Series is intended for American Cane System students, but is beneficial for anyone wishing to increase their knowledge in the cane and its uses for self-defense and exercise.

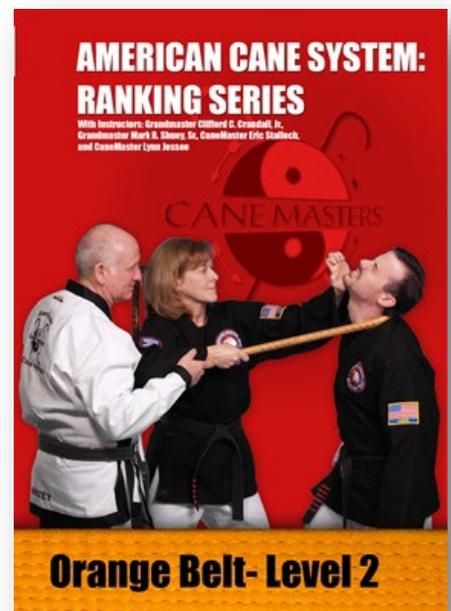
# DESCRIPTIONS OF THE EIGHT DVDS

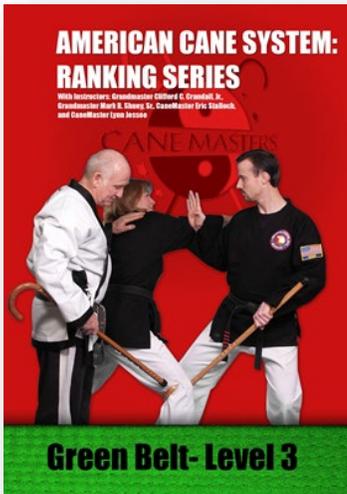


**LEVEL 1** introduces the new American Cane System student the style's fundamentals including an overview of the system and its founder, safety and training recommendations, parts of the cane, and how to work with and without a training partner. The student will learn three fundamental grips, four stances, five empty-hand basics, ten required blocks, twelve striking angles, five methods of punching with the cane, the single-handed jab set, side twirls, kicks, and more. The student will also learn the introductory level of the cane exercise system which includes proper stretching and strength training, which will develop control, power, and speed for cane techniques. There are 100 fundamental self-defense techniques (CTs) that must be learned in order to test for black belt. This DVD presents the first three CTs (cane techniques). The DVD concludes with the style's first required kata, Reflection 1. The kata is presented at power and speed, and from

Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios.

**LEVEL 2** builds on the American Cane System student's level one knowledge introducing the philosophy of the American Cane System and traditional martial arts concepts including style structure. New topics include training on a heavy bag with a cane and partner drills (blocking and striking cane-against-cane with a partner). The student will learn two new grips, one stance, punching with and without a cane, eight fundamental blocks, swing strikes, double-handed jabs, figure-8 swings and flow drills, six double-handed crooks strikes, crook strike combinations, and more. The exercise system adds new strength training sets including stretches to improve shoulder mobility and lower body stretches. The student's self-defense technique repertoire expands to include four more techniques (CTs 4-7), which deal with punches and a bear hug, and an introduction to the 11 elements of self-defense. The DVD concludes with instruction in the required kata Reflection 2. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios.

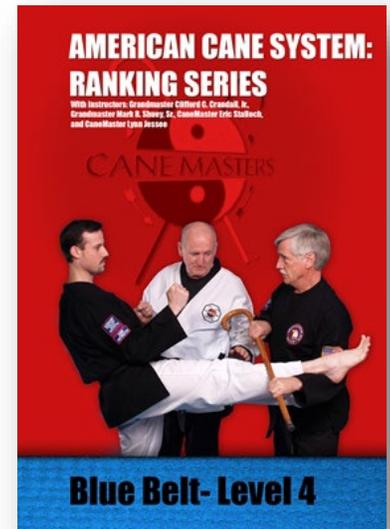


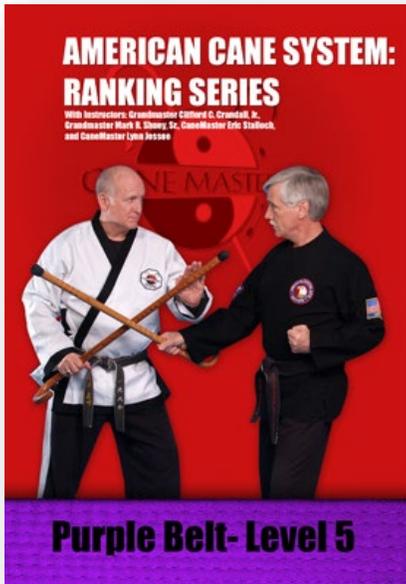


**LEVEL 3** expands beyond the American Cane System student's fundamentals in blocks and strikes to include more self-defense techniques and advanced skills. Grandmasters Shuey and Crandall introduce the student to new traditional martial arts philosophy and concepts including the relevance of time, repetition, and the "three eyes" of the student. New bag drills are introduced. Students will learn proper cane care including how Cane Master canes are hand-crafted. The exercise system adds exercises for new muscle groups. Among the advanced blocks and strikes are the accelerated torso block, helicopter twirls, reversing the horn (flipping the cane), and more. Thirteen new self-defense techniques are presented (CTs 8-20) including defenses against punches, bear hugs, frontal bear hugs, sleeve grabs, kicks, and more. This segment expands on the elements of self-defense. The partner drill sets are expanded and new empty-hand

techniques are presented. The DVD concludes with instruction in the required kata Reflection 3. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios.

