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Throughout the catalog there are a variety of spellings for Chinese words. For better understanding, here is a brief guide to Chinese romanization.

<table>
<thead>
<tr>
<th>Pinyin</th>
<th>Also Spelled</th>
</tr>
</thead>
<tbody>
<tr>
<td>qi</td>
<td>chi</td>
</tr>
<tr>
<td>qigong</td>
<td>chi kung</td>
</tr>
<tr>
<td>jin</td>
<td>jing</td>
</tr>
<tr>
<td>gongfu</td>
<td>kung fu</td>
</tr>
<tr>
<td>taijiquan</td>
<td>tai chi chuan</td>
</tr>
</tbody>
</table>

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Shaolin Long Fist Kung Fu-Advanced Sequences Part One (2) DVD Set

*Nicholas C. Yang*

Advanced kung fu sequences San Lu Pao and Taizu Changquan build upon skills learned from intermediate training. 8 hours on 2 DVDs.

$59.95 • 490 min • Code: D2061

Shaolin Long Fist Kung Fu-Basic Sequences

*Dr. Yang, Jwing-Ming*

Learn 3 basic sequences of Shaolin Kung Fu with nearly 200 martial applications, and over an hour of DVD-only extra content including a stretching and warming up section, and the history of Shaolin Kung Fu.

$49.95 • 240 min • Code: D661

Shaolin Long Fist Kung Fu-Intermediate Sequences 2-DVD Set

*Nicholas C. Yang*

4 intermediate-level Shaolin Long Fist kung fu sequences & their martial applications. Dr. Yang discusses each sequence. 2-DVD Set.

$59.95 • 446 min • Code: D1071
Shaolin White Crane Kung Fu (Gong Fu) Basic Training Courses 1 & 2
Dr. Yang, Jwing-Ming
Kung fu fundamentals, including the history of White Crane Kung Fu, basic qigong, stances, movements, Jin patterns, hand techniques, & the Qi Xing Quan sequence with martial applications.
$59.95 • 150 min • Code: D599

Shaolin White Crane Kung Fu (Gong Fu) - Basic Training Courses 3 & 4
Dr. Yang, Jwing-Ming
Solo and Partner Kung Fu Basics, Sparring, and the Bridge Hands and Shan He Quan Sequences with Martial Applications.
$59.95 • 240 min • Code: D0784

Shuai Jiao Kung Fu Wrestling - Fundamental Defense Techniques
Dr. Yang, Jwing-Ming
Dr. Yang teaches traditional kung fu wrestling for taking down an opponent. Shuai Jiao specializes in countering against punching and kicking, using defense as the offense.
$39.95 • 180 min • Code: D1149

Wudang Kung Fu - Fundamental Training (Ji Ben Tao Lu)
Zhou, Xuan-Yun
Wudang history, warm-up routine, basic stances, punches, and kicks, and basic Wudang Kung Fu Ji Ben sequence with martial applications.
$39.95 • 97 min • Code: D1316
Water Style for Beginners  
*Helen Liang*

Water style is the next step in your internal-arts journey. Like tai chi, Water style is a popular internal martial art known for centuries to transform your health. In this follow-along video, Master Helen teaches a basic understanding of the 66-movement Water-style form.

$29.95 • 154 min • Code: D6717

Qigong Massage-Fundamental Techniques for Health and Relaxation  
*Dr. Yang, Jwing-Ming*

Over 3 hours of self massage and partner massage techniques to relieve muscular stress and blockages in the Qi circulatory system.

$49.95 • 220 min • Code: D0592

Beginner Qigong for Women: Radiant Lotus Medical Qigong Forms  
*Daisy Lee*

Daisy Lee guides you through a series of effective anti-aging qigong forms that balance women’s physical, mental, and emotional health. DVD 2 in the Radiant Lotus Qigong series.

$29.95 • 60 min • Code: D5604

Beginner Qigong for Women: Radiant Lotus Qigong Exercises  
*Daisy Lee*

Qigong master Daisy Lee guides you through an easy series of healing qigong exercises for women, in DVD 1 of the Radiant Qigong series.

$29.95 • 60 min • Code: D5567
Five Animal Sports Qigong
Dr. Yang, Jwing-Ming
With the movements and spirit of the Tiger, Deer, Bear, Monkey, and Bird, a practitioner can build their strength and longevity and enjoy excellent health. Learn qigong for the four seasons.
$39.95 • 180 min • Code: D1106

Introduction to Qi Gong
Lee Holden
Qi means energy. Every system in your body needs energy. Your nervous system and spine conduct a tremendous amount of energy communicating mind to body and body to mind. When the Qi in your body is blocked, the systems don’t run smoothly.
$29.95 • 44 min • Code: D5444

Meridian Qigong: Combined Qigong, Yoga, and Acupressure Exercises
Dr. Yang, Jwing-Ming
Learn Master Yang’s personal daily health regimen, combining qigong, yoga, and acupressure exercises.
$39.95 • 320 min • Code: D2955

Neigong: Martial Qigong for Internal Power
Dr. Yang, Jwing-Ming
2-DVD. Develop your internal energy (Qi) with Master Yang by training Neigong, martial arts qigong.
$49.95 • 340 min • Code: D2986
Qi Gong Five Elements Energy Balance
Lee Holden
Enjoy the power and grace of this classic sequence of movements. Feel connected to your inner power, connected to your flow, relaxed into the present moment.
$29.95 • 45 min • Code: D5666

Qi Gong for Anxiety
Lee Holden
There’s a saying in Qi Gong, “Let your mind be clear like a mountain lake: reflective, free and open.” This routine will help you find that equanimity, where the body is relaxed and the mind at peace. Join Qi Gong teacher and PBS favorite, Lee Holden, in this simple and easy to follow routine.
$29.95 • 37 min • Code: D5437

Qi Gong for Arms, Wrists, and Hands
Lee Holden
Through gentle stretching, flowing movements, and improved circulation, qi gong can help bring healing energy to the arms, wrists, and hands, and it can benefit the energy channels in each arm.
$29.95 • 45 min • Code: D5482

Qi Gong for Better Breathing
Lee Holden
Qi Gong refreshes the system in every moment, clearing out stagnant emotions and thoughts and taking in the new possibilities with each breath.
$29.95 • 45 min • Code: D5505
Qi Gong for Energy and Vitality  
*Lee Holden*

In this routine, you will learn how to move with intrinsic strength. The routine begins by activating internal energy, getting it to circulate and flow. The program continues with relaxed stretching exercises to free up tension and tightness.

$29.95 • 52 min • Code: D5420

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Qi Gong for Headaches  
*Lee Holden*

If you’re looking for a headache solution outside a pill bottle, consider trying qi gong exercises. With the ability to help relieve tension, boost circulation, and calm the mind, qi gong can be a powerful and natural remedy for headaches.

$29.95 • 36 min • Code: D5475

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Qi Gong for Healthy Joints  
*Lee Holden*

Exercises to give you immediate pain relief, improve your joint strength and flexibility, and circulate the life force energy.

$29.95 • 40 min • Code: D5451

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Qi Gong for High Blood Pressure  
*Lee Holden*

Stress contracts the energy system, which in turn contracts the blood vessels. When we relax, the vessels dilate and the qi flows. Research shows that a daily practice of qi gong can lower blood pressure.

$29.95 • 44 min • Code: D5499
Qi Gong for Strong Bones
Lee Holden
Exercises to improve bone density, increase energy, and circulate the life force energy. DVD includes three workout options: Extended (33 mins), Long (25 mins), or Short (11 mins).
$29.95 • 71 min • Code: D5468

Qi Gong for the Upper Back and Neck
Lee Holden
Get to the source of the problem and release tightness and pain naturally. Learn the skills and resources to take care of your body from the inside out. Use these Qi Gong practices for a tension free body, a relaxed upper back and neck, and a calm clear mind.
$29.95 • 45 min • Code: D5413

Qi Gong Mindfulness in Motion
Lee Holden
To stabilize the mind, we must pay attention to the activities of the body. Through breath, energy, movement, and relaxation, we enter into a deep, rich experience of the present moment.
$29.95 • 45 min • Code: D5529

Qigong for Cancer: Beginner Exercises for Healing and Prevention
Helen Liang
The American Cancer Society, the World Cancer Research Fund, the American Institute for Cancer Research, the American College of Sports Medicine, and the US Department of Health and Human Services all advocate physical activity for cancer patients and survivors.
$39.95 • 168 min • Code: D4799
Qigong for Healing—Learn to Safely Use the Ancient Art of Qigong to Heal Yourself and Others
Lisa B. O’Shea
$29.95 • 180 min • Code: D2320

Qigong for Longevity—Maintain Vigorous Good Health the Traditional Chinese Way
Kao Tao
The daily qigong regimen of Dr. Yang’s 80-year old teacher, Grandmaster Kao, Tao! Learn 12 seated qigong exercises to be active and energized for many years to come. No prior experience required.
$29.95 • 50 min • Code: D2092

Qigong for Women—Ancient Healing Wisdom for Modern Women
Lisa B. O’Shea
Qigong Master Lisa B. O’Shea teaches you to understand the different aspects of your body’s energy, how to determine if there is a problem in your circulation, and the qigong techniques to improve these issues.
$29.95 • 217 min • Code: D2566

Qigong for Women: Lotus Rises Through the Water Medical Qigong Form
Daisy Lee
Lotus Rises From the Water _ an empowering movement that releases stagnant Qi from all the joints, stretches the muscles, energizes the internal organs and brings in revitalized Qi for the whole body. A favorite amongst practitioners.
$29.95 • min • Code: D5611
Shaolin White Crane Hard & Soft Qigong

Dr. Yang, Jwing-Ming

Hard Qigong strengthens muscles, tendons, and ligaments and develops the strength and flexibility of the torso and spine. Soft Qigong promotes good health of the spine and helps to keep the waist and torso fit and flexible.

