

YMAA PUBLICATION CENTER


SUMMER & FALL 2019

TAI CHI • QIGONG • MARTIAL ARTS • SELF-DEFENSE

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“YMAA Publication Center was established so that westerners could access the profound Oriental developments in qi, martial arts, and spiritual cultivation. As one of the pioneers in this exchange, YMAA will continue to mark the path between East and West. It is our hope that this path will lead to a new, benevolent society.”

—*Dr. Yang, Jwing-Ming*

It's happening!

Awareness of the benefits of martial arts, tai chi, and qigong is increasing in mainstream health consciousness. Everywhere, people are making the leap to a fitness regimen that includes these exercises. Whether using tai chi and qigong as a primary fitness activity or in conjunction with an ongoing wellness program, we are seeing widespread acceptance of the very real benefits that these activities offer for your health and wellness.

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We are committed to continuing this important work—to empower you with the important health and safety benefits that martial arts have to offer.

—*David Ripianzi, Publisher*

PAGE	ITEM
4	Books
42	DVDs
72	Bundles
86	Tai Chi Balls and Accessories
88	Training Equipment
90	Music CDs
102	Order Form

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Spelling of Chinese Words

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

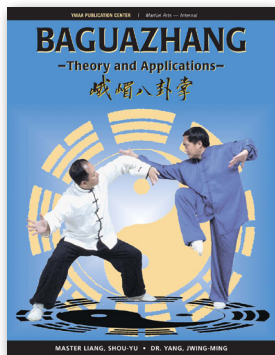
Pinyin	Also Spelled
qi	chi
qigong	chi kung
jin	jing
gongfu	kung fu
taijiquan	tai chi chuan

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Baguazhang



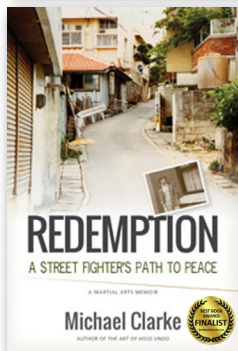
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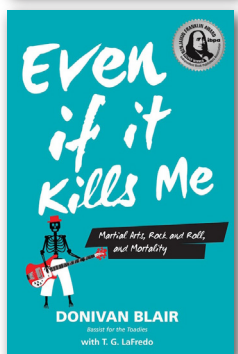
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Michael Clarke

Michael Clarke was a street fighter, an angry kid. He grew up in the late sixties in Manchester, England, and lived in a rough neighborhood where, he writes, --Prostitutes worked the pavement opposite my home, illegal book-makers took bets in back alley cellars, and street brawls were commonplace.

