



# OUR PUBLICATIONS

## Just Get Away



**OUT OF PRINT.** In 2014, SecureLiving.org was still operating as SecureLivingOnline.com, and it produced a 30-page instructional booklet with sample techniques from its programs and seminars. Below are some sample pages and the table of contents. This booklet was given out to seminar participants and agencies. Today, SecureLiving.org offers seminars, staff training, and safety and awareness program consultation. Different materials are used in these programs. The Just Get Away program guide was discontinued in 2020.

<div data-bbox="121 1102 324 1291" data-label="Image"> </div> <div data-bbox="467 1119 613 1152" data-label="Section-Header"> <h3>OUR SEMINARS</h3> </div> <div data-bbox="324 1167 751 1287" data-label="Text"> <p>Do you want to make a difference in the personal safety of people you care about most? Most people never take the time to learn even the most basic personal safety skills. You can bring this knowledge to your group by hosting a Secure Living Online seminar. You organize the group, and our expert staff will teach them the skills and strategies to answer their questions. How can I avoid situations that might lead to an assault? What are the most common types of assaults? What if I have done everything "right", but I am still assaulted? Am I strong enough to escape an attacker?</p> </div> <div data-bbox="113 1293 756 1356" data-label="Text"> <p>Secure Living Online seminars are great for professional development. The nature of some professions put them at higher risk for assaults because they deal with large amounts of money, travel, or late hours. Professionals such as home health aides, home sales, and third shift workers often feel uncomfortable with their safety. Offering a seminar for these groups can help them feel more secure.</p> </div> <div data-bbox="155 1365 456 1386" data-label="Section-Header"> <h4>Women's Health, Awareness, and Personal Safety</h4> </div> <div data-bbox="155 1381 756 1444" data-label="Text"> <p>Our seminars for women are perfect for agencies looking for meaningful professional development, improving the personal safety of their staff. Seminars include topics such as what to do when being followed, ways to minimize your risk of becoming a target, what information to provide over the phone, what to do for a home intrusion, and much more. Seminars include a variety of physical responses to protect against an assault.</p> </div> <div data-bbox="155 1451 466 1470" data-label="Section-Header"> <h4>Child Abduction Prevention, Awareness, and Safety</h4> </div> <div data-bbox="155 1467 753 1541" data-label="Text"> <p>These seminars are perfect for PTAs, scouting organizations, educators, parents, and more. Our seminars for child abduction prevention education can be geared to a variety of groups. We teach these adults how to present safety and awareness information to children of different ages to arm them with the knowledge that can make them safer. We can also directly teach groups of children. This includes stranger awareness, refusal skills, escape techniques, how to find help, and more.</p> </div> <div data-bbox="155 1549 509 1570" data-label="Section-Header"> <h4>Awareness and Personal Safety for People with Disabilities</h4> </div> <div data-bbox="155 1566 751 1627" data-label="Text"> <p>We provide seminars for people of all capabilities. This includes people who use assistive devices such as a cane, walker, and wheelchair, people with one functional arm, people who are visually or hearing impaired, and much more. We can also work with your staff to teach them about the unique risks that these individuals may face and how to better prepare them for their own personal safety.</p> </div> <div data-bbox="155 1635 505 1656" data-label="Section-Header"> <h4>Teenagers' Health, Social Awareness, and Personal Safety</h4> </div> <div data-bbox="155 1652 745 1740" data-label="Text"> <p>As teenagers increase their independence, they also increase the number of situations that can pose risks. Our seminars for teenagers address many of the complex social situations that can put a teenager in a potential dangerous situation. This includes addressing the issue of bullying. The physical portion of the seminar involves teaching non-aggressive escape techniques that can get the teenager free from a physical assault so they can get away. These techniques cannot be used to bully another as they only work if the teenager is in immediate physical danger.</p> </div> <div data-bbox="155 1749 488 1770" data-label="Section-Header"> <h4>Active Seniors' Health, Awareness, and Personal Safety</h4> </div> <div data-bbox="155 1766 751 1841" data-label="Text"> <p>Active seniors face a variety of challenges, and unfortunately they are viewed by the predators of our society as an "easy target," and are therefore one of the groups at greatest risk of physical assault. We teach awareness of these risks and safety information that can make a difference in avoiding these situations. This seminar includes exercises to promote continued health and readiness for physical action. It also includes physical responses to protect against an assault, including the use of a walking cane.