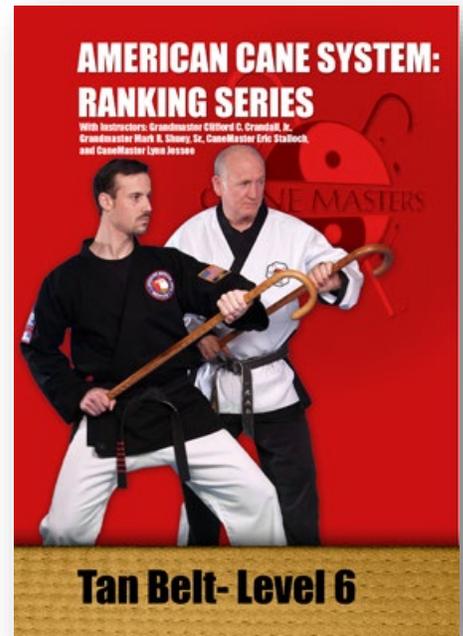
**LEVEL 4** prepares the American Cane System student for the advanced material and concepts that exist at levels 5-8. The emphasis for quality in the material at levels 1-3 continues, and 13 new self-defense techniques are added (CTs 21-33) which include throws, defenses against kicks, punches, grabs, attacks from behind, and attempts to take your cane. As with each level, Grandmasters Shuey and Crandall introduce the student to new traditional martial arts philosophy and concepts including the student-instructor relationship. The exercise system now includes the introduction of resistance bands that will allow the student to accelerate their training in the system. Some exercises include triceps extensions, the back squat, curls, and more. To better develop cane control and flow, new grips and shifting between grips are explained in detail. New empty-hand techniques, stances, cane blocks, and cane strikes are presented, expanding the student's fundamental knowledge. The single-handed and double-handed partner 8-point partner drill sets (cane-against-cane) are completed. The DVD concludes with instruction in the **required kata Reflection 4**. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios.

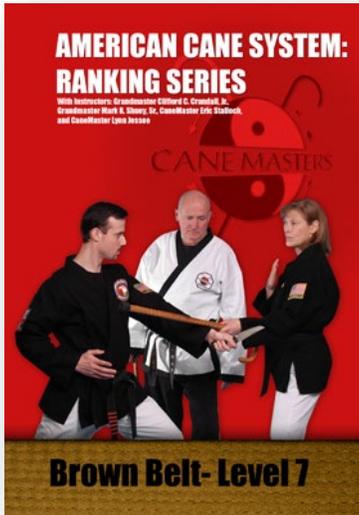




**LEVEL 5** continues the American Cane System student's training with a focus toward self-defense, teaching 14 new techniques (CTs 34-47), which involves more complex joint locks and counters. Grandmaster Shuey discusses representing the style, including through tournament competition and Grandmaster Crandall presents advanced concepts regarding tradition. The exercise system expands into front and lateral raises, wrist flexion, the front squat, leg abduction, and more. 17 vital striking targets are demonstrated and explained, 8 double-handed striking angles are taught, 7 new blocks and 4 new strikes are introduced, spinning back kick is demonstrated, and new drills are added. In addition, 3 styles of crane stance and more empty hand techniques are explained. The DVD concludes by presenting the last of the Reflection family katas, the required kata, Reflection 5. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios.

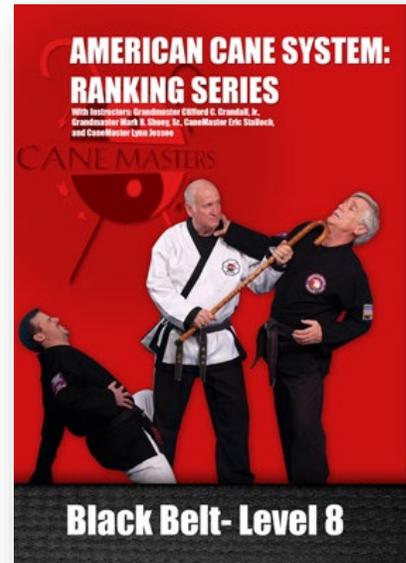
**LEVEL 6** marks a shift in the American Cane System student's training from "scientific/systematic" skills toward self-defense. This is strongly presented in both the techniques and kata. 17 new self-defense techniques are taught (CTs 48-64) involving joint locks, double-punches, cane retention, disarming an attacker (such as wielding a stick or pipe), defense against underhand and overhand knife assaults, and more. The video begins with an in-studio interview with Grandmaster Shuey, introducing the student to more information about the style's founder and his background. The exercise system adds the overhead press, row, lat pull-down, Romanian dead lift, good morning, band twists, and more. New blocks and strikes are added, and combination techniques are introduced. The standard 12 block partner drill and the 12 block variations partner drill are presented. Other areas include empty-hand techniques, back kick, bag work, and more. The DVD concludes with instruction in the required kata Natural Walk. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios. This kata is a fighting form and does not follow the pattern or symmetry of the previous 5 Reflection katas learned.