$59.95 • 190 min • Code: D637

Simple Qigong Exercises for Health-The Eight Pieces of Brocade

Dr. Yang, Jwing-Ming

These gentle stretches and breathing exercises stimulate your immune system, strengthen your internal organs, and give you abundant energy.

$34.95 • 145 min • Code: D0037

Simple Qigong Exercises-for Arthritis Relief

Dr. Yang, Jwing-Ming

Over 30 qigong exercises and simple massage techniques demonstrated by Dr. Yang and Ramel Rones. Relieve or prevent arthritis naturally!

$14.95 • 70 min • Code: D0890

Simple Qigong Exercises-for Back Pain Relief

Dr. Yang, Jwing-Ming

Dr. Yang offers an introduction to qigong, and demonstrates 10 simple qigong exercises to relieve back pain and heal injuries. Massage techniques for self and partner are included.

$14.95 • 95 min • Code: D0883
Tai Chi Qigong - The Internal Foundation of Tai Chi Chuan
*Dr. Yang, Jwing-Ming*

These movements prepare you for great Tai Chi practice by loosening your joints, warming your muscles, stimulating your Qi (energy) flow, and sharpening your concentration. Qigong is the key to developing the phenomenal internal power of Tai Chi Chuan.

$39.95 • 105 min • Code: D0215

Understanding Qigong DVD 1-What is Qigong? & The Human Qi Circulatory System
*Dr. Yang, Jwing-Ming*

Dr. Yang presents a clear and fascinating scientific explanation of his Qigong theory, and offers simple Qigong exercises for you to begin experiencing your Qi (energy).

$39.95 • 264 min • Code: D069X

Understanding Qigong DVD 2-Keypoints of Qigong & Qigong Breathing
*Dr. Yang, Jwing-Ming*

Dr. Yang delves deeper into his Qigong theory and explains keypoints for correct and efficient Qigong practice, and details the methods of Qigong breathing.

$39.95 • 165 min • Code: D0418

Understanding Qigong DVD 3-Embryonic Breathing
*Dr. Yang, Jwing-Ming*

Also known as ‘back to childhood breathing,’ this qigong meditation technique is the foundation of internal cultivation and advanced practice.

$39.95 • 100 min • Code: D0555
Understanding Qigong DVD 4-Four Seasons Qigong
*Dr. Yang, Jwing-Ming*

Dr. Yang, Jwing-Ming discusses the theory of Four Seasons Qigong (Si Ji Gong), and offers 25 exercises and massage techniques to help your body adjust naturally to the change of seasons.

$39.95 • 210 min • Code: D0562

Understanding Qigong DVD 5-Small Circulation
*Dr. Yang, Jwing-Ming*

Small Circulation provides abundant Qi energy to the circulatory system branching out to the entire body. The practice can improve your general health, and it is a fundamental step in the practice of spiritual enlightenment meditation.

$39.95 • 200 min • Code: D0753

Understanding Qigong DVD 6-Martial Arts Breathing
*Dr. Yang, Jwing-Ming*

With Martial Qigong Breathing you can condition the joints, develop improved rooting and manifest significant martial power. Includes Dan Tian breathing, Yongquan breathing, Laogong breathing, Four Gates breathing, Spiritual breathing, and Martial Grand Circulation.

$39.95 • 108 min • Code: D0913

Qi Gong 30-Day Challenge
*Lee Holden*

Follow along with one month of seven-minute qi gong workout videos by Lee Holden to develop your self-discipline and give you endless energy.

$29.95 • 225 min • Code: D5512
Qigong for Beginners-Simple Exercises to Energize Your Whole Body
Lisa B. O’Shea
Lisa O’Shea makes qigong easy to learn for beginners. She is the first person ever to be certified as a Qigong Master by Dr. Yang, Jwing-Ming.
$29.95 • 60 min • Code: D6724

Attack the Attack, Split Second Counterattacks
Jeff Burger
Sharpen your self-defense reflexes and learn split-second counterattacks with Coach Jeff Burger.
$29.95 • 93 min • Code: D3952

DRILLS - Training for Sudden Violence 2-DVD
Rory Miller
In Training for Sudden Violence, Miller gives you the tools to prepare and prevail. 2-DVD set. Book also available.
$59.95 • 180 min • Code: D3938

Facing Violence-7 Things Every Martial Artist Must Know
Rory Miller
Our very best in self-defense. Rory Miller explores seven areas of self-defense training for the most common types of street violence, so you will not be vulnerable to a potentially deadly violent assault or training yourself to go to jail.
$29.95 • 129 min • Code: D2283
INfighting, Develop your Close-Range Combat Reflexes
Rory Miller
Develop your close-range combat reflexes with Rory Miller. This training can and should be incorporated into all fighting styles.
$29.95 • 79 min • Code: D2887

Joint Locks-Learn to Improvise Joint Locks Under Pressure
Rory Miller
In this video, Rory Miller makes the case that the problem is not with the locks themselves, but with our teaching methods. A principles-based approach allows relative beginners to improvise joint locks with one hour of training.
$29.95 • 60 min • Code: D2627

Logic of Violence-Think Like a Criminal
Rory Miller
Rory Miller bridges the gap between the study of traditional self-defense and the reality of the most common types of violent attacks in this interactive seminar.
$29.95 • 175 min • Code: D2351

Scaling Force: Dynamic Decision Making Under Threat of Violence
Rory Miller, Lawrence A. Kane
Learn about your full range of options during a violent encounter, from skillfully doing nothing to applying deadly force, and the legal consequences.
$29.95 • 120 min • Code: D2931
**Taekwondo Black Belt: Original Koryo and Koryo**

*Richard Chun, Doug Cook*

Learn both versions of the most popular Taekwondo form in the world, Koryo and the rarely-taught Original Koryo, with martial applications.

$29.95 • 87 min • Code: D2733

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**Tai Chi Fit: 24 Form**

*David-Dorian Ross*

Experience the flowing movements of tai chi with master teacher David-Dorian Ross. His unique teaching method allows you to simply follow the mirror-view movements from side to side and gradually become familiar with them without having to memorize anything.

$29.95 • min • Code: D6113

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**Beginner Tai Chi for Health - Mirror-View Exercises**

*Helen Liang*

The Beginner Tai Chi for Health video lesson was developed especially for beginners, using a mirror-view workout that allows you to follow along with ease. This will help you improve your strength, flexibility, balance, and posture, and develop graceful movement.

$29.95 • 92 min • Code: D6694

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**Chen Tai Chi for Beginners: 56 Form**

*Chenhan Yang*

The Chen 56-form is a combination of the first two traditional Chen forms (Lao Jia Yi Lu and Er Lu), designed for beginning students to be used for demonstration and competitions. It is taught with detailed step-by-step instruction, and broken into four sections for easy learning.

$29.95 • 170 min • Code: D5543
Chen Tai Chiquan-Lao Jia Yi Lu & Straight Sword
Master Ren Guang-Yi
Master Ren Guang-Yi beautifully demonstrates two Chen style Tai Chi forms in New York’s Central Park, with Music and Narration by his student, rock music legend Lou Reed.

$39.95 • 90 min • Code: D0819

Simplified Tai Chi Chuan with Applications
Liang, Shou-Yu
The two most popular forms of Tai Chi Chuan, with detailed instruction, breathing instructions, martial applications, and the history of simplified Tai Chi.

$29.95 • 150 min • Code: D0630

Simplified Tai Chi for Beginners - 24 Form
Helen Liang
The most popular 6-minute Tai Chi form, taught clearly from multiple angles, with step-by-step instructions.

$29.95 • min • Code: D2924

Simplified Tai Chi for Beginners - 48 Form
Helen Liang
For the first time on video, the Tai Chi 48 form is taught in detail with step by step instructions by Master Helen Liang.