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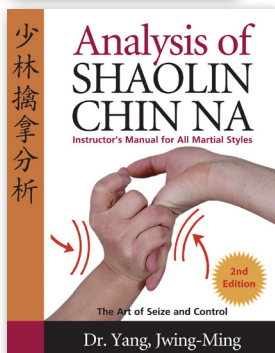
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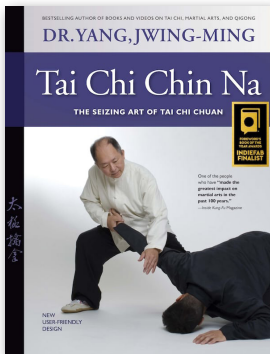
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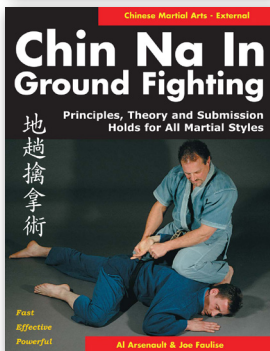
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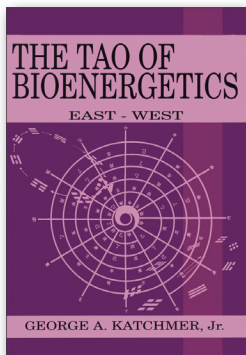
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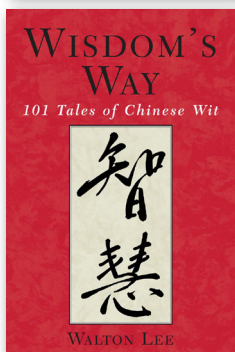
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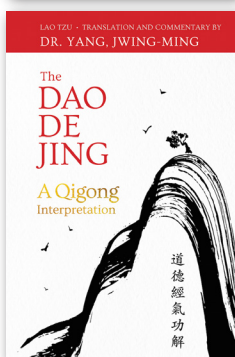
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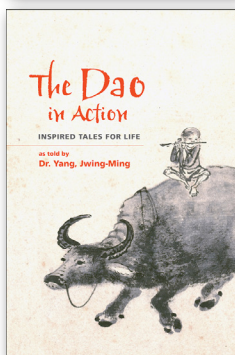
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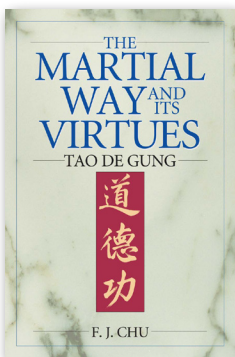
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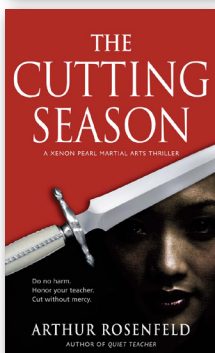
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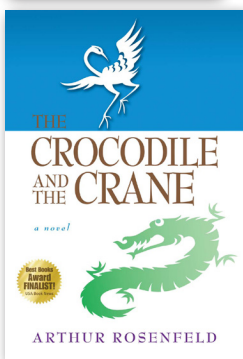
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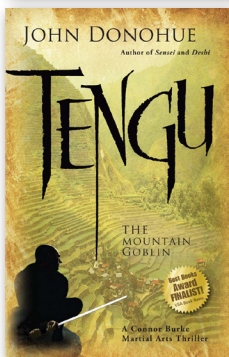
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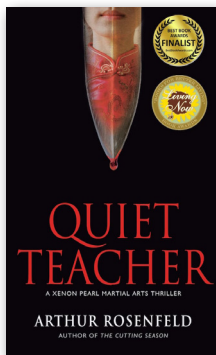
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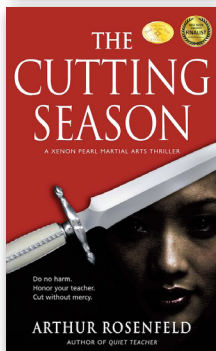
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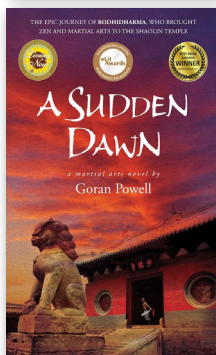
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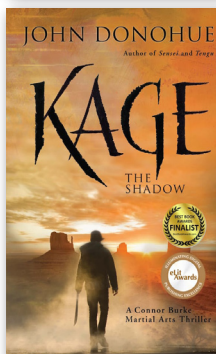
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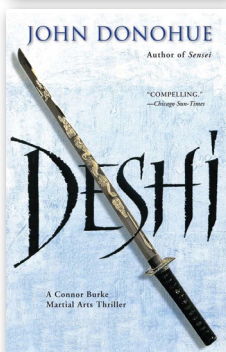
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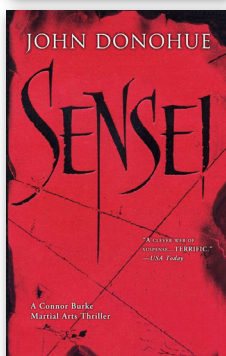
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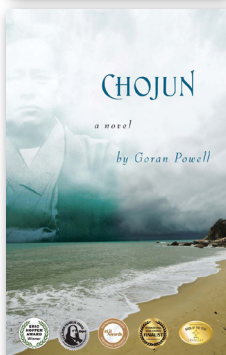