**LEVEL 7** prepares the American Cane System student to test for BROWN BELT, one step below 1st degree black belt. The DVD begins with an outdoor interview with Grandmaster Shuey, filmed as television coverage of the system, and it presents some of Grandmaster Shuey's philosophy and beliefs for the style's future. The exercise system adds new exercises such as the inverted row, floor press, overhead lunge, leg raises, and more. 14 new advanced self-defense techniques (CTs 65-78) are taught including seated self-defense, throws, headlocks, and many other scenarios. New empty-hand techniques, strikes, and self-defense concepts are presented. The focus of the DVD is to prepare the student to become a brown belt, ready to learn the final content required to test for black belt. The 12 standard double-handed partner drill is presented. The DVD concludes with instruction in the required kata Autumn Wind. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios. This DVD was professionally filmed and edited using three different cameras and documents the material required to test for brown belt, one step below black belt 1st Dan.

**LEVEL 8** prepares the American Cane System student to test for the prestigious rank of 1st Degree Black Belt. As a black belt candidate, the student is both reminded of the importance for proper martial arts attitude and etiquette, but also for quality of technique in all 8 levels. The DVD begins with a special introduction by Grandmaster Shuey. Those who earn 1st Degree black belt may have the opportunity to become certified American Cane System instructors. This DVD completes the documentation of the first 100 required cane self-defense techniques with 22 new techniques (CTs 79-100) which include defenses against punches, grabs, knives, guns, from a seated position, and much more. The exercise system is completed with advanced stretching techniques, hybrid exercises and complexes, progressions and scaling for individual training, and more. New empty-hand techniques, strikes, and concepts are introduced. The last of the 11 elements of self-defense is explained, including concepts for defending against a gun. Continuous blocking drills are explained and demonstrated (cane against cane blocks and strikes that are not pre-determined, similar to sparring). The DVD concludes with instruction in the required kata Old Man with a Cane. The kata is presented at power and speed, and from Front, Side, and Back views at half-speed. The kata is then broken down into segments which clarify important subtleties and practical applications of the defensive scenarios. This kata is performed and instructed by Grandmaster Shuey, and it is also demonstrated in its full competition version as an added bonus.



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The American Cane System is a traditional martial art style founded by Grandmaster Mark Shuey, Sr. that uses a cane to strengthen individuals mentally, physically, and emotionally. Grandmaster Shuey is the head of the Cane Masters International Association and holds advanced black belt ranks in Hapkido (7th Dan), Tang Soo Do (6th Dan), and Tae Kwon Do (8th Dan). The American Cane System has 8 levels from white belt up to first degree black belt, followed by ten levels of black belt, including the title of Cane Master. This instructional DVD series was created as a means of documenting the core of fundamental information required to test for each level up to first degree black belt. While intended for American Cane System students, this series is beneficial for anyone wishing to learn more about the versatility of the cane as a tool for self-defense and exercise.



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The series was produced by the American Martial Arts Institute, the Northeast Headquarters for the Cane Masters International Association, under the direction of Grandmaster Clifford C. Crandall, Jr. Grandmaster Crandall has over 40 years of traditional martial arts experience. He is the founder of the American Eagle Style empty-hand martial arts, a certified Cane Master, and a retired superintendent of schools in New York State. Eric Staloch and Lynn Jessee are certified Cane Masters in the American Cane System and students of Grandmaster Crandall. Mr. Staloch is a 6th degree black belt in American Eagle Style with over 21 years of training and is a permanently certified high school teacher in New York State. Mrs. Jessee is a 5th degree black belt in American Eagle Style with over 28 years of training and is a physical therapy assistant in New Hampshire. Together with Grandmaster Mark Shuey, they have combined their skills to document the fundamental techniques required to test for 1st Degree Black Belt in the American Cane System. For more information, classes, seminars, and contact information visit [www.canemasters.com](http://www.canemasters.com) and [www.amai-eaglestyle.com](http://www.amai-eaglestyle.com).

Photographs by Steven Teuchert

60mins



American Cane System: Ranking Series

# AMERICAN CANE SYSTEM: RANKING SERIES

With Instructors: Grandmaster Clifford C. Crandall, Jr.,  
Grandmaster Mark R. Shuey, Sr., CaneMaster Eric Staloch,  
and CaneMaster Lynn Jessee

CANE MASTERS



8

Black Belt- Level 8

## ABOUT THE AMERICAN CANE SYSTEM

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