$29.95 • 142 min • Code: D2894
Sunrise Tai Chi: Beginner Exercise for Balance and Mobility - A.M. Tai Chi Workout

Ramel Rones

Mind/body exercises and a short Tai Chi form to awaken the senses, stimulate the mind, and fill your body and spirit with abundant energy.

$29.95 • 220 min • Code: D0274

Sunset Tai Chi - Beginner Exercise for Balance and Relaxation - P.M. Tai Chi Workout

Ramel Rones

Powerful mind/body exercises to recuperate from the stress of the day, and use the energy of the setting sun to release tension. Simplified Sunset Tai Chi form, sitting or standing.

$29.95 • 220 min • Code: D0760

Tai Chi Ball Qigong DVD 1-for Health and Martial Arts

Dr. Yang, Jwing-Ming

Our very best in tai chi ball. Regular practice of these Tai Chi Ball Circling and Rotating exercises will develop extraordinary strength of your back and torso, and a stronger connection of the entire body.

$39.95 • 180 min • Code: D0517

Tai Chi Ball Qigong DVD 2-for Health and Martial Arts

Dr. Yang, Jwing-Ming

This 3-hour program instructs 16 patterns of Wrap-Coiling, training methods, and fundamental ball applications. Also includes partner drills, and matching practice.

$39.95 • 191 min • Code: D0777
Tai Chi Ball Workout for Beginners
*David-Dorian Ross*
Experience whole-body low-impact Tai Chi fitness in 20 Minutes with David-Dorian Ross.
$29.95 • 65 min • Code: D3471

Tai Chi Chuan-Classical Yang Style Long Form
*Dr. Yang, Jwing-Ming*
Dr. Yang explains Tai Chi Philosophy and demonstrates the 13 Basic Patterns, the stationary and moving Tai Chi Qigong form, and the complete Yang style form.
$39.95 • 240 min • Code: D645

Tai Chi Connections
*John Loupos*
Advance your Tai Chi experience with brilliant insight from one of the finest Tai Chi authors. Includes front, side, and rear view of the form.
$29.95 • 165 min • Code: D0444

Tai Chi Energy Patterns 2-DVD set
*Ramel Rones*
These solo and partner exercises will lead you to a deeper understanding of the fundamental energy within your Tai Chi practice. “Until no shape, no shadow”.
$39.95 • 385 min • Code: D0525
Tai Chi Fighting Set-2-Person Matching Set

Dr. Yang, Jwing-Ming

A fighting set is a sequence of movements which teaches you how to apply the martial art in a real-life fight. Study and master the 88 Posture, 2-Person Fighting Matching Set for advanced Tai Chiquan.

$49.95 • 122 min • Code: D0509

Tai Chi Fit - FLOW

David-Dorian Ross

David-Dorian guides you through a simple Tai Chi workout with an emphasis on your feeling of FLOW, in DVD 1 of the Tai Chi Fit series.

$29.95 • 60 min • Code: D3969

Tai Chi Fit - STRENGTH

David-Dorian Ross

David-Dorian guides you through his invigorating STRENGTH workout, using empty-hand and tai chi ball moves in DVD 2 of the Tai Chi Fit series.

$29.95 • 60 min • Code: D3976

Tai Chi Fit IN PARADISE

David-Dorian Ross

In Tai Chi Fit IN PARADISE you’ll immerse yourself in an amazing world of beauty as you enjoy a tai chi vacation while getting into the flow. The PARADISE workout will help you find inner peace through moving meditation. Just follow along, keep breathing, and keep smiling!

$29.95 • min • Code: D5628
**Tai Chi Fit: OVER 50 Beginner Exercises**  
*David-Dorian Ross*  
David-Dorian guides you through simple and fun Tai Chi workouts perfect for those over 50, in DVD 4 of the Tai Chi Fit series.  
$29.95 • 40 min • Code: D4812

**Tai Chi Fit: TO GO Beginner Exercises**  
*David-Dorian Ross*  
David-Dorian guides you through three simple and fun Tai Chi workouts you can do anywhere, anytime, in DVD 3 of the Tai Chi Fit series.  
$29.95 • 74 min • Code: D4805

**Tai Chi for Women**  
*Helen Liang*  
Tai Chi for Women is a simple, follow-along workout with beginner exercises that target women’s most common health issues, by Master Helen Liang.  
$29.95 • 109 min • Code: D3990

**Tai Chi Fusion BAMBOO**  
*David-Dorian Ross*  
In Tai Chi Fusion BAMBOO you’ll experience the blending of water and wood. In tai chi water provides you with deeper level of flow, while wood is expressed by the flexible movements of hatha yoga. In this workout, you will learn to surrender fully.  
$29.95 • min • Code: D5932
Tai Chi Fusion: FIRE
David-Dorian Ross
Combined Weight Loss and Tai Chi Workout. In Fusion FIRE, Master teacher David-Dorian Ross leads you through a powerful workout blending tai chi movements and a series kung Fu kicks and punches.
$29.95 • 60 min • Code: D5635

Tai Chi Fusion: IRON
David-Dorian Ross
Tone Your Body with Tai Chi Resistance Training. In Tai Chi Fusion IRON, you’ll experience the blending of Tai Chi and resistance training. Master teacher David-Dorian Ross guides you step by step through an easy-to-follow workout on a beautiful Hawaiian beach.
$29.95 • 60 min • Code: D5826

Tai Chi Pushing Hands DVD 1
Dr. Yang, Jwing-Ming
Pushing Hands is a vital part of your taijiquan training. This program lays the foundation for serious practice of this ancient art, including lessons on ‘emitting power’ and ‘silk reeling’, or yin/yang symbol hands. DVD 2 also available.
$39.95 • 180 min • Code: D0495

Tai Chi Pushing Hands DVD 2
Dr. Yang, Jwing-Ming
Delve deeper into your taijiquan training and practice several international standard Pushing Hands routines.
$39.95 • 180 min • Code: D0681
Tai Chi Symbol: Yin/Yang Sticking Hands

*Dr. Yang, Jwing-Ming*

Also known as Silk Reeling Jin in Chen style Tai Chiquan, the soft and flowing movements of Sticking Hands develop your body’s connection, coordination, and whipping power.

$39.95 • 180 min • Code: D1040

Tai Chi 37 Postures Martial Applications

*Dr. Yang, Jwing-Ming*

The long-awaited applications of Tai Chi video by Dr. Yang. The most requested title YMAA has ever published. Tai Chi Fighting Applications for all Tai Chi styles.

$39.95 • 180 min • Code: D1057

Tai Chi Wrestling (Shuai Jiao)-Advanced Takedown Techniques

*Dr. Yang, Jwing-Ming*

Tai Chiquan Shuai Jiao (Tai Chi Wrestling) is a vital part of your Tai Chi practice. Dozens of applications are taught for the movements within Push Hands or the Tai Chiquan form.

$39.95 • 160 min • Code: D1064

Wudang Tai Chiquan-Zhan-Zhuan, Sequence, and Martial Applications

*Zhou, Xuan-Yun*

108-posture Tai Chiquan sequence for beginners and experienced Tai Chi practitioners of all styles. With warm up exercises, martial applications, and standing meditation.

$39.95 • 150 min • Code: D1217
Yang Tai Chi for Beginners-Learn Tai Chi Step-By-Step with Master Yang

*Dr. Yang, Jwing-Ming*

Learn the complete Yang-style Tai Chi long form with step-by-step instruction by Master Yang. Front and rear view. A one-on-one private tai chi class with Master Yang.

$29.95 • 293 min • Code: D2306

Knife Defense-Traditional Techniques Against Dagger

*Dr. Yang, Jwing-Ming*

These defense techniques can significantly help you avoid knife injuries when you are attacked outside of a training context.

$39.95 • 215 min • Code: D1156

Northern Shaolin Sword-Sequences and Applications

*Dr. Yang, Jwing-Ming*

Master the King of the Short Weapons! Three Sequences, Key Techniques, 15 Two-Person Matching Drills, Fighting Strategies, and over 50 Martial Applications in this DVD by Dr. Yang, Jwing-Ming.

$39.95 • 90 min • Code: D1194

Saber-Fundamental Training

*Dr. Yang, Jwing-Ming*

Dr. Yang teaches the fundamental techniques, solo drills, and 2-person matching practice of Saber (Dao) training for all martial art styles.