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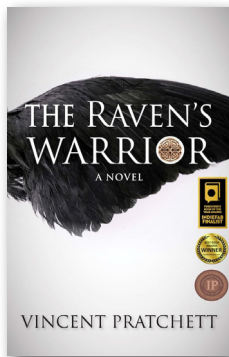
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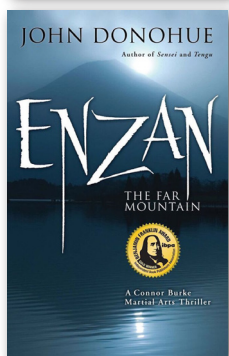
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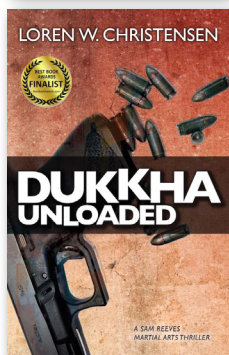
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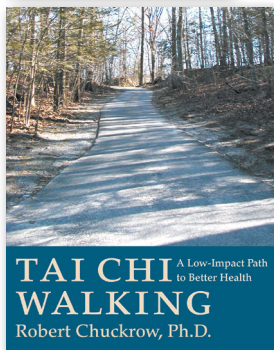
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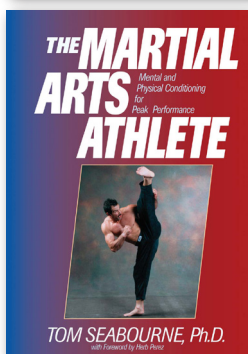
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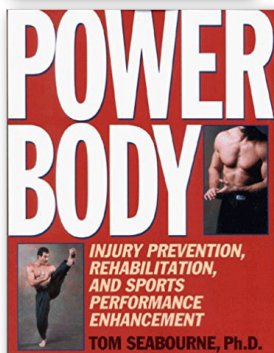
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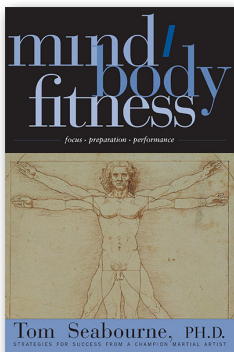
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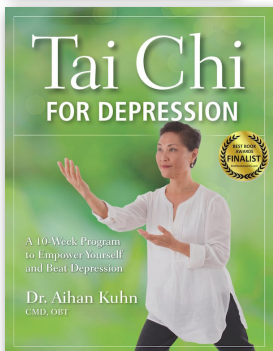
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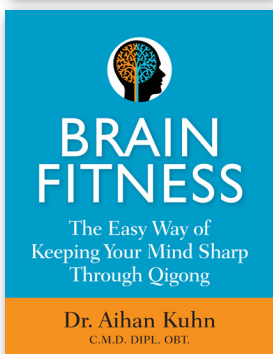
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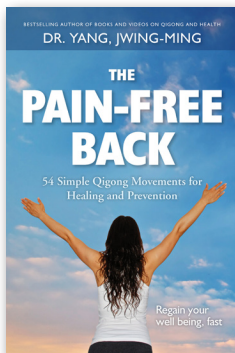
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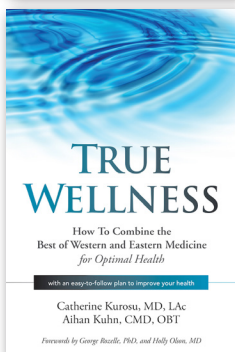
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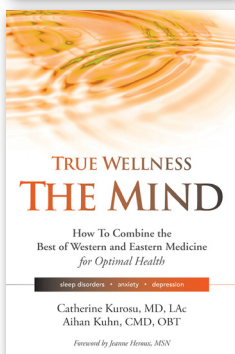
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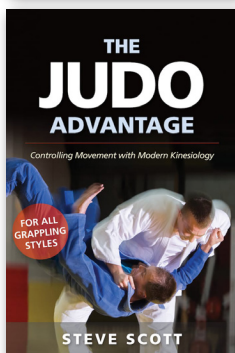
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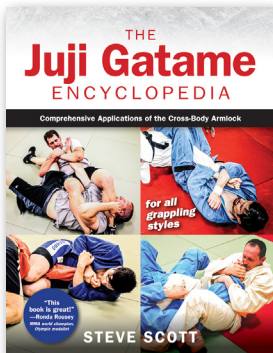
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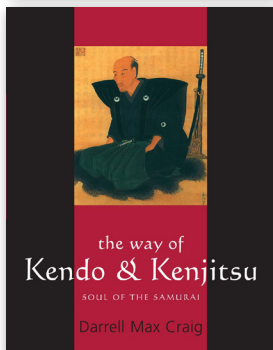
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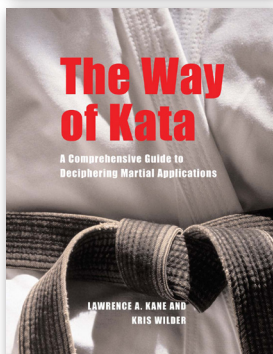
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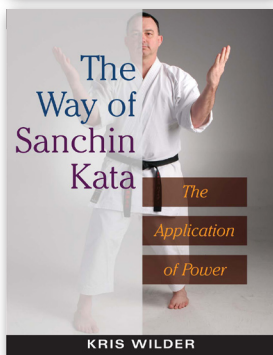
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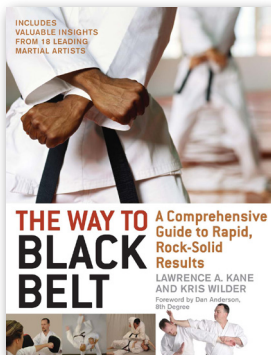
