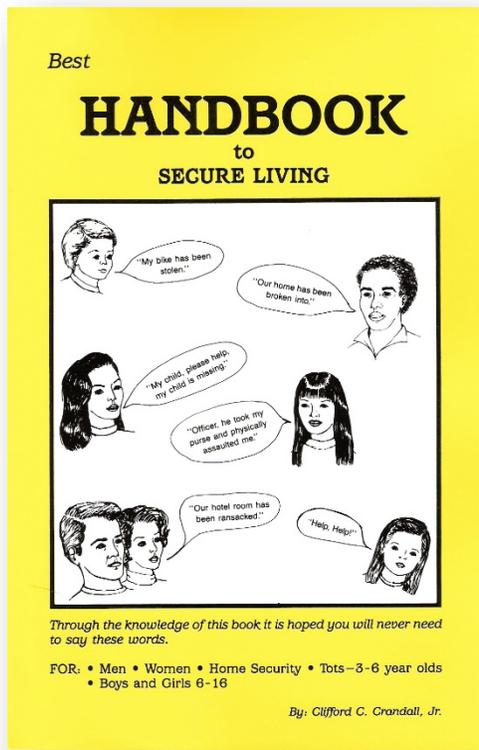




OUR PUBLICATIONS

The BEST Handbook to Secure Living



OUT OF PRINT. This was the second book published by Grandmaster Crandall. It was used in his community programs and laid the basis for what would later become “The Crandall System”, which was taught in public and private schools through physical education departments. It was also a required book for students in the American Martial Arts Institute to help encourage to students to read, increase their safety and awareness knowledge, and to start them in developing their own personal martial arts libraries. Much of this book was written and expanded upon with the release of: Be Safe Physically and Mentally with the Crandall System by Grandmaster Crandall and his designated successor Headmaster Eric Stalloch.

ORIGINAL RELEASE INFORMATION BELOW

The Best Handbook to Secure Living by Grandmaster Clifford C. Crandall Jr., presents information for men and women of all ages that will improve their awareness and safety in daily life. Each chapter targets a different audience and provides knowledge that allows the reader to take proactive actions to increase their own feeling of comfort and control of the world that surrounds them.

Chapter One: Tot-Awareness

The safety of our future has always been recognized to be in our young. Although 3-, 4-, 5-, and 6-year-olds are children, they are still intelligent and perceptive. Child abduction can many times be prevented by their awareness and actions. This section deals with what you can teach and do for your children in this age group.

Chapter Two: Common Sense for Young Ladies and Gentlemen 7 to 15

Boys and girls ages 7 to 15 are actually young adults. Information shared with them is normally retained and used if presented in a manner that does not question their present level of maturity. This section deals addresses information to arm them with information for common situations that could threaten their safety.

Chapter Three: Women's Self-Defense

This segment is for women basically 16 years and older. It is written for individuals who may never have trained in the area of self-defense before and who may not consider herself athletically or physically fit. The strongest part of our body is our mind and the knowledge within it arms us with the tools that can make a difference in our daily lives.

Chapter Four: General Information for Men and Women

This segment brings forth some ideas and suggestions, which should help to make men, and women feel more comfortable regarding some of the more common situations

Chapter Five: Home Security

Home security can take on many shapes, from sophisticated, computerized alarm systems to the most basic twenty-four-hour light switches. This segment deals with options available to all homeowners no matter what their age.

Secure living covers a variety of safety topics: Home security, family security, personal security, whether you're in a local store or traveling in a foreign country. This handbook will touch on all of these areas with information that once understood, can help you feel more secure about your life.

For more information visit AMAI-EagleStyle.com.

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American Martial Arts Institute
8382 Seneca Turnpike, New Hartford, NY 13413
Tel: 315-768-1859