



## OUR NEWS

# COMMUNITY CANE IS BACK!

The New Hartford Library sponsors another Community Cane Program, FREE for Patrons



In the June of 2025, Headmaster Stalloch started the Community Cane Class, a program designed with seniors in mind. The purpose is to change the mindset surround the walking cane as a symbol of aging or infirmity. While the cane is a crutch, it is not only a crutch. It is a powerful tool for self-defense and fitness which can greatly improve quality of life.

At the American Martial Arts Institute, we teach a traditional martial art style using the walking cane, American Eagle Cane Style. Classes are taught three times per week for one-hour, and offered through two programs: a ranking and a non-ranking (open system). However, many community members, and seniors in particular, don't even know it exists.



Whether someone chooses to join the cane style or not is not the purpose of the class. The aim is to help seniors who might not otherwise ever take a self-defense course have access to the knowledge that can make a difference in their personal safety.



Now in January of 2026, more classes are planned. The first program was offered at the New Hartford Public Library, and in March another program will be offered at the Kirkland Town Library.

The first class on January 24 in New Hartford was Free to the public. The group learned basic blocks, counters, 5 moves of basic kata and self-defense with partners. The second class focused more on umbrella self-defense techniques. For the final session, Headmaster Stalloch invited his cane students to join as partners. The class included how to use the crook for defense, seated techniques, new basic blocks and six fundamental strikes.

Regular cane classes are available 3 times per week at our main location in New Hartford.





## 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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