$39.95 • 191 min • Code: D1088
Sai Fundamental Training-Sequence and Martial Applications
Nicholas C. Yang
Learn to use the fast and powerful Sai from Nicholas Yang, with training drills, martial applications, and double sai sequence. (Sai not included but sold separately).
$49.95 • 275 min • Code: D3495

Shaolin Saber-Basic Sequences
Dr. Yang, Jwing-Ming
Saber training develops the fundamental skills required for all other short weapons training, and it is traditionally the first short weapon learned in Chinese martial arts.
$39.95 • 180 min • Code: D0616

Shaolin Staff-Basic Sequences
Dr. Yang, Jwing-Ming
Learn the first two staff sequences taught in Shaolin Kung Fu. Includes solo and partner drills and martial applications.
$39.95 • 180 min • Code: D0920

Staff Fundamental Training - Tai Chi and Shaolin Techniques
Dr. Yang, Jwing-Ming
Master the staff (dun/bo) no matter what martial art style you practice with comprehensive staff techniques from Tai Chi and Shaolin Kung Fu.
$39.95 • 180 min • Code: D0906
Sword-Fundamental Training
*Dr. Yang, Jwing-Ming*

Dr. Yang, Jwing-Ming teaches the fundamental techniques, solo drills, and 2-person matching practice for Sword training. Sword training raises the Spirit to a higher level of awareness and focus, and is considered the greatest achievement in Chinese martial arts.

$39.95 • 220 min • Code: D1095

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Tai Chi Sword for Beginners
*Dr. Yang, Jwing-Ming*

Learn Tai Chi Sword Step-by-step with Master Yang in this new video.

$39.95 • 120 min • Code: D3464

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Tai Chi Sword-Classical Yang Style
*Dr. Yang, Jwing-Ming*

Demonstration video of the sword form, qigong, matching drills, and applications.

$39.95 • 100 min • Code: D0452

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Tai Chi Saber, Classical Yang Style
*Dr. Yang, Jwing-Ming*

Dr. Yang, Jwing-Ming demonstrates the traditional 32-posture Tai Chi Saber long form, with basic drills, qigong, and martial applications.

$29.95 • 60 min • Code: D1026
Wudang Sword-Tai Yi Daoist Form
Zhou, Xuan-Yun
Learn the legend and history of Wudang sword, conditioning drills, the Tai Yi Daoist Sword sequence and martial applications.
$39.95 • 100 min • Code: D1903

“If you do karate you must always think about how to look after yourself, and if you don’t look after yourself, one day you will have to stop. I am trying to be ready for training when I’m ninety!”

*Michael Clarke*

“Almost everyone hesitates before doing a dangerous or uncomfortable thing. Whether jumping out of an airplane or diving into cold water or singing karaoke in public, very few people can just go for it without hesitation the first time. This is troubling, because I can guarantee that if you are about to get into a fight it will be unpleasant and uncomfortable and frightening.”

*Rory Miller*

“A moment of anger leading to violence can cost you everything, literally. When facing the specter of social violence – a confrontation you can avoid and escape – how do you best opt-out? How do you walk away without feeling emasculated or that you blinked first?”

*David Khan*
Bagua Bundle
Master Liang, Shou-Yu and Dr. Yang, Jwing-Ming work together to reveal the essence of Baguazhang. The book is packed with over nine hundred photographs, offers theory, martial applications, sequences, qigong exercises, weapon training, and more! The companion DVD is 3 hours long and brings the training to life revealing the precision of proper Baguazhang training. Bundle includes 1 book and 1 DVD.

$89.90 • Code: KT3266

Chin Na In Depth DVD Bundle
Renowned for his skills in Chin Na, Dr. Yang, Jwing-Ming developed this collection of in-depth videos to make learning Chin Na easier for all martial artists. Like being in a live class, Dr. Yang will discuss each technique in detail, then demonstrate the technique so you can see it done correctly. With this collection, you will learn over 100 techniques and be able to adapt them to your martial arts tool box. All 3 Chin Na In Depth DVD.

$169.85 • Code: KT3136

Fiction Bundle
Morality, danger, honor, fear, war, fantasy, legend, and action are but a few of the themes in the fantastic collection of fiction rooted in the martial tradition. Every one of these authors is an award winning writer combining amazing stories with the realistic martial art sensibility. Take a break and enjoy an adventure that will probably get you in trouble for staying up too late! This collection makes a great gift item for martial arts enthusiasts!

Traditional Chinese Medicine Bundle
Throughout China’s long history, ancient medical texts provided valuable advice on the subject of health: physical, emotional and spiritual. Isn’t it time you made use of this wisdom of the sages in your everyday life?

$72.80 • Code: KT3259
**True Wellness Bundle**

The True Wellness bundle is for people who are ready for a change in their health and wellness. With this collection you will be able to understand how to combine the best of Western and Eastern health care. Learn about Chinese medicine, and get started with simple tai chi movements and simple qigong movements. This collection is the easiest and our best way to take that first step toward True Wellness. A perfect gift for those you care about.

$93.80 • Code: KT6908

**Sanchin Kata Bundle**

Many believe that Sanchin Kata holds the key to mastering traditional martial arts. Those who understand its teachings find that it facilitates enormous quickness and power in any martial application. The challenge lies in gaining that understanding. Learn the essential karate sequence that is the root of all karate power from world-class karate sensei Kris Wilder.

$64.90 • Code: KT5345

**Shaolin Long Fist DVD Bundle**

Shaolin Long Fist Kung Fu is the primary style of the renown Nanjing Central Guoshu Institute. This organization is responsible for preserving the Shaolin arts after the fall of the Shaolin Temple in 1927. This bundle collection brings a systematic approach for learning many of the barehand sequences the way they were taught long ago. Bundle contains 4 DVDs.

$229.80 • Code: KT3129

**Solo Training Bundle**

Loren W. Christensen shows you over 300 ways you can add variety to your daily martial arts training routine. If you’re looking to get more out of training, Solo Training 2 represents your next evolution in fighting techniques and concepts.

$38.90 • Code: KT5789
**BUNDLES (DVDS & BOOKS)**

### White Crane Bundle

White Crane is one of the most prestigious styles in the traditional arts. Blending soft and hard power, it is fast and explosive, with a precise and deep penetrating power. Rooted in qigong, White Crane stylists boast health and martial prowess long into life. Explore this rare and desirable system with this popular collection from Dr. Yang, Jwing-Ming. Bundle contains 1 book and 3 DVDs.

**$216.80 • Code: KT3242**

### Eight Brocades Bundle

Dr. Yang, Jwing-Ming instructs and demonstrates “The Eight Pieces of Brocade”, one of the most popular sets of Qigong (chi kung) healing exercises. These gentle breathing, stretching and strengthening movements activate the Qi (chi) energy and blood circulation in your body, helping to stimulate your immune system, strengthen your internal organs, and give you abundant energy.

**$51.90 • Code: KT4034**

### Five Elements Qigong Bundle

Stay healthy during the change of seasons! Learn to understand your energy (Qi) and how to adjust to the change of seasons.

**$79.90 • Code: KT4706**

### Meditation Bundle

Our best collection for those seeking to advance and discover the depths of meditation in both the Taoist or Buddhist traditions. In order to reach the goal of longevity and spiritual enlightenment, the Qigong practitioner must learn Internal Elixir Qigong. Once you have established this foundation, you will be able to practice Small Cyclic Heaven (Small Circulation or Microcosmic Orbit) and Grand Cyclic Heaven (Grand Circulation of Macrocosmic Orbit) effectively. Bundle contains 2 books and 2 DVDs.

**$139.80 • Code: KT3280**
Meridian Qigong Bundle
Dr. Yang teaches combined Qigong, Yoga, and Acupressure Exercises. Dr. Yang, Jwing-Ming will teach you Meridian Qigong, his special daily exercise routine. Follow along and learn how a unique combination of simple yoga stretches, qigong movements, and acupressure techniques can relieve energy stagnation and rejuvenate your entire body. All exercises are performed lying down and many can be done sitting, if preferred.

$59.90 • Code: KT5314

Qigong Massage Bundle
Perfect for beginners! Book and instructional DVD. Learn over 3 hours of self massage and partner massage techniques to relieve muscular stress and blockages in the Qi circulatory system. Understand how human energy circulates and how to enhance it. Includes excellent “Intro to Qigong” segment.

$76.90 • Code: KT4737

Qigong Starter Bundle
The best way to learn qigong is to ask “the what, why, and how” of your practice. This collection addresses these important questions and offers a simple and powerful beginner friendly qigong health program. You will practice a standing set, or a sitting set. You will examine the theory, and principles of qigong in a beginner friendly way with the guidance of Dr. Yang, Jwing-Ming. Bundle contains 2 books and 2 DVDs.

$121.80 • Code: KT3198

Qigong for Cancer Bundle
No prior experience needed. Stimulate your natural healing with simple qigong movements and deep breathing. “Qigong for Cancer” is an easy, follow-along workout for beginners. Master Helen Liang, a cancer survivor herself, guides you through a series of gentle moves to gradually stimulate your body’s natural healing. You may modify the exercises for a seated or lying down position as needed.

$86.85 • Code: KT5970
**Radiant Lotus Qigong Bundle**
Qigong master Daisy Lee guides you through an easy series of healing qigong exercises for women. These time-tested methods will re-balance your hormones and organ systems to help you to feel great. Radiant Lotus Women’s Qigong can help revitalize your immune system and enhance your vitality. The movements are simple to follow and can be done sitting or standing.