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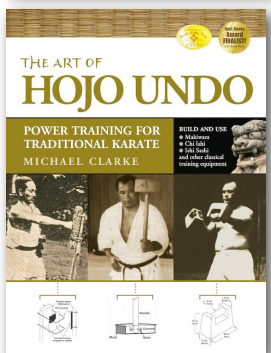
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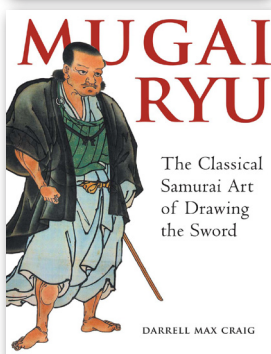
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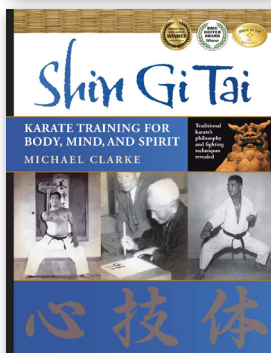
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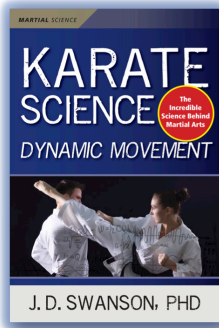
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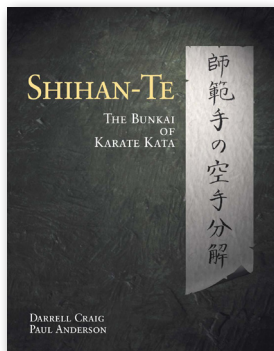
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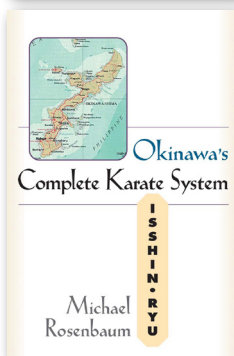
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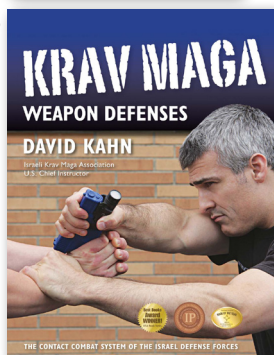
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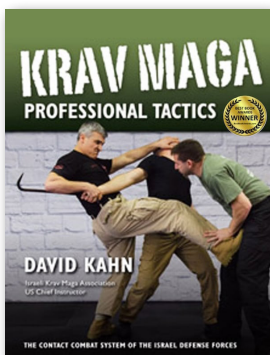
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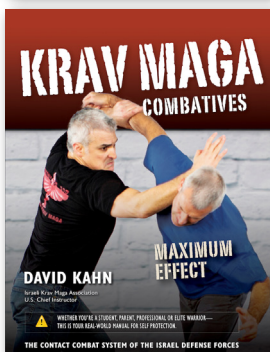
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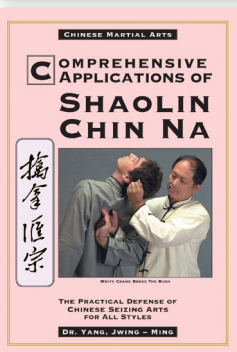
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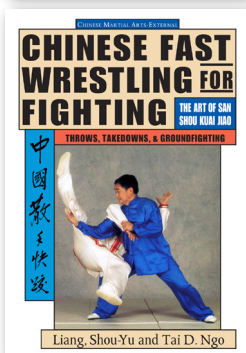
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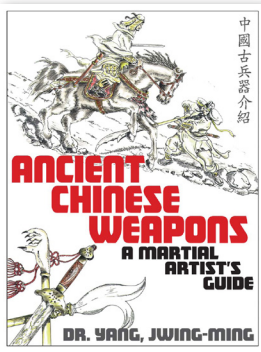
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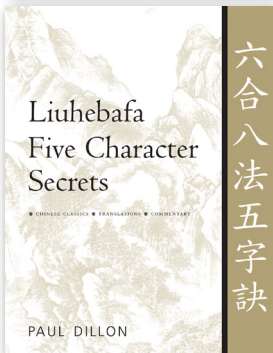
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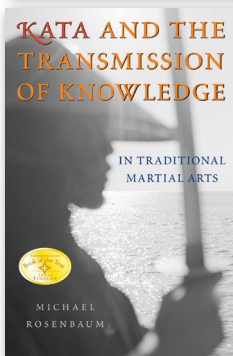
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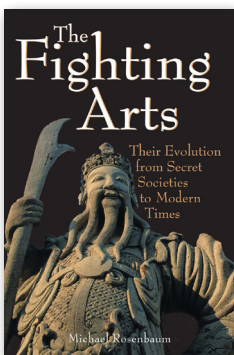
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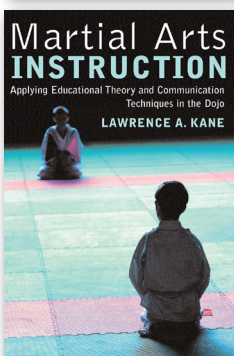
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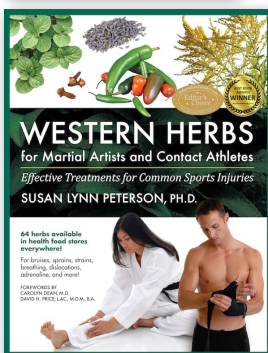
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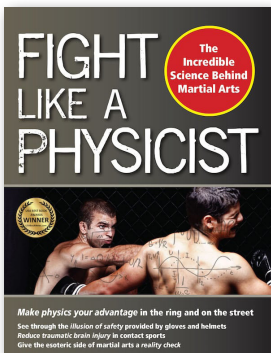
