



# OUR ARCHIVES

This page links to events originally posted on our school website.  
Click on the links below for an article regarding  
the event, photos, videos, and links.

## 1999

### JANUARY

#### KARATE AEROBICS!

The fun began with our first successful class held on January 20, 1999. The instructor was Mrs. Cheryl Freleigh and everyone there went home excited and exhausted. The class was founded on many of the principles and techniques of Tae Bo by the well-known aerobics' instructor Billy Blanks. The American Martial Arts Institute's Karate Aerobics class combines traditional martial arts moves from the American Eagle Style with the same upbeat, high intensity, and cardiovascular workout as traditional aerobics. The program enhances weight loss, increases mental and physical stamina, improves physical fitness, and balance. Karate Aerobics is NOT a traditional or accurate martial arts style, but is a great workout.

### FEBRUARY

#### TAI CHI!

The American Martial Arts Institute is proud to bring a traditional introduction program on Tai Chi Chuan starting this month. These classes will teach only the traditional 24 move form with some of the history and practical application. This special class was offered as a program, not a separate style.

#### February 25, 1999

Whitesboro School District Takes an Educational Stand Against Child Abduction with "The Crandall System".

### MARCH

#### March 2, 1999

Rome Free Academy "Just Get Away" seminar for Senior Girls (Crandall System Level 2)

### Honorary Black Belt

March 3, 1999

### Grandmaster Crandall is certified as an Iaido Instructor

March 10, 1999

### Honorary Black Belt

March 16, 1999

## **APRIL**

### Remen Schools – Crandall System

April 7, 1999

### Vernon-Verona-Sherill Schools – Crandall System

April 9, 1999

### Stockbridge Valley Schools – Crandall System

April 29, 1999

## **MAY**

### Black Belt Testing Results

May 1, 1999

### New York Mills Schools – Crandall System

May 4, 1999

### Oneida Schools - Crandall System

May 9, 1999

## **JUNE**

### New School Location in Albany!

June 1, 1999

## **JULY**

### A Training and Fun Day for the Junior Rank Demo Team

July 21, 1999

### Painting Day

July 24, 1999

### Grand Opening! – Albany Location

July 31, 1999

## **AUGUST**

### The River 99.5 Rocks on Glass

August 10, 1999

## **SEPTEMBER**

### Black Belt Testing Results

September 18, 1999

### Seminar Day 1999

September 25, 1999

### Master Frank Dux Self-defense and retention and defense against a knife

September 25, 1999

## **DECEMBER**

### Black Belt Testing

December 11, 1999

## **ABOUT OUR ARCHIVES**

The American Martial Arts Institute maintains a library at its main office with records of rank promotions, events, publications, media coverage, photographs, and videos. These are in the form of photo albums, copies of our publications, preserved news articles, and digital files such as videos and photographs from events in our history. In 1998, the American Martial Arts Institute launched its first website. Since then, the website has undergone many updates to keep up with changing technology. Many of our school's events and history are recorded on this website; however, not all testing results are maintained online (although testing records are maintained at our school). Events prior to 1998, are kept at our school library. This webpage documents some of our school's history.

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

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