$59.90 • Code: KT5802

**Radiant Lotus and Qigong for Women Bundle**
Qigong master Daisy Lee guides you through an easy series of healing qigong exercises for women, in DVD 1 of the Radiant Qigong series. Qigong master Lisa B. O'Shea guides you through an amazing series of exercises in her bestselling “Qigong for Women” program.

$59.90 • Code: KT5819

**Sunrise Bundle**
Simple follow-along Tai Chi for health class, with easy ‘Demonstration’ section, and detailed ‘Instruction’ section in a formal classroom setting. Let the sun shine in! Master-teacher Ramel Rones gently guides you through the morning with a series of powerful mind/body exercises that awaken the senses, stimulate the mind, and fill your body and Spirit with abundant energy.

$46.90 • Code: KT4614

**Sunset Bundle**
Master-teacher Ramel Rones gently guides you through a series of powerful mind/body exercises and meditation that will help you calm down, recuperate from the stress of the day, and use the energy of the setting sun to release tension.

$50.90 • Code: KT4621
Understanding Qigong Bundle
Theoretical, practical, and profound. There is no other collection that plumbs the depth of qigong like Dr. Yang’s “Understanding Qigong” series. From beginner to advanced, you will refer to this collection for years to come. A special program dives deep into breathing and how qigong uses it for health and martial arts. Bundle contains all 6 DVDs of the Understanding Qigong Series.

$239.70 • Code: KT3105

Woman’s Qigong Bundle
Women’s qigong health practice has it’s special requirements. In this remarkable collection, Qigong master Lisa O’Shea teaches how women must approach their qigong exercises, which are quite different from the many routines developed by men, for men. We highly recommend this collection. Bundle contains 1 book and 2 DVDs.

$76.85 • Code: KT3211

Women Tai Chi Qigong Bundle
Improve Your Health with Tai Chi and Qigong. Tai Chi for Women is a simple follow-along workout for beginners. Using exercises that target women’s most common health issues, Master Helen shows you how to stay healthy, flexible, and youthful at any age. Lisa B. O’Shea teaches you how to understand the different aspects of your body’s energy, how to discover problems in your circulation, and qigong exercises to help you improve your health.

$59.90 • Code: KT5307

Wudang Bundle
Wudang is legendary. For thousands of years, the Wudang arts were kept secret from the outside world. With this collection form Wudang Mountain’s ordained monk Zhou Xuan-Yun, you will learn authentic Wudang Kung Fu, Tai Chiquan, and Sword. Bundle contains 3 DVDs.

$119.85 • Code: KT3181
**Attack Drills Bundle**

Whether you are attacked on the street or fighting in the ring, you will only have a split second to react. Street violence is on the rise, and your training must involve simultaneous counters to be effective. The ultimate goal is to develop a reaction that simultaneously improves your position and worsens the position of the attacker—a reaction that protects you and harms him.

$89.90 • Code: KT5154

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**Attack Violence Bundle**

Rory Miller gives you the tools to prepare and prevail, both physically and psychologically. He shares hard-won lessons from a world most of us hope we never experience. Train fundamentals, combat drills, and dynamic fighting. Develop situational awareness. Condition yourself through stress inoculation. Take a critical look at your training habits.

$59.90 • Code: KT5086

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**Defensive Tactics and Pain Resistance Bundle**

Whether you are a law enforcement officer seeking to improve your edge or a martial artist wanting to expand your knowledge of street-proven techniques, you will find Defensive Tactics: Street-Proven Arrest and Control Techniques is filled with invaluable information to prepare you for even the most difficult scenarios.

$43.90 • Code: KT5758

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**Facing Violence Book & DVD Bundle**

Martial arts and self-defense are two different things! Unless you train with this in mind, it could go horribly wrong for you. Rory Miller, Lawrence Kane, and Kris Wilder have been working tirelessly to help martial artists and safety-minded people flush out what it takes to stay safe and stay out of jail, should a violent encounter happen to you. You will learn seven critical elements that must be understood if you are truly going to stay safe and out of jail for defending yourself. Includes 3 books and 1 DVD.

$92.80 • Code: KT3143
**Fighter's Fact Book Bundle**
These Fighter's Fact Books include hundreds of training methods drawn from the author’s vast experience, research, and interviews with top instructors from around the country. Loren W. Christensen shares lessons from his decades of martial arts training and law enforcement experience. This is an essential reference for every martial arts student and instructor.

$38.90  •  Code: KT5772

**Joint Locks and Infighting Bundle**
Develop your close-range combat reflexes and joint locking skills with Rory Miller. Infighting is close-range combat, in which you defend yourself while simultaneously controlling the opponent’s limbs, transferring his momentum, and forcing him off center. Offense and defense cannot be separated. You must be able to act on your opponent without needing to know what the opponent is doing, because by the time you know, it is too late.

$59.90  •  Code: KT4058

**Logic and Physics Bundle**
Fight Like a Physicist by Jason Thalken, PhD is an in-depth look into the physics behind martial arts. Whether you are an experienced martial artist or a curious enthusiast, this book gives you an “unfair advantage” by unraveling the complex science of effective fighting techniques and examining the core principles that make them work. Be prepared for an eye-opening reality check.

$46.90  •  Code: KT4065

**Rory Miller Library Bundle**
Use too much force and you are going to jail. Use too little force and you’re in for a world of hurt. If you do not know how to succeed at all six levels there are situations in which you will have no appropriate options. More often than not, that will end badly.

$94.75  •  Code: KT4089
Self-Defense DVD Bundle
Joint Locks by Rory Miller In this video, Rory Miller makes the case that the problem is not with the locks themselves, but with our teaching methods. Attack the Attack by Jeff Burger Sharpen your self-defense reflexes and learn split-second counterattacks with Coach Jeff Burger... INfighting by Rory Miller Develop your close-range combat reflexes with Rory Miller. This training can and should be incorporated into all fighting styles.
$89.85 • Code: KT5093

Surviving Armed Assaults and Violence Bundle
Surviving Armed Assaults-A Martial Artists Guide to Weapons, Street Violence, & Countervailing Force’ by Lawrence A. Kane teaches proven survival skills that will keep you safe on the street. Everyone, including experienced martial artists, security and law enforcement professionals, and concerned citizens will benefit from this vital information...
$49.90 • Code: KT5963

Training for Sudden Violence
Training Drills to Prepare for the Worst. The speed and brutality of a predatory attack can shock even an experienced martial artist. The sudden chaos, the cascade of stress hormones—you feel as though time slows down. In reality, the assault is over in an instant. How does anyone prepare for that? That’s why he has created a series of drills to train you for the worst of it, that will challenge you in ways that mere physical training does not.
$78.90 • Code: KT5147

Simplified Tai Chi Classic Bundle
Perfect for beginners! Grandmaster Liang, Shou-Yu teaches two of the most popular forms of Tai Chi, the ancient Chinese martial art which is often described as “moving meditation’. The popular “Simplified’ 24-posture form is demonstrated by Master Liang with martial fighting applications. The form is shown from several angles, with breathing instructions. The Standard 48-posture form is also demonstrated.
$46.90 • Code: KT4645
**Tai Chi 24 and 48 Bundle**
Book includes a new and modern easy-to-follow layout. Every tai chi movement is presented in 2-4 large photographs with clear instructions, followed by key points to help you learn properly. Simplified Tai Chi Chuan 24 Posture is the most popular tai chi form, and it can be performed in only six minutes. Simplified Tai Chi Chuan 48 Posture is a popular tai chi form practiced by those who want a longer, more challenging sequence.

$76.85 • Code: KT4072

**Tai Chi Ball Book-DVD Bundle**
Tai Chi Ball Qigong training is an important component of proper tai chi chuan practice. Dr. Yang offers you years of Tai Chi Ball training with this complete set of instructional material. The popularity of Tai Chi Ball training is no accident. Dr. Yang has worked tirelessly researching, compiling and developing these training resources. Bundle contains 1 book and 2 DVDs.

$104.85 • Code: KT3150

**Tai Chi Chin Na Bundle**
Learn joint locking with this book and 2-DVD set! Control Any Opponent with Simple, Powerful Joint Locks. Chin Na (Qin Na) is the art of seizing and controlling an opponent. It is a fast, effective way to subdue an attacker using joint locks, cavity press, bone misplacement, muscle grabbing, and artery sealing. Tai Chiquan is a traditional martial art, and Chin Na is an important part of your complete Tai Chi (Tai Chi) training.

$98.90 • Code: KT4720

**Tai Chi Dynamics Bundle**
The Tai Chi Book is a detailed guide for students who’ve learned a Tai Chi form and want to know more. It also introduces beginners to the principles behind great Tai Chi, and answers common questions that all of us have. In addition, he applies logic and basic scientific principles of anatomy, physiology, and physics to muscular action, breathing, and alignment in Tai Chi movement and push-hands.