</p> </div> <div data-bbox="155 1850 399 1871" data-label="Section-Header"> <h4>Community Organizations and Agencies</h4> </div> <div data-bbox="155 1866 717 1898" data-label="Text"> <p>Host a seminar for your organization, company, staff, or school. Some areas we cover include professional development, cane self-defense seminars, school physical education curricula, and more.</p> </div> <div data-bbox="155 1904 686 1925" data-label="Text"> <p>Contact us with your questions. These are only a few of the groups and topics we teach.</p> </div>	<div data-bbox="1078 1119 1239 1152" data-label="Section-Header"> <h3>STAFF TRAINING</h3> </div> <div data-bbox="849 1157 1481 1178" data-label="Text"> <p>Secure Living Online can train your staff to offer ongoing programs for awareness and personal safety.</p> </div> <div data-bbox="836 1184 1485 1287" data-label="Text"> <p>Education is the fundamental process by which we prepare individuals to function as effective citizens in our society. Education doesn't stop after graduation. Life-long learning and continued education are essential for any individual who wishes to excel in our culture. Everything our society has accomplished has been made possible through the continued education of its citizens. Therefore, Americans understand that an educational program—one with objectives, instructional methods, organization, and qualified instructors—is the means to uniformly present knowledge to other people.</p> </div> <div data-bbox="836 1293 1482 1348" data-label="Text"> <p>Secure Living Online offers its knowledge by means of an educational program. It recognizes that uniform presentation of information for all participants is essential to achieve its goals, and its methods and objectives are based on educational principles.</p> </div> <div data-bbox="836 1356 899 1375" data-label="Section-Header"> <h4>Consider:</h4> </div> <div data-bbox="857 1383 1497 1575" data-label="List-Group"> <ul style="list-style-type: none"> <li>• <u>Education is a process for qualified, certified teachers</u> It is an area of professionalism that understands its community, the state's laws, and the methods that will reach participants in a learning atmosphere.</li> <li>• <u>You can meet the growing concerns regarding personal safety for men and women of all ages.</u> You can provide a program which meets the need for awareness and personal safety in a constantly changing world.</li> <li>• <u>You can meet the growing needs of men and women of all ages regarding personal physical fitness, health, flexibility, and balance.</u> This is accomplished through an organized exercise program utilizing athletic resistance bands.</li> <li>• <u>You can meet the needs of individuals' desire to stimulate their brains and stay mentally active and involved in life.</u> This is made possible through regular participation in an organized program which engage the mind in learning new knowledge and skills.</li> <li>• <u>You can meet the needs of men and women of all ages through qualified and certified staff within your own agency.</u> Secure Living Online will certify your staff. Secure Living Online is internationally recognized for educational instruction in health, awareness, and personal safety.</li> </ul> </div> <div data-bbox="836 1585 1494 1654" data-label="Text"> <p>Ultimately, you can offer this program within your own facility or community, and taught by your own staff. Whether you are a hospital, community center, retirement home, corporate office, YMCA/YWCA, veteran's organization, Wal-Mart, Target, or other agency concerned about its staff, employees or patrons, you can now make all of these benefits available.</p> </div> <div data-bbox="836 1663 1260 1684" data-label="Section-Header"> <h4>The certification and training is a straight-forward three step process.</h4> </div> <div data-bbox="836 1680 1421 1726" data-label="List-Group"> <ol style="list-style-type: none"> <li>1) We train your staff in a participatory seminar</li> <li>2) We assist your staff to teach your program for the first time as a seminar or class in your community, and</li> <li>3) We follow up with your staff to improve their skills and knowledge following the seminar.</li> </ol> </div> <div data-bbox="836 1734 1485 1782" data-label="Text"> <p><b>Professional Development.</b> Each staff member who successfully completes our training program will be certified to offer the program in affiliation with Secure Living Online. This certificate can be displayed at your facility or put into an employee's permanent file or resume.</p> </div> <div data-bbox="836 1791 1352 1812" data-label="Text"> <p>Contact us for program objectives and more information about the seminars and design process.</p> </div> <div data-bbox="836 1818 1088 1839" data-label="Section-Header"> <h4>Some examples of target groups include:</h4> </div> <div data-bbox="857 1835 1164 1925" data-label="List-Group"> <ul style="list-style-type: none"> <li>• Personal Safety for Women</li> <li>• Children's Safety and Awareness</li> <li>• Personal Safety for Teenagers</li> <li>• Personal Safety for People with Disabilities</li> <li>• Personal Safety for Active Seniors</li> <li>• Safety for Community and Professional Organizations</li> </ul> </div>
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### Is understanding personal safety important in a civilized world?

