



OUR PUBLICATIONS

American Martial Arts Institute American Eagle Style Superkick Workbook

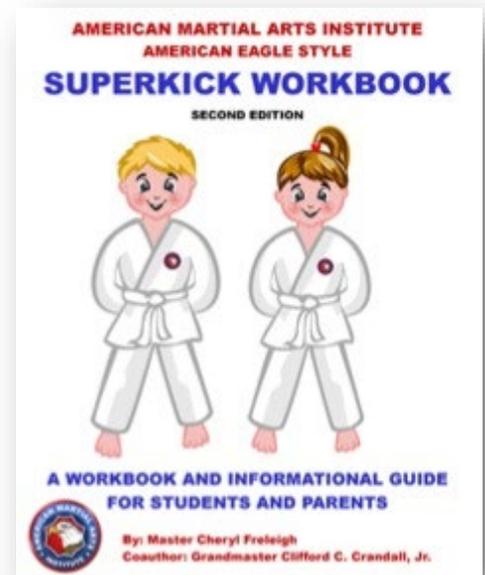
By: Master Cheryl Freleigh and Grandmaster Clifford C. Crandall, Jr.

OUT OF PRINT

Why is this book out of print? This book served as a workbook for use by students and guide for parents in our class for 3–5-year-olds, called Superkick for many years. It also contained information about our school and basic techniques that were applicable to students ages 6-12, teens, and adults of all ages. However, as our school grew, it was decided that a more comprehensive guidebook for all ages would be beneficial. The American Martial Arts Institute Guidebook was written, to take the Superkick Workbook's place.

ABOUT THE SUPERKICK WORKBOOK

The American Martial Arts Institute American Eagle Style Superkick Workbook is a 122-page informational guide for students and parents. The book has five chapters. The Superkick program is the American Eagle Style at its most fundamental, taught by certified instructors for 3-, 4-, and 5-year-old girls and boys. The program and information in the book will help prepare children for the public education system and enable them to perform basic martial arts techniques. The book includes puzzles, mazes, coloring pages, and question and answer sections that relate to the material that is presented.



The book also contains information for students of the American Martial Arts Institute of all ages and ranks including background information about Grandmaster Crandall, the school's uniforms, patches, belts, titles, master status, and the difference between master in the style and master of the style, the school philosophy, basic factual information, how to tie the belt, basics, and much more. It is required for students below the age of 13 to test for orange and yellow belt, and it is required for students over the age of 13 to test for black belt, though they are encouraged to get this important resource at any rank. NOTE: with this book being out of print, some of the information is now out of date. See AMAI-EagleStyle.com or the current edition of the American Martial Arts Institute Guidebook for more information.

Chapter One: Parental or Guardian Information

- American Eagle Style History
- Superkick Program Description
- Objectives (Goals) for the Superkick Program
- Methods and Means to Achieve Objectives (Tasks)
- Uniforms, Belts, and Instructors
- Some Common Questions

Chapter Two: Student Knowledge and Information

- How to Tie My Belt
- How to Make a Proper Fist
- Stretching Procedures
- Stances
- Horse Stance Center Punch
- Basic Kicks
- Basic Forms
- Pal-Gwe One (First 5 moves)
- Pal-Gwe One (next 3 moves to top of "I" pattern)
- Instructor's Comment Sheet
- Self-Defense Techniques
- Tumbling
- Questions of Students about our School and Style

Chapter Three: Student Physical Skills and Information

- Ten Tips of Tots
- Points of Information for Parents
- Who are Strangers
- Who are identified as Helpers
- Freeing yourself up from a Grab

Chapter Four: Growth in Future Program

- Superkick Plus Students
- Superkick Plus Goal Sheet and Requirements Explained
- Transitioning to Regular Children's Classes--What to expect

Chapter Five: Other Resources Available

For more information visit AMAI-EagleStyle.com.

First Released:

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OUT OF PRINT

If you are concerned about the safety of your children and want your son or daughter to become more self-confident, improve their social skills, listening skills and motor skills, then this book is for you. Although this informational and instructional book is geared towards the parents and students of the American Martial Arts Institute, American Eagle Style, the information contained in this workbook is valuable to any parent as a guide when evaluating martial art schools or styles. The information in this workbook will also arm you and your children with knowledge that will make a difference in how they feel about themselves and the world around them. The safety and well-being of your children is of the utmost importance.

The information in this book will help prepare your children for the public education system and enable them to perform basic martial arts techniques. Throughout this book are puzzles, mazes, coloring pages and question and answer sections that relate to the material that is being presented. These pages are intended to make the learning process fun for your child; children will learn faster and want to learn more if they are having fun as they learn. The best defense for the safety of your children is KNOWLEDGE!

The co-author of this workbook, Grandmaster Clifford C. Crandall, Jr., is the founder of the American Martial Arts Institute which teaches the American Eagle Style. This style has strong roots in the historical formulation of traditional martial arts from around the world. Grandmaster Crandall is recognized internationally for his safety and awareness programs and his skills in the martial arts. His educational experience includes classroom teacher, elementary and high school principal, and superintendent of schools. Grandmaster Crandall developed the Crandall System, which is a non-violent self-defense program taught in many public schools.

The author, Master Cheryl Freleigh, is a certified black belt and Master Instructor with over 30 years of martial arts training in American Martial Arts Institute, American Eagle Style. Under Grandmaster Crandall's instruction, she has performed and instructed nationally and internationally as a representative of the American Martial Arts Institute.

This workbook includes stretching, basic kicks, stances, self-defense techniques and tumbling. Also included are Ten Tips for Tots, how to identify who are Strangers and who are Helpers, and other information relating to the safety and awareness of your children.

\$24.95 US *Knowledge is your best defense!*



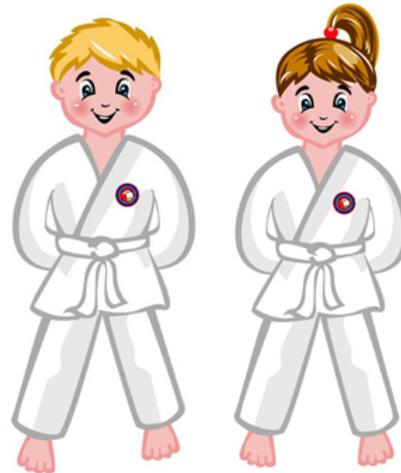
Photo by Stephen J. Teuchert

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AMERICAN MARTIAL ARTS INSTITUTE AMERICAN EAGLE STYLE SUPERKICK WORKBOOK

SECOND EDITION



A WORKBOOK AND INFORMATIONAL GUIDE FOR STUDENTS AND PARENTS



By: Master Cheryl Freleigh
Coauthor: Grandmaster Clifford C. Crandall, Jr.



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