$58.85 • Code: KT5833
**BUNDLES (DVDS & BOOKS)**

**Tai Chi Fighting Bundle**
Discover the martial side of Tai Chi with this very exciting collection. After you learn a solo Tai Chi form, done some Pushing Hands, and have become proficient, it may be time to go to the next level. Dr. Yang shows you how martial movements flow right from the techniques in the Yang-style long form. Included in this collection is a rare two-person Tai Chi sequence! Artial techniques easily. Bundle contains 3 DVDs.

$129.85 • Code: KT3297

**Tai Chi Fit Bundle**
Stay active with a new Tai Chi Fit workout every day. Collect the Tai Chi Fit DVD series from David-Dorian Ross. Includes all four DVDs, Tai Chi Fit: FLOW, STRENGTH, TO GO, and OVER 50. These workout videos use simple Tai Chi moves to get you into the flow, and get an energizing workout.

$119.80 • Code: KT5734

**Tai Chi Martial Applications Bundle**
Discover the Martial Art of Tai Chi Chuan. Tai Chi Chuan is an ancient internal Chinese martial art which has gained widespread popularity for its many health benefits. This program offers practical martial applications for each of the 37-postures of traditional Tai Chi, based on the forms passed down by Yang, Ban-Hou.

$69.90 • Code: KT5161

**Tai Chi Pushing Hands Bundle**
After learning a solo Tai Chi form, the next step is working with a partner (pushing hands). Dr. Yang shows you how the movements of push hands flow right from the form!. He provides all the details from basics to advanced training so you can learn systematically, and efficiently. Pushing hands is fun, challenging, and will deepen you Tai Chi experience. Includes solo training and partner training routines. Bundle contains 3 DVDs.

$120.80 • Code: KT3167
**Tai Chi Qigong Bundle**
Tai Chi Qigong is an ancient Chinese set of exercises which develops the strength and flexibility of the body, increases your vitality, and promotes deep relaxation. The movements also prepare your body and mind for great TAI CHI (Tai Chi) practice by loosening your joints, warming your muscles, stimulating your Qi (energy) flow, and sharpening your concentration.

$60.90 • Code: KT4713

**Tai Chi Starter Bundle**
Learning traditional tai chi chuan (taijiquan) requires patience, perseverance, and a plan. With this carefully assembled bundle by Dr. Yang, Jwing-Ming, you can be assured that you have a well developed plan for success to begin your traditional tai chi journey. The tai chi path is filled with rewards large and small, each following a challenge won. Bundle contains 2 books and 3 DVDs.

$99.99 • Code: KT3204

**Tai Chi Sword Bundle**
Tai chi chuan is a kind of moving meditation with ancient roots in Chinese martial arts. Beyond the bare-hand tai chi form awaits the elegant and highly effective tai chi sword, which has long been considered the highest achievement in tai chi training. The beautiful and flowing tai chi sword form will strengthen your body, sharpen your mind, and raise your spirit.

$66.90 • Code: KT4003

**Tai Chi for Depression Bundle**
This is designed to help readers understand depression and make positive changes to overcome it. Dr. Kuhn teaches a unique tai chi form as well as qigong and meditation. The form is easy to learn, easy to remember, and easy to practice. Dr. Kuhn’s multidisciplinary approach to mental health also focuses on positive thought, a healthy diet, and self-confidence.

$32.90 • Code: KT5956
**BUNDLES (DVDS & BOOKS)**

**Tai Chi in 10 Weeks Bundle**
Tai Chi In 10 Weeks: Beginner’s Guide by Dr. Aihan Kuhn  This book is designed to guide beginning students through the fundamentals of tai chi in ten weeks. Natural Healing with Qigong, Therapeutic Qigong by Dr. Aihan Kuhn  In this book, Dr. Kuhn effectively explains and demonstrates how Therapeutic Qigong is a valuable and important adjunct to good health care.

$33.90 • Code: KT5857

**Yang Tai Chi Beginner Bundle**
Tai Chi Chuan is a kind of moving meditation with ancient roots in Chinese martial arts. In this program, Dr. Yang, Jwing-Ming teaches you the complete traditional Yang-style long form step-by-step, while explaining the meaning of each movement. Yang Tai Chi is the most popular style in the world, and it is practiced by millions of people every day. Regular practice can benefit your strength, flexibility, bone-density, and muscle mass.

$54.90 • Code: KT4027

**Saber DVD Bundle**
Saber training develops the fundamental skills required for all other short weapons training, and it is traditionally the first short weapon learned in Chinese martial arts. Dr. Yang, Jwing-Ming teaches the history of the Saber (Dao) and discusses the strategies and proverbs related to the Saber. He explains the differences between Saber styles with examples from his private collection.

$79.90 • Code: KT5321

**Staff Bundle**
A comprehensive, methodical approach to building staff skills  If you are already a student of the staff, these lessons will not conflict with your katas or current style. Instead, they will augment your techniques, broadening your options. Whether you are an experienced staff fighter or a layman seeking practical techniques for self-defense, The Art and Science of Staff Fighting will help you develop the skills you need.

$62.90 • Code: KT5291
Staff DVD Bundle
Learn the first two staff sequences taught in Shaolin Kung Fu. Includes solo and partner drills and martial applications. Dr. Yang, Jwing-Ming teaches Staff fundamental training and partner matching practice. The techniques are compiled from Tai Chi Chuan (Tai Chi Chuan) and Shaolin White Crane Gongfu (Kung Fu), offering uniquely comprehensive instruction of Southern-style Soft and Soft-Hard Staff training.
$79.90 • Code: KT5338

Weapons Bundle
In traditional martial arts, Staff, Saber, and Sword, in that order are the normal progression of weapon training. In this highly instructive collection, Dr. Yang will teach you the basics to intermediate level for each weapon and how proper learning creates a natural progression by building upon the foundations of each. Weapon training is exciting, and an important part of traditional arts. Bundle contains 3 DVDs.
$119.85 • Code: KT3235

Xingyi Bundle
Master Liang, Shou-Yu and Dr. Yang, Jwing-Ming work together to reveal the essence of Xingyiquan (Hsing Yi Chuan). The book presents traditional Xingyiquan training, including two sequences with many of their martial applications, and the famous fighting set “An Shen Pao”. The most unique part of this book is the discussion of Xingyiquan theories and principles, drawn from many of the ancient poems and songs. The companion DVD brings the training to life revealing the precision of proper Xingyiquan training. Combined, you will have the tools necessary to build a solid foundation in the style of Xingyiquan. Bundle contains 1 book and 1 DVD.
$56.90 • Code: KT3228
Tai Chi Ball Polish
This polish nourishes and protects your tai chi ball, giving a deep and rich glow. Kit contains one 2 oz. tin of polish, one stand, and one cotton polish glove.
$19.95 • Size: ---- • Weight: 1/4 lbs • Code: TCBP2

Starter Balls
Handmade wood Tai Chi Balls (pair). This set of two 4” balls fit in the palms of your hands. Starter Balls are handmade of poplar wood in the USA, and finished with a natural wax.
$79.95 • Size: 4” • Weight: 1 1/2 lbs • Code: TCBXS

Basic Ball
Handmade wood Tai Chi Ball. The Basic Ball is 2-3 lbs, 6” diameter. Finished with natural wax. Handmade in the USA of sustainable poplar wood. This lightweight ball is ideal for beginners.
$79.95 • Size: 6” • Weight: 2-3 lbs • Code: TCBS

Intermediate Ball
Handmade wood Tai Chi Wood Ball. The Intermediate Ball is 4-5 lbs, 7” diameter. Finished with natural wax. Handmade in the USA of sustainable red oak wood.
$109.95 • Size: 7” • Weight: 4-5 lbs • Code: TCBM

Advanced Ball
Handmade wood Tai Chi Ball. The Advanced Ball is 7-8 lbs, 8” diameter. Finished with natural wax. Handmade in the USA of sustainable red oak wood.
$139.95 • Size: 8” • Weight: 7-8 lbs • Code: TCBL
Tai Chi Ball - Halo
The exquisite HALO ball is made of layers of sustainably-farmed red oak hardwood, with a halo of white maple through the center.
$239.95 • Size: 7” • Weight: 4-5 lbs • Code: TCBMA4

Artisan Tai Chi Ball - Modern
The MODERN ball has a retro-future design with intricate pieces of sustainably-farmed oak, maple, mahogany, and cherry.
$296.00 • Size: 7” • Weight: 4-5 lbs • Code: TCBMA1

Artisan Tai Chi Ball - Saturn
The exquisite SATURN ball is made of layers of sustainably-farmed maple, mahogany, cherry, and walnut.
$296.00 • Size: 7” • Weight: 4-5 lbs • Code: TCBMA2

Artisan Tai Chi Ball - Eclipse
The elegant ECLIPSE ball is made almost entirely of sustainably-farmed walnut wood, with mahogany and/or cherry inlays. The smooth, polished walnut wood has a classic and dignified look and feel.
$296.00 • Size: 7” • Weight: 4-5 lbs • Code: TCBMA3
**Stainless Steel Kung Fu Broadsword**
The saber (dao) is used defensively and most often used for blocking. The dull, back edge of the blade blocks, followed by stabbing or cutting with the sharp edges. The saber is considered the prince of short armaments, and is traditionally learned before moving onto sword (jian) training.

