



OUR NEWS

Community Cane Class Offered at the Kirkland Town Public Library

THE FIRST TWO WEEKS



On Monday, March 9, the Kirkland Town Public Library in Clinton, New York, hosted its first Community Cane class. Assistant to the Director, Laura Stoll, arranged for the American Eagle Cane Style's "Community Cane Class" to be taught by Headmaster Eric Staloch with assistance from assistant instructor Kay Silvestri. This four-week class meets on Mondays from March 9 through 30, and is designed to teach seniors how to use a cane or umbrella for self-defense and fitness. The first class focused on why and how to carry a cane or umbrella and awareness concepts, the parts of a cane as a self-defense tool, and basic blocks and strikes. It also included the first four moves of Basic Kata 1 and three self-defense techniques with partners using our padded training canes for added safety. The Community Cane Class takes cane self-defense training out of martial arts training hall and into community spaces such as libraries, senior centers, fitness centers, and other

places that seniors frequent. The purpose is to change the mindset around the cane from a symbol of aging or infirmity to a versatile tool for improving quality of life.





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.

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