



## OUR PUBLICATIONS

### Cane Fu: Moving Beyond Disabilities

With Instructors: Clifford C. Crandall, Jr, Eric Stalloch, and Lynn Jessee



This 65-minute DVD was first released in 2010 by the American Martial Arts Institute and produced by American Eagle Style founder Grandmaster Clifford C. Crandall Jr., Master Eric Stalloch, and Master Lynn Jessee. In 2010, the American Martial Art Institute served as the Northeast Headquarters for the Cane Masters International Association, and under Grandmaster Crandall's supervision, Master Stalloch and Master Jessee were certified as Cane Masters in the American Cane System, Cane Masters International Association under Grandmaster Mark R. Shuey, Sr. This video was produced to support American Martial Arts Institute community programs and Cane Masters specialty seminars.

The DVD was organized for the beginner or experienced cane student, but was specifically designed to meet the needs of people who live with reduced mobility challenges. It was filmed using multiple camera angles and professionally lit and edited to provide a quality viewing experience.

When using the term “disability”, the producers and instructors are generically referring to a range of challenges that individuals may face. This could include mobility, hearing, vision or other limitations. The goal of our programs for these individuals is to improve their quality of life, widen their knowledge and awareness regarding possible self-defense options, and to empower them to their maximum potential. Every individual’s needs are unique. Therefore, not every technique in this video will work for every person in every scenario. Instead, the video serves as a framework and starting point to consider a cross section of different scenarios. It is not a substitute for a qualified instructor, especially one with experience working with individuals with diverse needs.

**With this in mind, some areas covered in this DVD include:**

- Basic Terminology
- Stretching
- Fundamental Blocks and Strikes
- Strength Conditioning Exercises (for rehabilitation or general fitness)
- Types of Canes
- Stances and Grips
- 14 Unique Self-Defense Techniques for situations including: Poor Balance, the use of only one functional arm, from a wheelchair or seated position, and from the ground (as if knocked down or thrown down during an assault)
- The Kata Reflection 1: in its entirety, with the use of one arm, and from a wheelchair.
- The self-defense techniques are presented step-by-step from multiple angles.

The kata, Reflection 1, was designed as a beginner's kata. It is the first in a developmental set of 5 katas, and also the first in a series of 8 katas that take a practitioner through the level of black belt in the American Cane System. Reflection 1 was created by Headmaster Eric Stalloch and Grandmaster Clifford Crandall. It is also part of the American Eagle Cane Style. The kata is shown at 3/4 speed from front, side, and back views. It is also shown step by step with its practical applications. Following this is it taught as adapted for people with the use of one arm and to be done completely from a wheelchair.

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

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May be available in additional formats.

\$34.95 US



From left to right: Cane Master Lynn Jessee, Grandmaster Mark Shuey, Grandmaster Clifford C. Crandall, Jr. and Cane Master Eric Stalloch

**Cane-Fu: Moving Beyond Disabilities** is an instructional DVD for anyone who wants to feel more secure in their daily lives. The cane is a versatile tool for medical use, self-defense, and personal fitness that can help you become more independent and feel more comfortable in the changing world that surrounds you. Cane-Fu concepts, as promoted by Grandmaster Mark Shuey, make this DVD a must for EVERYONE. Whether you use a cane for added balance, mobility, or personal safety, this DVD is for you.

Some of the scenarios covered include techniques for people with **poor balance**, the use of only **one functional arm**, from a **wheelchair**, and **from the ground** (as if thrown down

during an assault). This DVD includes an introduction to the cane as a tool for self-defense and personal fitness with sections covering fundamental grips, blocks, and strikes. It includes exercises that can strengthen the scapular stabilizer muscles. It also includes fourteen techniques designed for people who use a cane in their daily life for added stability.

This DVD includes the kata Reflection 1 (a series of techniques done in a pattern against multiple, imaginary attackers). The kata, when practiced and understood, includes additional self-defense techniques and allows you to practice when no training partner is available. The kata improves balance, coordination, and strength, which will make cane self-defense more effective. This kata is also adapted to be done completely from a wheelchair and for the use with only one functional arm. Additional methods of adapting this kata to your personal needs are discussed. The kata is shown from multiple views and includes instructional segments where the kata's application and defensive scenarios are explained in more detail.

Grandmaster Clifford C. Crandall, Jr., the founder of the American Martial Arts Institute, has over 48 years of martial arts experience in the use of 11 martial arts tools, including the cane. 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. Eric Stalloch and Lynn Jessee are certified Cane Masters in the American Cane System, and students of Grandmaster Crandall. Mr. Stalloch is a 6th degree black belt in American Eagle Style with over 21 years of martial arts training and 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 martial arts training and a physical therapist assistant in New Hampshire. These 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 by visiting [www.amai-eaglestyle.com](http://www.amai-eaglestyle.com) or [www.SecureLivingOnline.com](http://www.SecureLivingOnline.com). This DVD has been adopted for future use by the American Cane Masters Foundation.

Photographs by Manfred Photography

Duration: 65 Minutes  
American Martial Arts Institute Production



Cane-Fu: Moving Beyond Disabilities

Crandall, Stalloch, and Jessee

The American Martial Arts Institute Presents:



# Cane-Fu: Moving Beyond Disabilities

*Self-defense techniques for the street and home*



With Instructors:  
Clifford C. Crandall, Jr.,  
Eric Stalloch,  
and Lynn Jessee



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