

Do you accept health insurance?

Yes. Many healthcare service providers pay the cost of health and wellness programs. Our program qualifies under the guidelines of most types of insurance. For example, Excellus Blue Cross Blue Shield's Go Getters Program and others.

Can I earn belt ranks if I want to?

Yes. You may choose to register as a full-time student in the American Eagle Style of martial arts and test for belt ranks. This allows you to attend unlimited classes during the week in addition to the Senior Eagles Program. However, there is no requirement to test for belt ranks. **The choice is yours.**

Other American Martial Arts Institute Programs

American Eagle Style Classes

Children's Classes for 6-12 year olds. **Adult Classes** for ages 13 and up. Unlimited classes taught by certified adult black belt instructors. Second family member receives a 25% discount.

Superkick Program

For 3, 4, and 5 year olds. This 45-minute program meets in three month sessions. It builds self-confidence, small and large motor coordination, balance, focus, and listening skills. Teaches self-defense and awareness.

Traditional Iaido (Sword)

For ages 18 and older. Takenouchi-Hangan-Ryu-Matsuno-Crandall is a 300-year old samurai sword style under the direction of Headmaster Clifford C. Crandall, Jr. Speak with an instructor for more information.

Tai Chi Chuan

For ages 18 and older. This ongoing program deals primarily with the traditional basic 24-move form and its history and application.

Women's Self-Defense

For ages 16 and older. This special seminar covers practical application for personal and home safety.

Special Seminars

Special seminars available on a variety of topics including child abduction prevention, traditional extension tools (such as bo, tonfa, sai, kama, etc...), self-defense with a walking cane, and more.



AMERICAN MARTIAL ARTS INSTITUTE

8380 Seneca Turnpike: New Hartford, New York 13413
(315) 768-1859 www.amai-eaglestyle.com

Senior Eagles Program

A Health and Wellness Program for
Men and Women 55 and older.



The American Martial Arts Institute is a franchised school
under the direction of Grandmaster Clifford C. Crandall, Jr.

FULL-TIME LOCATION

Proprietor: Mr. Eric Stalloch
(Main Office) 8380 Seneca Turnpike
New Hartford (Utica), NY 13413
(315) 768-1859

What is the Senior Eagles Program?

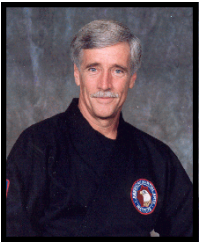
The Senior Eagles Program is a one-hour class designed specifically to meet the needs of men and women who are 55 years of age or older.

Its primary goal is to provide a fun and professional program for senior citizens that improves health and well-being through physical activities, safety and awareness education, and social interaction.

Some of the benefits of this program include increased balance and flexibility, improved circulation and strength, and personal enjoyment, and more.

Clifford C. Crandall, Jr.

Grandmaster of the American Martial Arts Institute



The American Martial Arts Institute is under the direction of Clifford C. Crandall Jr., a full-time professional martial artist. He was inducted into the Action Martial Arts Magazine International Hall of Fame and has produced nine instructional video tapes and authored three books in the field of the martial arts. He is the host of the Safety and Awareness Today Show for Central NY, which airs weekly on ABC, Fox, and MyTV.

As a retired Superintendent of Schools in the State of New York with classroom teaching experience plus the unusual combination of once being principal of an elementary school, Kindergarten through fourth grades, and principal of a high school, Grandmaster Crandall brings to this martial arts program an educational professionalism seldom seen in a martial arts school. There is little doubt that Clifford C. Crandall Jr. has had a real and positive impact on the world of martial arts and continues through his instruction of American Martial Arts Institute Black Belts to maintain the tradition and true meaning of the martial arts. His over 45 years of martial arts training includes professional instruction in traditional Japanese and Chinese styles with his primary heritage in Korean (Tae Kwon Do). The style founded by him and taught by the American Martial Arts Institute is the "American Eagle Style."

Visit www.amai-eaglestyle.com to learn more.

What is the class structure?

All classes are one hour in length. Each class is unique, offering you an opportunity to experience and learn from a variety of educationally sound activities.

Classes include: Stretching, Punches, Kicks, Blocks, and basic Yoga. Other areas covered will vary from class-to-class. Some of these areas include: tai chi, self defense, stretching, strength training, and self-defense with a walking cane, katas, awareness information regarding safety topics, and more.

Can I join if I have a physical limitation?

Yes. Our staff understands that *everyone* has different needs. Your health and safety is our priority, and our staff is experienced in adapting teaching methods and expectations to meet each individual's needs. Whether you are challenged by balance, strength, flexibility, or other conditions, we have the professional staff and facilities to provide a flexible and fun program.

Who teaches the Senior Eagles program?

The Senior Eagles Program is taught by certified adult black belt instructors of the American Martial Arts Institute. These professional men and women care about you, your well-being and health.

Where do the Senior Eagles meet?

The Senior Eagles Program meets at the American Martial Arts Institute's full-time training facility located at **8380 Seneca Turnpike in New Hartford, NY.**
Thursdays from 5:15 p.m. to 6:15 p.m.

What do I wear?

Dress to be Comfortable. You may wear comfortable fitness clothing or you may choose to wear our school uniform. Participants may be either barefooted or wear slippers with a heel.