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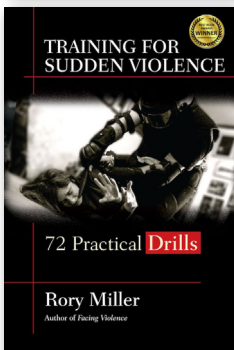
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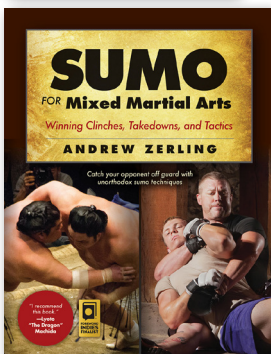
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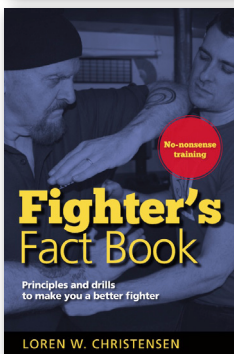
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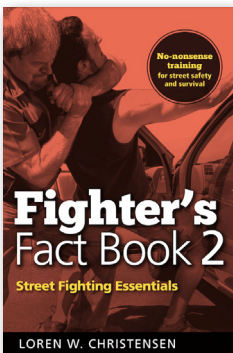
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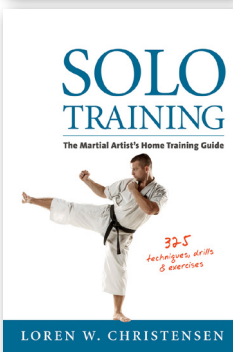
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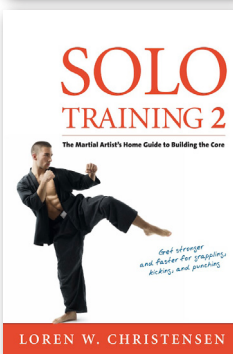
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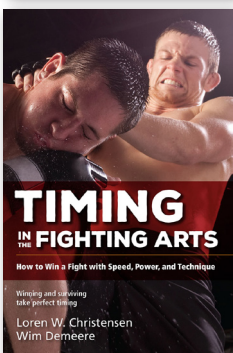
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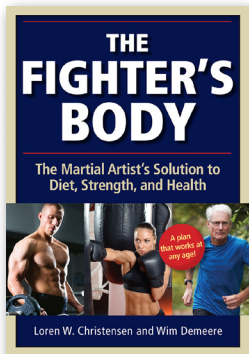
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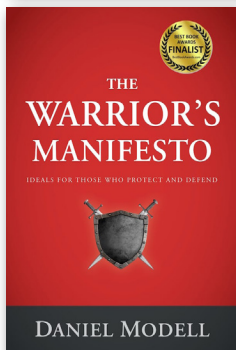
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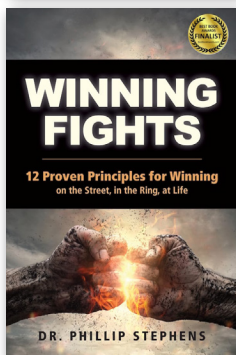
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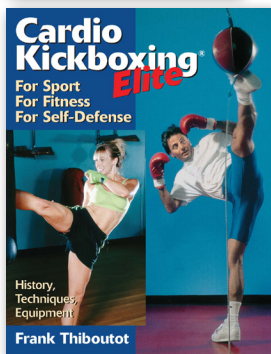
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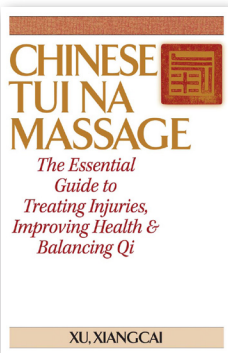
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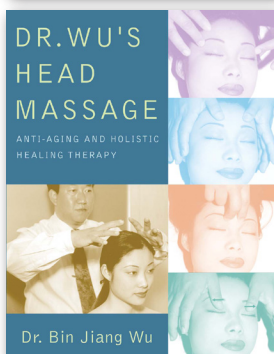
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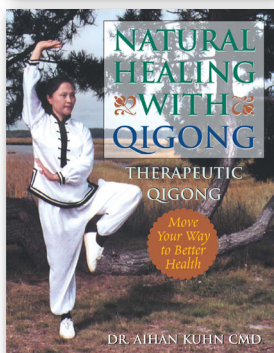
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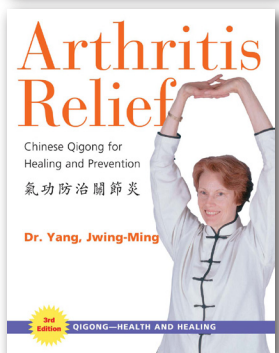
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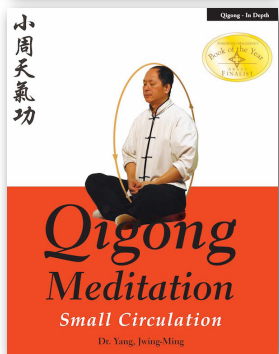
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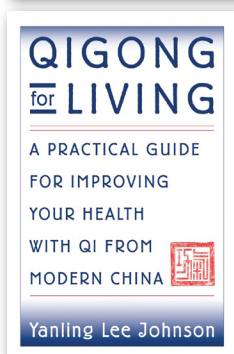
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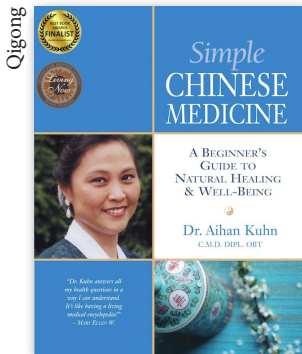


