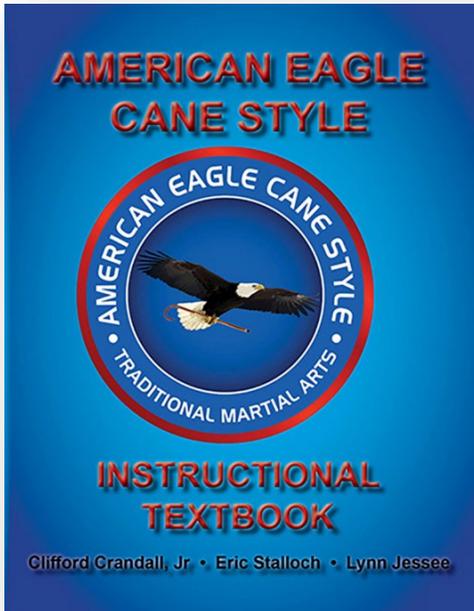




OUR PUBLICATIONS

American Eagle Cane Style Instructional Textbook – 2nd Edition

Authors: Grandmaster Clifford Crandall, Jr., Master Eric Stalloch, and Master Lynn Jessee



Within these covers you will find a traditional martial arts style, that when put into practice, can shape you into a more physically and mentally responsive and active individual.

Through this style, the cane, which is already a powerful, adaptive tool, becomes an extension of the mind and body and means to strengthen the self. This strength, in turn, can be used to make a positive difference in the lives of one's family and community.

This style can also result in the ability to use a cane, umbrella, and a variety of everyday items as tools for effective self-defense. Through physical action with the cane, we can stimulate the mind to improve how we feel about ourselves in a constantly changing world, delay the natural effects of aging to remain active and independent, and challenge ourselves to be our very best. This textbook

seeks to share the style with the world to see, while providing another method for the instructors of this style to maintain consistency for its standards of quality.

In these pages you can:

- Learn about the history of the cane including its use for hundreds of years around the world
- Learn about philosophy, etiquette, and other traditional aspects of this style
- Learn 22 Basic Forms including moving blocks, strikes, and combination techniques
- Learn swings, twirls, figure-eights, reversing the horn, exchanging hands, and overhead twirls
- Learn guard hand techniques including down block, side punch, high block, and others
- Learn Basic Cane Kata and the five Reflection Forms
- Learn advanced forms including Natural Walk, Anvil, Autumn Wind, Briar Patch, Valley, and Old Man with a Cane.
- Learn 75 CTs (Cane Techniques) which serve as a foundation for advanced self-defense.

- Learn Three Point Sparring
- Learn about cane types, features, proper care and storage, and more.

ABOUT THE AUTHORS

Grandmaster Clifford Crandall, Jr., Headmaster Eric Stalloch, and Master Lynn Jessee are the founders of the American Eagle Cane Style. Their combined 120 years of traditional martial arts training and experience, and their unique professional backgrounds, bring an educational approach to this style that has allowed it to be shared around the world. Grandmaster Crandall is the founder and head of the American Martial Arts Institute and American Eagle Style. He is also Headmaster of Takenouchi-Hangan-Ryu-Matsuno-Crandall Iaido. He is a retired Superintendent of Schools in New York State. Headmaster Stalloch and Master Jessee are instructors in the American Eagle Style, with Headmaster Stalloch as a 9th Degree Black Belt and Grandmaster Crandall's successor, and Master Jessee as a 7th Degree Black Belt. Headmaster Stalloch is a certified New York State teacher specializing in forensic science and anatomy and physiology and Master Jessee is a certified Physical Therapist Assistant in New Hampshire. More information about their martial arts experience is found in the book and at AMAI-EagleStyle.com.

For more information visit AMAI-EagleStyle.com.

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May be available in additional formats.

<p>CT-2 Attack: Right Punch Cane Held: Natural Grip</p> <ol style="list-style-type: none"> 1. Step forward into LFS: execute a center block to the outside of the attacker's right arm. Left guard hand. 2. Step forward past the attacker's right side: execute a low strike to the attacker's right knee. 3. Step the left foot around clockwise 180° to face the attacker's back. Bring the cane between you and the attacker and execute an overhead strike to the attacker's head from behind with the cane coming up from your left side. <p>Safety: do not make contact to the shin or head.</p>  <p>143</p>	<p>CT-3 Attack: Double-Lapel Grab Cane Held: Natural Grip</p> <ol style="list-style-type: none"> 1. Bring shaft from the right and over the attacker's forearms so the tip end points to the left. 2. Grab the shaft with the left hand (palm down) near the outside of the attacker's left arm. <p>Note: the shaft may lie anywhere from the elbow joint to the wrist joint, but most often done mid-forearm</p> <ol style="list-style-type: none"> 3. Pull downward on the shaft, drawing it in toward the center of your body. 4. Execute a shaft strike to the attacker's head. <p>Safety: do not make contact with the face or throat.</p>  <p>144</p>
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Crandall, Stalloch & Jessee

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