The greatest predator on earth is man. Homo sapiens are designed mentally and physically with the skills to hunt. The mind is capable of figuring out ways to hunt in elements not fundamental for the human form such as the sea and in the air. This mental predatory machine is kept in check by codes of right and wrong, values, responsibilities, obligations, religious beliefs, and laws which sum up to a term referred to as the conscience. Yet there is a BUT in this equation and it is a two part. One: What if these ideas or concepts have not been taught or were not accepted by the child or teenager? and Two: What if this individual has used reason to justify that they are being unfairly denied? Then this human predator is mentally free to hunt everything and anyone, which it will. Unfortunately, because of the complexity of its mind, it will hunt for mental food as well as physical. Physical food being money, possessions, etc., and mental food being the feeling of power, control or dominance over others.

Upon realizing its potential when free of social guidelines, we see this predator take on the basic animal instincts of so many other animals of prey. We will refer to them as assailants, and we realize that whether it is a robbery or simply to overpower another to enhance their own self worth that they are dangerous. But let's not forget that the power they have to assault is equally held by other humans to defend themselves. The fox is a more powerful animal than the rabbit. The fox has tearing teeth, a strong, muscular and quick body and is quite cunning compared to the rabbit. Yet nine out of ten times the rabbit will get away. Why? Because the fox is running for its dinner and the rabbit is running for its life. Understanding what you are defending yourself for is very important. You are important because you impact others and help make their lives whole. When you defend yourself you do it for all those who are not with you. Those that love and care about you, who share conversations and ideas with you.

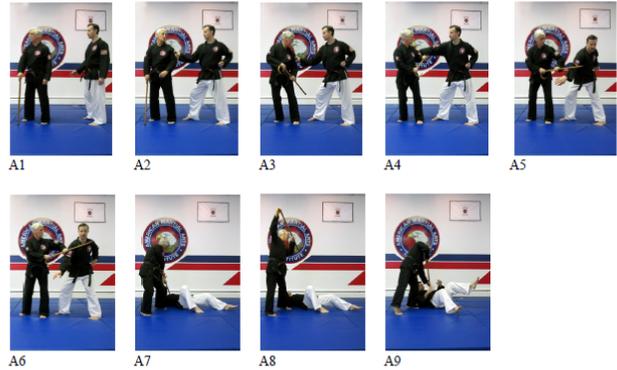
You as an individual are never alone during that assault – you fight for yourself and all those you care about and you can make this assailant leave to search for a different victim who is not as committed to life as you.

With the right state of mind and effective knowledge you can be ready to protect yourself and your loved ones. This booklet alone can change how you feel about personal safety. There are fourteen techniques pictured and described within these pages. This information benefits individuals including children, women, anyone who uses a cane, paraplegics, as well as those who may be blind or visually impaired.

Secure Living Online is an offshoot company from early works released by the American Martial Arts Institute. Now SecureLivingOnline.com has combined over 50 years of national and international experience to offer seminars that truly make a difference. Secure Living Online is an agency that has been working with men, women and children of all ages through seminars, books and DVDs with great success and growing recognition. A single seminar can excite its participants, arm them with knowledge to achieve personal safety, and provide that priceless element called 'personal peace of mind.'



### Technique 1:



**A1-A2:** The attack scenario. The cane is held in your right hand using a crook grip. The attacker's right hand grabs your left upper sleeve.

**A3:** Bring the cane up to your left hand and grab the center of the shaft (palm down).

**A4-A5:** Bring the cane around in a circular motion by raising the tip end under the attacker's left arm near the elbow joint and continuing toward the front of your body. This motion will lock the elbow joint, release the attacker's grip, and turn their body away from you, stifling a secondary attack with their left hand.

**A6-A7:** Pull with your left hand to bring the shaft of the cane into the attacker's neck. Continue rotating at the waist and pulling downward to complete a takedown.

**A8-A9:** Counter by raising the cane and driving downward with the tip into the attacker's body.

Note that **A1-A9** should occur in a smooth, fluid motion, and that some of the stages are exaggerated for instructional clarity. Also, note that at stage **A5** you are free from the attacker's grab and how you proceed is based on your feeling regarding the seriousness of the situation.

