

WOMEN'S SELF-DEFENSE CLASS

THURSDAY, OCTOBER 26TH 5:30-7PM
AT THE ONEIDA FAMILY YMCA

AMERICAN MARTIAL ARTS INSTITUTE

8382 Seneca Turnpike, New Hartford, NY 13413

315.768.1859 | AmericanEagleStyle.com

Facebook: @AmericanMartialArtsInstitute



WOULD YOU KNOW WHAT TO DO?

ABOUT US



The American Martial Arts Institute is under the direction of **Grandmaster Clifford Crandall, Jr.** Our accessible 6400 square foot training hall has three large training floors, with professional training mats, bags, and equipment, and several bathrooms and changing areas. Our instructors have authored more than 13 books and produced more than 16 instructional DVDs.

This seminar will be taught by Grandmaster Crandall and Headmaster Stalloch with additional staff assistance.

WHY TAKE THIS CLASS?

- ✓ Improve awareness of potentially dangerous situations so they can be avoided
- ✓ Learn how to escape from common assault scenarios such as throat grab and others
- ✓ There is no substitute for in-person, qualified instructors; our staff makes the difference!



CLASS DETAILS

WHO: Women ages 18 and older. Young women ages 16-17 with a registered female legal guardian.

WHEN: Thursday, October 26th 5:30 - 7pm
5:30 - 6pm "returnee" special practice

WHERE: Oneida Family YMCA

COST: Y Members \$20 Non-Members \$30



TOPICS COVERED

Awareness and Prevention Tips
Punches and Kicks that can help you escape
Responses to Grabs, Punches, and Common Attacks
How to Find Help, and more!



HOW TO REGISTER

VISIT US IN-PERSON AT THE
ONEIDA FAMILY YMCA:

701 SENECA STREET
ONEIDA, NY 13421



Secure Living

In Conjunction with the American Martial Arts Institute

8382 Seneca Turnpike: New Hartford, New York 13413

(315) 768-1859 SecureLiving.Org AMAI-EagleStyle.com



Women's Self Defense Seminar Registration

Thursday, October 26th 5:30 - 7:00pm

Participants must be 18 years of age;

16 or 17 if accompanied by your mother/legal female guardian who is also a registered participant.

Must have a minimum of 10 registered participants to hold the class.

- **This 1 1/2-Hour seminar will be focused on AWARENESS skills, PHYSICAL TECHNIQUES and responses.** The seminar will include information on mental preparedness, physical security strategies, refusal skills and other over-lapping precautions that can be taken to minimize the risk of victimization. The seminar will include physical responses, escape techniques, against common assault scenarios. This will include practice with a partner. Time will be taken to answer questions.
- **This is a private seminar. No spectators permitted**
- **Dress in comfortable ATHLETIC APAREL for PHYSICAL ACTIVITY, and be aware that no shoes are allowed on the training floor.**
- **You may wish not to wear jewelry due to the active nature of the seminar.**



Held at the
Oneida Family YMCA

Please Print:

Name: _____
Last First M.I.

Age: _____ Height: _____ Home Phone: ____ (____) _____

Address: _____
Street Town State Zip

E-mail: _____

Did you participate in any of the previous Women's Self Defense Classes? Yes No

I hereby register for the American Martial Arts Institute Women's Self-Defense Seminar in consideration of which:

- 1) I understand that the American Martial Arts Institute assumes no responsibility for further aggravation of existing illnesses or defects suffered as a result of training given by the school and its instructors. I further assume full responsibility for any injuries or damage which may occur to me in, on, or about the premises of training and fully and forever release and hold harmless, American Martial Arts Institute, and its personnel, liabilities for such injuries.
- 2) I further state that I have not been convicted of a felony and am a law-abiding citizen.
- 3) I also understand that application for acceptance and membership in the American Martial Arts Institute Women's Self-Defense Seminar constitutes automatic acceptance of the rules and regulation of this organization.
- 4) I give permission for the American Martial Arts Institute, SecureLiving.Org, and their officers, staff, and personnel to use my image and voice for print, media, or Internet promotion without compensation.

Signature: _____ Date: _____

IF UNDER 18 YEARS OF AGE, THE BACK OF THIS FORM MUST BE COMPLETED BY LEGAL GUARDIAN



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Women's Self Defense Seminar Registration WAIVER / ACKNOWLEDGEMENT OF SEMINAR CONTENT

This women's self-defense seminar is designed for mature, adult women, ages 18 and older. Under special circumstances, 16 and 17 year olds may participate when accompanied by their legal female guardian. This seminar is not intended for younger participants; however, with special permission from the event organizers and the legal guardian's acknowledgment and understand of the following terms, a 15 year old may participate.

- This seminar will be focused on PHYSICAL TECHNIQUES and responses. This includes being physically touched by the instructors, both male and female adults, in scenarios including but not limited to throat grabs, bear hugs, arms around the shoulder or waist, and restrained on the ground.
- Some participants may find the verbal terminology used explicit including but not limited to male and female anatomy, biological functions of the body, detailed descriptions of what may occur to the attacker's body due to the execution of the techniques, assault scenarios including rape, being cut by a knife, or shot.
- This is an active participation seminar which involves physically executing the techniques instructed, and participants must wear appropriate training attire. This means comfortable fitting clothing that allows a range of body motion, sports bras, no jewelry, and no socks or shoes (as the seminar will be held on a training martial art training floor).

Name of Participant: _____
Last First M.I.

Age: _____ Date of Birth: _____

Name of Legal Guardian: _____
Last First M.I.

Age: _____ Date of Birth: _____ Relationship: _____

Address: _____
Street Town State Zip

IN ADDITION TO THIS WAIVER, BOTH PARTICIPANTS MUST COMPLETE THE SEMINAR REGISTRATION FORM.

I have read or have had read to me the above terms and understand the adult nature of this seminar's concepts and instructional materials. I agree to these terms and agree that the American Martial Arts Institute assumes no responsibility for further aggravation of existing illnesses or defects suffered as a result of training given by the school and its instructors. I further assume full responsibility for any injuries or damage which may occur to me in, on, or about the premises of training and fully and forever release and hold harmless, American Martial Arts Institute, and its personnel, liabilities for such injuries. I agree that the seminar fee is non-refundable and pictures and video may be taken and used of myself and my child for promotional purposes by the event staff without compensation.

Legal Guardian Signature: _____ Date: _____