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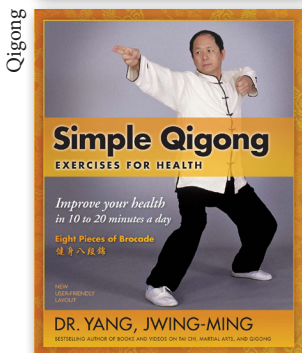


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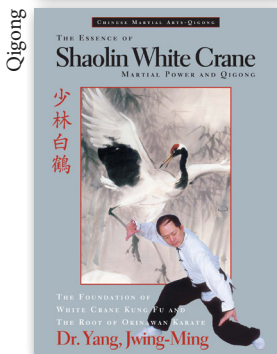


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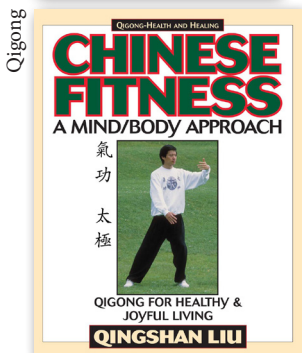


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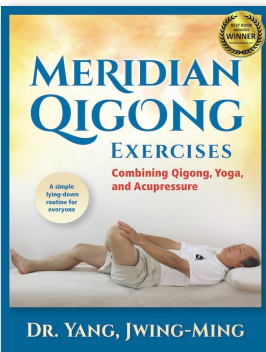
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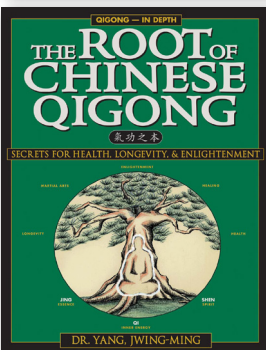
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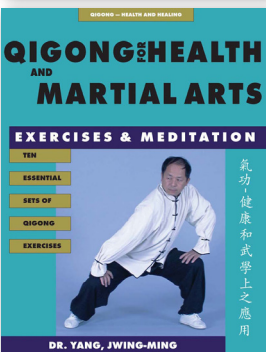
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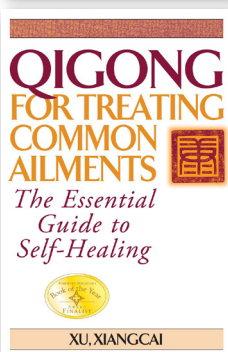
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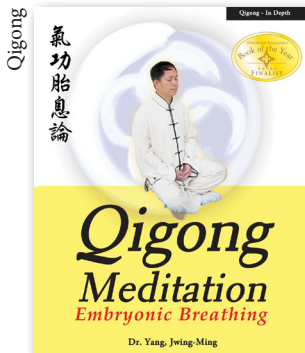


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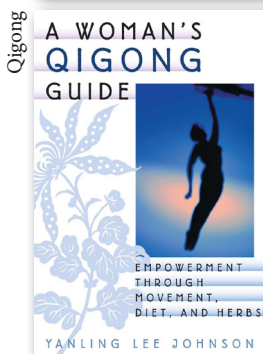


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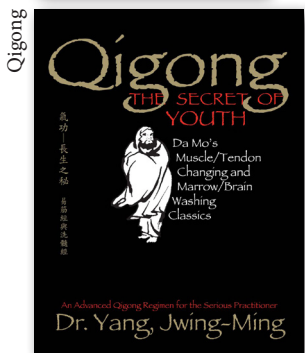


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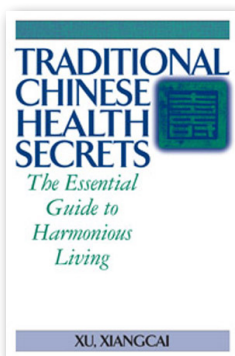
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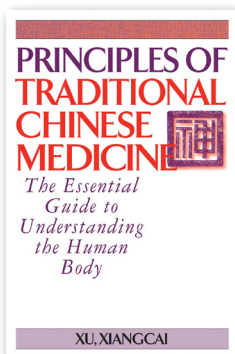
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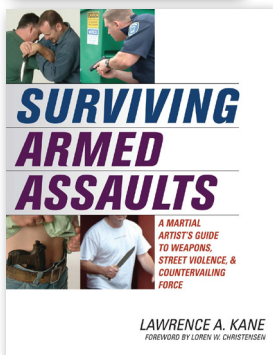
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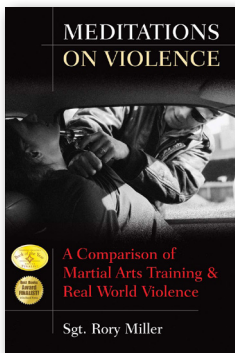
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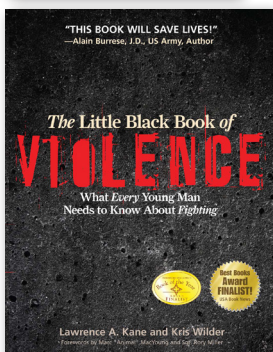
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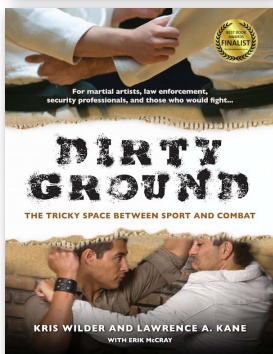
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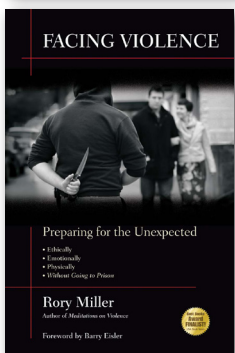
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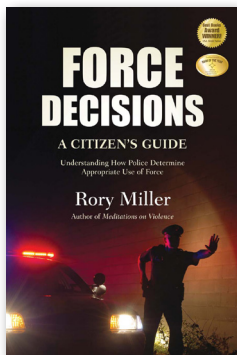
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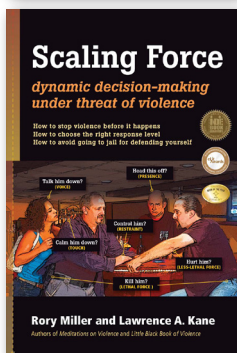
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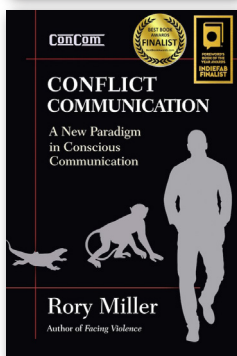
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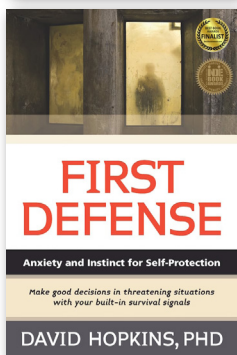
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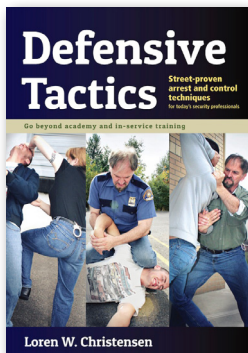
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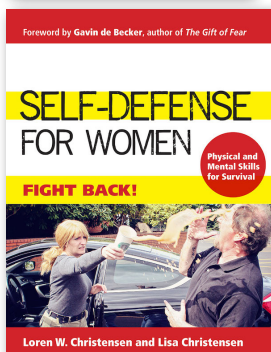
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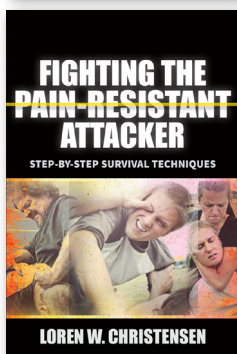
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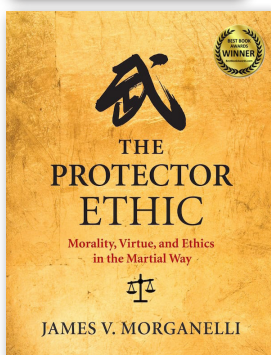
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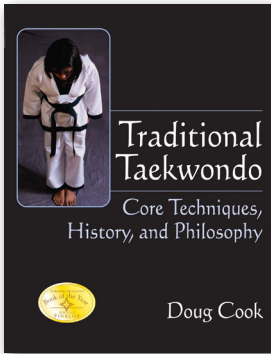
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Taekwondo