$79.99 • Code: SGBM32

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**Black Stealth Sai**
The sai is mainly used for defense. Legend has it that the sai was originally used as a hairpin, and later derived into a dagger like very short armament. Designed for very close fighting, the sai does have some offensive stabbing and striking techniques.

$54.99 • Code: SGBS

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**Wood Training Saber**
The saber (dao) is for defense and most often used for blocking. The dull, back edge of the blade blocks, followed by stabbing or cutting with the sharp edges. The saber is considered the prince of short armaments, and is traditionally learned before moving onto sword (jian) training. This wood saber is great for practicing your forms before progressing to a metal saber. This is a safe way to develop good habits for yourself and partner.

$19.99 • Code: SGBW33

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**Sword Case**
The best sword case on the market! Constructed from sturdy black nylon, the Sword Case has dual pockets and Velcro elastic straps to secure your weapons, plus a padded separator to keep them from banging into each other.

$29.99 • Code: SGSCAS
**Single Stainless Steel Straight Sword**
The sword (jian) is mainly used for defense. It requires a strategy of calmness in action. Sword training helps practitioners develop patience, calmness, and bravery. The double edged sword in considered the king of short armaments.

$79.99 • Code: SGSM32

**Wood Training Sword**
The sword (jian) is mainly used for defense. It requires a strategy of calmness in action. Sword training helps practitioners develop patience, calmness, and bravery. The double edged sword in considered the king of short armaments. This wood jian is great for practicing your forms before progressing to a metal sword. This is safe way to develop good habits for your self or a partner.

$19.99 • Code: SGSW36

**Yin Yang Sai**
The sai is mainly used defensively for trapping and blocking. Legend has it that it was originally used as a hairpin, and later derived into a dagger like very short armament. Designed for very close fighting, the sai does have some offensive stabbing and striking techniques. This is a Southern style sai.

$54.99 • Code: SGYYS
Gongs and Drums for Celebration 2
Celebrate the Chinese New Year with traditional gongs and drums music. Great for school demos.
$15.50 • Code: CD1014

Drum Music Land
Grammy-nominated Chinese drum and flute album by Ten Drum Percussion Group
$15.50 • Code: CD1033

Zen Rhythm
Skillfully bringing the mellifluous timbre of the Guzheng into the spirit of Buddhist music, luminous imagery that puts the body at ease and the mind at rest. This peaceful music is meant to help you visualize the scenery of the ancient, sacred monasteries in tranquil mountains. The classical rhythm of the Kucheng, fused with brisk tones of the modern synthesizer, depicts the clouds drifting, streams running and temple bells ringing.
$15.50 • Code: CD2047

Tai Chi Melody
A special collection helps you (the Tai Chi practitioner) to concentrate your mind and make Tai Chi movements coordinate with your breath. The music tone is composed in accordance with the series of motions in many Tai Chi forms. Following the rhythm of the music, one is able to relieve stress and improve health when practicing Tai Chiquan.
$15.50 • Code: CD3101
Qigong Melody
From Mainland China, this music is composed especially for use in Qigong meditation. Graceful weaving of plucked and hammered strings, flutes, delicate percussion and other native instruments help soothe the body and invigorate the spirit, providing an excellent environment for any type of Qi related practice.

$15.50 • Code: CD3102

Metal (5 elements)
The music of Metal resonates with and strengthens the lung and respiratory system. It is good for treating all respiratory system issues. Also, a disease associated with over activity of the liver (Wood) is treated using music which can control the activity of the Wood Element. Since Metal overcomes Wood, Metal music is applied, overcoming and neutralizing the liver’s activity and restoring balance to the bodily functions.

$15.50 • Code: CD3109

Wood (5 elements)
Earth, Metal, Wood, Fire and Water correspond with the spleen, lung, liver, heart and kidney respectively. These body organs also correspond with certain musical modes (Kung, Shang, Cheuh, Jyy, and Yu) assist in bringing about greater organ function efficiency.

$15.50 • Code: CD3110

Fire (5 elements)
Throughout ancient Chinese history, renowned healers used the correspondence of the five musical tones with the five internal organs, in combination with these elemental creation and control relations, as a basis for treatment of illness with music therapy. The music of Fire resonates with and strengthens the heart organ-system, stabilizing the pulse.

$15.50 • Code: CD3112
Earth (5 elements)
Originally designed to permit more effective treatment of illness, this music’s capacity to counter Elemental imbalance on biological, psychic, and emotional levels makes it unique among healing and therapeutic music. Earth music resonates with and strengthens the spleen/pancreas organ-system, increasing appetite and improving digestion. It also invigorates the Qi, a Chinese concept of energy balance within each individual.

$15.50 • Code: CD3113

Shang Tone (Metal/Lungs)
Shang Tone relates to Metal Qi. The music starts with metallic sounds of the luo (gong) and pieng-chung (bells). It helps to induce the Lung Qi inside the body. Breathe slowly and deeply while listening. CD series performed by the Central Chinese Music College Orchestra.

$15.50 • Code: CD3116

Chueh Tone (Wood/Liver)
The action of this music on the body and the Qi circulation result in improved mental and emotional health, which will regulate the functions of the organs themselves. Chueh Tone relates to Wood Qi, which is expressed by the di (bamboo flute) leading the melody. It helps to release excessive Qi inside the body.

$15.50 • Code: CD3117

Sleeping
Due to the modern lifestyle, many people suffer from sleeping disorders caused by stress. “Music for Efficient Sleep sounds unwieldy, but the soothing tones of the Shanghai Chinese Traditional Orchestra produce results! After listening to this music, I had the most intense dreams I’ve had in over a year...” - J. Poet, PULSE Magazine

$15.50 • Code: CD3121
**Tranquility**
Wang, Jian-Ming (composer) tries to represent the sounds of nature in this work. The music shows seven harmonious cadences of sounds, which resemble the union of the interacting Yin & Yang. It creates a tranquilizing atmosphere and helps listeners to relax and regain vitality.

$15.50 • Code: CD3135

**Return to Simplicity**
Composer Wang, Jian-Ming was inspired by Yin / Yang theory and the thoughts of Lao Tzu and Chuang Tzu when he designed this CD to be a gentle brain massage to help you to mentally and physically relax.

$15.50 • Code: CD3136

**Tiger (Feng Shui)**
The proper cycle of arrangement of the five elements generates productive Qi (Chi) circulation in the human body and living environment. Tiger represents “the god of the west”, associated with the element of metal and with “shang” of the five Chinese tones. The music is forceful and energizing, full of productive energy which keeps away evil spirits, alters ill fortunes, and brings good luck to your household.

$15.50 • Code: CD3138

**Phoenix (Feng Shui)**
Each element is related to one of the five tones of traditional Chinese music. Phoenix represents “the god of the south”, associated with the element of fire and with “jyy” of the five Chinese tones. The music is lively and relaxing, and is believed to be beneficial for the heart and blood circulation.

$15.50 • Code: CD3139
**Tortoise (Feng Shui)**
The combination of corresponding elements and tones can release a powerful energy that opens the door to a new world of health, luck and happiness. Tortoise represents “the god of the north”, associated with the element of water and with “yu” of the five Chinese tones. It is believed that its soothing and tender music can soften one’s excitable temperament, and prevent fatal dryness caused by an excess of the metal element.

$15.50 • Code: CD3140

**Serpent (Feng Shui)**
“...designed to help us improve our lives through the energy released from music... Highly recommended!” - The Leading Edge Review Magazine. Summer 1996. Serpent represents “the god of the center”, associated with the element earth and with “kung” of the five Chinese tones. The music reflects the terrestrial characteristics of earth and is believed to have therapeutic functions for people lacking earth energy.

$15.50 • Code: CD3141

**Awaiting Joy - Prenatal Music**
Composed especially for pregnant women, the calm, smooth, and elegant prenatal music was made attuned to the mother-to-be’s biological rhythms, such as her heartbeat, breathing, digestion, and blood circulation to create an environment that is able to alleviate anxiety and soothe discomfort. Through prenatal learning, parents hope to improve the development of their baby.

$15.50 • Code: CD3159

**Hope of Delight - Prenatal Music**
Designed especially for children in the womb, this music is composed of lively, happy, and simple melodies and rhythms that meet the fetus’ need for auditory stimulation. This stimuli can help the development of the baby’s brain and body, which will establish a solid foundation for future growth. The rhythms and tempos of the music match the biological rhythms of both the baby and the mother.

