

ORIGIN OF THE PATCH



- ★ The shape represents my old outfit: The 2nd Battalion 4th Marines "The Magnificent Bastards"
- ★ The Scarlet (Red) and Gold are Marine Colors.
- ★ The Blue represents not only the waters we have crossed and fought in but being true blue to our country.
- ★ The Purple represents the Purple Heart.
- ★ The Red letters represents the blood that has been shed.
- ★ Yin & Yang represents the balance in life.
- ★ The Umbrella represents the Lord protecting us and, to help him, the umbrella becomes a protection device.
- ★ As we get older the canes represent our badge of courage NOT weakness. It gives us support and strength and becomes a formidable protection device when needed.

CANE LOYALTY: IF YOU ARE LOYAL TO YOUR CANE AND TAKE GOOD CARE OF IT, YOUR CANE WILL BE LOYAL TO YOU SHOULD YOU EVER NEED IT TO DEFEND YOURSELF.

Our course covers Stretching, Strength Building, Balance and Self-Defense with your walking cane. The course has been developed to include working with various types of mobility issues including people in wheel chairs. Many of the moves and strength building routines can be performed standing, sitting or even laying down.



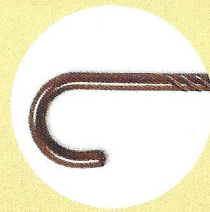
INFO@CANELOYALTY.COM



OR LIKE US ON FACEBOOK!

WWW.CANELOYALTY.COM

CANE LOYALTY



Get Stronger Live Longer

P.O. BOX 924 POWHATAN, VA 23139

(203) 788-8466

OUR 5 STEP APPROACH

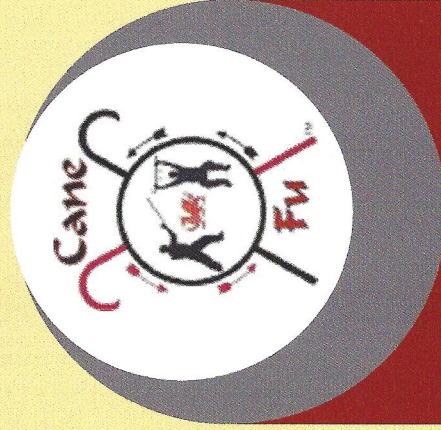


- 1** Situational Awareness: Why is this so important? Avoiding danger, no matter what it is, is far better than recovering from it. By seeing trouble coming you are better prepared to take evasive actions.
- 2** Stretching: This is one of the most beneficial exercises for your body. Keeping your body supple will help you defend against slips, trips or falls and will also aid you in defending yourself.
- 3** Balance: Unfortunately our balance degrades as we age. The good news is we can tune it up. Using your cane to do some very simple balance exercises will improve your balance. Most people see great results in a week to 10 days.
- 4** Strength training: This helps to shape and tone your muscles, increase your metabolic rate and strengthen your bones. Resistance training is beneficial for the elderly because it is one of the only exercises that can slow and reverse the decline of muscle mass, bone density and strength loss.
- 5** Defense with the cane: Remember – your best defense tool is the one between your ears. Situational awareness is key! Only fight as a last resort. However, if you have no other choice and must fight, you must fight to win. With proper techniques, the cane can help provide the advantage you need.

WHAT IS CANE FU?



Cane Loyalty is based on Cane-Fu, a system founded by Grand Master Shuey Sr. from Cane Masters; part of the American Cane System. Created to give an advantage to those who carry a cane, either due to age or disability, Cane-Fu teaches the use of the cane both for self-defense, and self improvement. Incorporating stretching, strength training and balance training; carrying a cane is no longer a symbol of weakness; its is a source of confidence and strength.



WWW.CANELOYALTY.COM
INFO@CANELOYALTY.COM

ABOUT TOM

I started my Martial Arts training at the age of 14 with Judo. I continued until I entered the United States Marines at the age of 17. I excelled in hand to hand combat training and was asked to help train my fellow Marines in Hand to Hand and Bayonet Fighting.

While serving my country, I was stationed in Japan where I had the opportunity to study under several great Masters. I then deployed to Vietnam, where I experienced real life hand-to-hand combat for survival. I received 3 Purple Hearts while serving my country in Vietnam.

Following my service in Vietnam, I was in the Philippines and studied Arnes, the Philippine Martial Art of Stick, Knife and Open Hand fighting.

At the conclusion of my military career, I became a Police Officer and attended many Defensive Tactics Training classes. Believing there was something missing in the training

classes I attended, I started my own training business in the late 60s to educate others using real-life scenarios. Since then I have trained hundreds of Police Officers in knife defense, unusual weapons defense, and basic street survival.

-Tom Ashmore