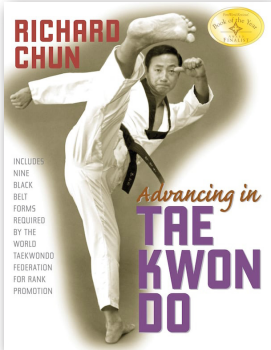
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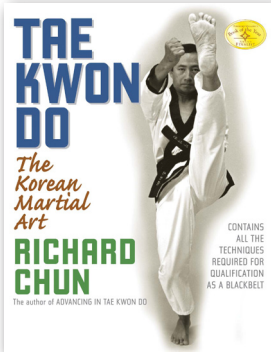
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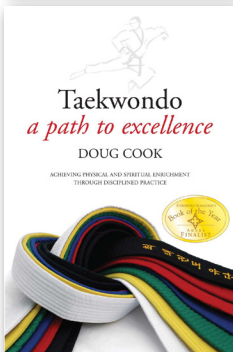
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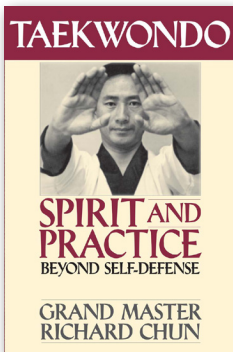
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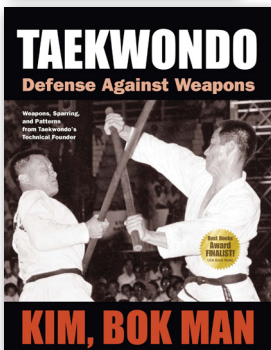
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Richard Chun

Master Richard Chun takes us on a first hand account of his life story and his dedication to the art of Taekwondo. We begin in Korea just before the Korean war and learn why Taekwondo is a noble and positive recreation for children, offering them challenges and lessons that they will reflect upon for their entire lives.