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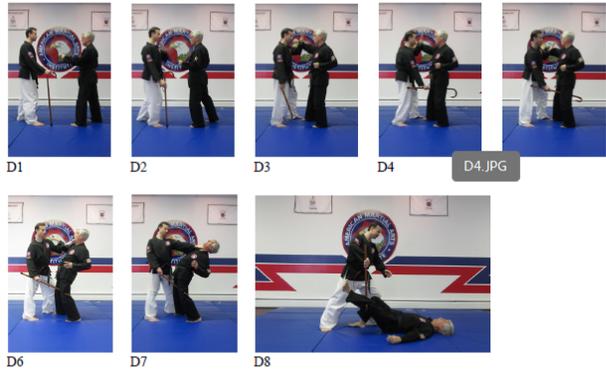
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- C1-C2:** The attack scenario. You are holding a long cane in your right hand in a natural grip. The attacker grabs you using both hands on the material of your coat or shirt.
- C3-C4:** Bring the cane’s shaft over the attacker’s forearms and grab the other end (palm-down) near the outside of the attacker’s right arm. This is possible without the use of vision because you know the location of both arms based on the attacker’s physical contact with your body. When practicing this technique, move slowly and exercise caution for your partner’s safety.
- C5:** Pull down and toward your body with both hands to apply pressure to the attacker’s arms. This will pull the attacker forward and down, trapping their arms.
- C6:** Drive both hands forward into the chest, neck, or face.
- C7-C9:** Release your left hand and circle the cane around into a strike to the lower body. The strike in stage C6 will drive the attacker away; therefore, the strike in C7-C9 must occur quickly.
- C10:** Step back and seek help. It is important to note that techniques for individuals who are blind or visually impaired often include a strike that in other situations may seem more “drastic”, and this is necessary because unlike a person with use of their sight, a person who is blind cannot run away and cannot rely on an opportunity for another strike.



**DID YOU KNOW?** Secure Living programs for the blind and visually impaired have been taught at the AER NYS conference, the Central Association for the Blind and Visually Impaired in Utica and Rochester, NY, to students in Hunter College, at children’s summer camps, and for numerous other organizations. These programs prioritize awareness and avoidance skills, but also teach physical responses that allow individuals to escape dangerous situations and seek help. In these programs we teach how to use adaptive equipment such as the long folded cane, crook cane, and others to increase your chances of escaping and seeking help. You can take control of your personal safety.

**Technique 4:**



**D1-D2:** The attack scenario. You are holding the cane in a reverse crook grip in your right hand. The attacker executes a right punch to the head. As you see the attacker coming, slide the right hand further down the shaft.

**D3:** Step your left foot forward to the outside of the attacker’s right leg and execute a left knife hand block to the inside of the attacker’s right arm. Simultaneously, tip your right wrist to point the crook downward and allow it slide down by use of gravity so that your right hand is closer to the tip end of the cane.

**D4:** Strike upward with the cane’s shaft to the attacker’s groin. It is not necessary to strike the groin, but the added strike will give you an advantage. It is important that the crook extends behind the attacker’s body.

**D5:** Rotate your right wrist so the crook of the cane is roughly parallel with the floor.

**D6:** Pull back on the cane to hook the back of the attacker’s knee or upper thigh. Simultaneously, slide your left hand down the attacker’s right arm and into their throat using an arc-hand.

**D7-D8:** Continue pulling on the cane, driving forward with the arc hand, and step forward to complete the take down. Here you have many options including to utilize the hooked knee to continue into another counter, or freeing the crook from the knee.

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

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\$14.95 U.S.

**Most people never take the time to learn even the most basic personal safety skills.** Secure Living Online is a professional organization, a sister affiliate of the American Martial Arts Institute, which first started as a website dedicated to increasing safety and awareness for people of all ages and abilities, but which has grown to offer seminars, programs, and staff training all across the United States. Founded by Grandmaster Clifford C. Crandall, Jr. and his long time student, Master Eric Stalloch, Secure Living programs prioritize awareness and avoidance, but also offer physical responses to escape potentially dangerous situations. Secure Living has produced public service announcements, instructional books and DVDs, created websites, and authored educational articles published internationally. It was featured on MSNBC's TodayShow.Com for its seminars for active seniors. Secure Living Online is an offshoot company from early works released by the American Martial Arts Institute.



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# JUST GET AWAY

SECURE LIVING PERSONAL SAFETY PROGRAMS



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