$15.50 • Code: CD3160
Zhan Zhuang Gong - Standing Meditation

Zhan-Zhuang Gong (stationary posture Qigong) is a traditional martial arts training which was originally used by practitioners to strengthen their sinews. It has since been discovered that this simple practice benefits one’s body and mental well-being to a significant degree. It is now widely used as a method for improving your physical, mental, and energetic state.

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Ba Duan Jin (Eight Brocades Qigong)

This music is designed to follow along with “The Eight Pieces of Brocade” (Ba Duan Jin) Qigong Set. Composer Wang, Xu-Dong offers three parts of music for the three styles of Ba Duan Jin: Regular (standing), Sitting, and reclining styles. Exercising with the accompanying music is an enjoyment in itself. The relaxing melody will lead you through the exercise and will help you on your path to fitness.

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Chinese Feng Shui Music

This CD is a sound device to balance the energy and health of your home and body. Combination of all Five Animals Feng Shui music, Dragon, Tortoise, Phoenix, Serpent, Tiger. Feng Shui changes a home’s energy and consequently the owner’s fortunes, and also helps balance a person’s Qi—inner flow of energy. While soothing you with colorful melody of bells, wind chimes, bamboo tubes and other Chinese instruments.

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Chinese Massage for Heart

Massage can activate one’s metabolism, integrate bio-energy (Qi) and balance one’s Yin and Yang energy. This album is designed to be a musical massage to ‘press’ the right spots in your mind, soothe your tense muscles, and to let your spiritual power flow. The moving Er-hu (Chinese fiddle) and cello will first relax your body, and then the flute and Pipa (Chinese lute) will clarify your emotions.

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Gong Fu (Kung Fu)
“The true key of Gong Fu lies in one’s mind. To master a martial art is to master one’s mind, and therefore, ‘mind’ has become my major concern. In fact, Chinese love Gong Fu so much; not just because of physical benefits, but also because of their hope to achieve a state where they are one with heaven. A Gong Fu master can control his movements with quietness and defeat chaos with lucidity for he knows his heart lies in the Tao.

$15.50 • Code: CD3168

Sleep for Body and Mind
This album by Dr. Wang Xu-dong blends Chinese New Age music with the principles of Chinese medicine for treating sleeplessness, using various Chinese musical instruments that produce ethereal and flowing sounds. The music is effortless and mellow combined with rhythms that help calm the spirit, release all pressure, and put an end to sleepless nights.

$15.50 • Code: CD3169

Musical Nutrition
Your liver and stomach love to listen to music too! As the Chinese medical classics say: ‘The liver likes music. The liver relaxes once it hears good music.’ This CD aims at soothing your digestive system with graceful music that helps you relax and absorb the nutrition of food. Musician Dr. Wang Xu-dong adopts ancient medical theory to cook up this Chinese New Age musical diet.

$15.50 • Code: CD3170

Chinese Tea Ballads
A collection of modern Chinese musicians’ adaptations of traditional ballads, with instrumental music of the erhu, pipa, guzheng, and di. The melodies of the tea farmer’s garden singing are now enlivened to suit sophisticated modern listeners without losing its traditional meaning of celebrating the beauty of nature.

$15.50 • Code: CD4016
Flower Goddess
In China, every month in the lunar calendar has a representative flower which blooms in that particular month, and a beautiful lady or talented poet is revered as an associated flower deity. This music describes the beauty and unique quality of the six most well-loved flowers as well as flower goddesses. These soft and easy-to-listen to tunes all feature traditional musical instruments such as the guzheng, di, erhu, and paixiao.

$15.50 • Code: CD4505

Bamboo in the Wind
Performed by Hwa-yun Bamboo Orchestra. A great variety of bamboo instruments, along with elegant female vocals, makes this CD a dream for any New Chinese music lover. Many of the instruments are ancient heritage rediscovered and used for the first time for a modern audience, such as xiang, low-tone bamboo board qin, high-tone bamboo qin, large bamboo pipe, bamboo bong, and bamboo sand pipes.

$15.50 • Code: CD4508

Chinese Lullabies (Children’s Choir)
Through the clear voice of the Beijing Angelic Choir, a series of ethereal lullabies and folk songs has captured the fans of new age, classical and choir music, bringing delight to every note of the melodies collected from different regions of China and Taiwan, creating the familiar feeling of tenderness and comfort.”If anyone still needs proof of the existence of angels, this album leaves no room for doubt.

$15.50 • Code: CD5013

Gongs and Drums 3
Chinese Festive music is characterized by a joyful spirit and a large-scale instrumental ensemble. This album, Chinese Festival, contains nine famous pieces of cheerful festive music popular in Taiwan and the Chinese main-land. It was completed through the cooperation of the Chinese Music Conservatory’s Folk Music Ensemble and other master musicians of Chinese gong and drum music.

$15.50 • Code: CD5205
Mantra of Joy
The secret words of the Mantra of Joy “on dalieh du dalieh dulieh souha” are the ‘Green Tara’ mantra of Tibetan Buddhism. This mantra can not only eliminate disease, troubles, and disasters, but also bring blessings, longer life and the wisdom to transcend one’s cycle of reincarnation. This traditional-modern fusion mantra music shines with high-tech recording, innovative female vocals, Indian folksong spirit and light dance beats.

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Dance of the Cherry Blossoms
A true story. Dwelling alone on top of the highest mountain, a man had planted six hundred mountain cherries each year. His mission was to fill this mountain pinnacle with cherry blossoms. He wishes to be together with the elements of Nature, whether it be rain or wind, or sunshine. Use this album as a spiritual purge.

$15.50 • Code: CD6007

Tathagata
Tathagata is the soundtrack of Buddha’s enlightenment. Grammy-nominated for cover design.

$15.50 • Code: CD9192

Spirit on Two Strings 1
‘Symphony played by two strings’ is the compliment that music critics have for Chen Jie-bing’s Hu-Qin (er hu) performance. The unique style of her performance is a successful combination of both oriental and western performing skills. This particular album of Chinese traditional melodies combines the excellence of performer Chen Jie-bing and Grammy-winning engineer Kavichandran Alexander.

$15.50 • Code: SM1001
**Spirit on Two Strings 2**

Superb recording brings this album of extraordinary high-quality to reality, and displays the magic of erh-hu in full. Chen Jie-bing performs a variety of Chinese folk melodies with five different kinds of hu-qin.

$15.50 • Code: SM1002

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**Masterpieces of Chinese Traditional Music**


$15.50 • Code: SM1005

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**Pastoral Song**

Bamboo Flute Duet. The skillful performance of Luo Shou-Cheng and the professional recording technique of Kavichandran Alexander interweave to create an ambient space where di and xiao display their magic in full.

$15.50 • Code: SM1007

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**Reminiscence**

Chinese Violin and Bamboo Flute duet. Touching and expressive, the guqin and xiao together create an reminiscent atmosphere, in which the sounds of the guqin and xiao vibrate with each other and become one. Performers: guqin by GONG Yi & xiao by LUO Shou-cheng.

$15.50 • Code: SM1009
String Glamour
A magnificent player of erhu, YU Hong-mei is a charming young lady whose interpretation of the Chinese instrument has received acclamation and won her many international awards. She plays with affection and sincerity, and a female touch adds to the instrument a special tenderness and delicacy. These solo instrumentals come from many parts of China.
$15.50 • Code: SM1010

String Passions
Like a song sung by the heavenly choir, YU Hong-mei’s erhu performance in the century-old church in California is a touching interpretation of the instrument. She plays with breathtaking style: delicate; passionate; sorrowful; buoyant. This album collects many classic solo pieces that depicts the lives and feelings of the people dwelling in the vast land of China. Their emotions seem to have been revived through her interpretation.
$15.50 • Code: SM1011
“Those of us who have been training for a while and have used our skills in the mean streets know that this is the way it really is. Sometimes our techniques drop people like the proverbial sack of spuds, and other times people eat our sure-thing punches and kicks and keep on coming.”

*Loren W. Christensen*

“We live in a very complex world. Many of us are overloaded with information, technology, apps, consumer goods, foods, clothing, stuff, activities, and events. Because of this, many of us feel overwhelmed, and don’t remember how to breathe anymore. Others may even feel they need to acquire more.”

*Dr. Aihan Kuhn*

“The value of life involves two distinct aspects: the physical—life itself or the actual human “being” of aliveness—and the metaphysical in orbit around it that is everything we consider worthwhile in life—our loves, ambitions, and desires, including our sense of oughtness referenced within morals, ethics, justice, and rights.”

*James V. Morganelli*

“Now is the time to start your action and make things happen. We all have different plans even though we have similar goals. We must put theory into action. Without action, nothing works. As unique as each of us is, as individually tailored as each healing plan might be, there is one item that should be on everyone’s list: exercise.”

*Catherine Kurosu*
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