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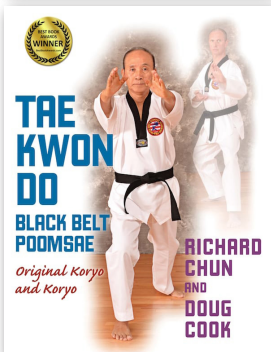
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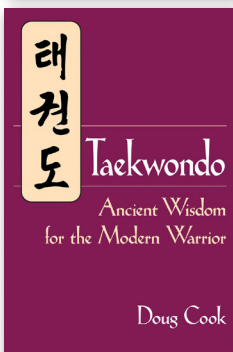
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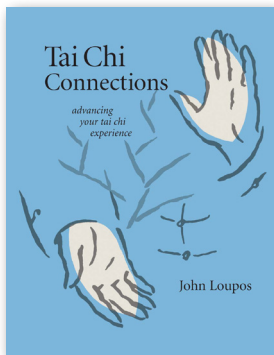
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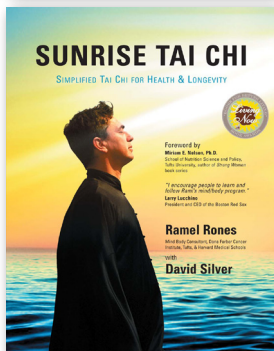
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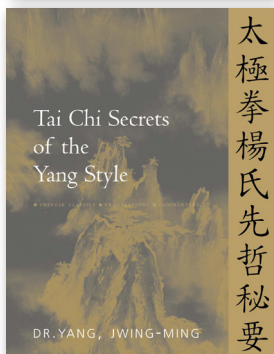
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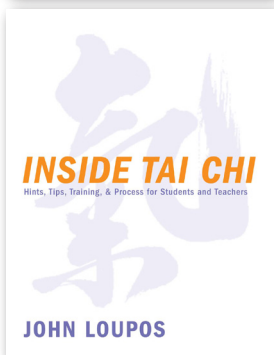
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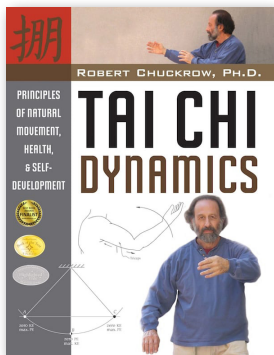
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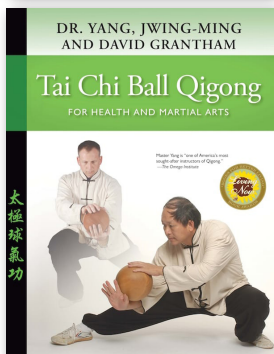
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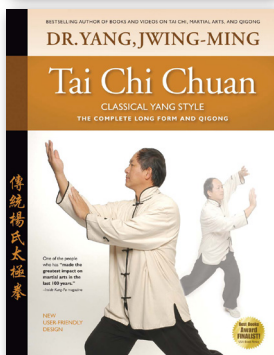
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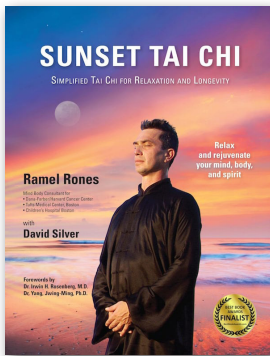
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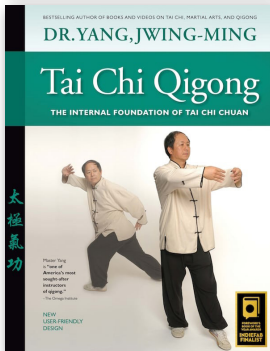
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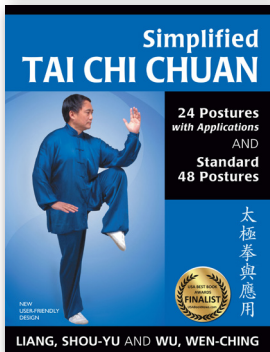
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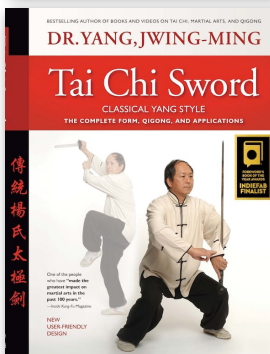
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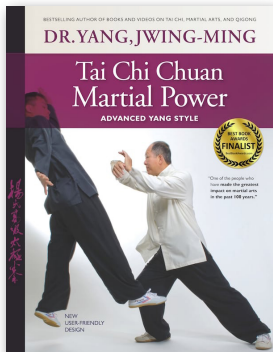
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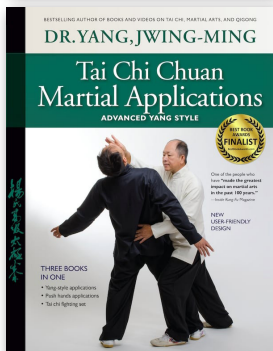
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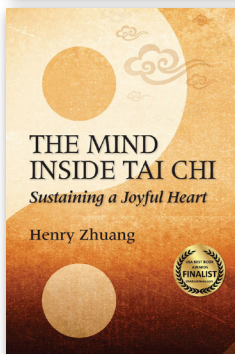
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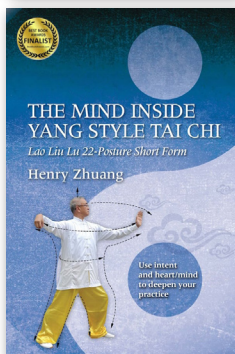
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Tai Chi



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Tai Chi



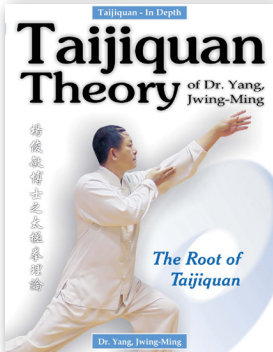
Exploring Tai Chi-Contemporary Views on an Ancient Art

John Loupos

Helps students to understand the intricacies of Tai Chi training, as well as the underlying motives and psychological processes involved in ongoing practice. Learn to implement the principles of Tai Chi into your life. Disclosure and Empowerment are reoccurring themes.

\$20.95 • 222 pag. • Code: B424

Tai Chi



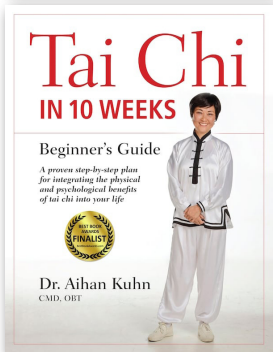
Tai Chiquan Theory of Dr. Yang, Jwing-Ming-The Root of Tai Chiquan

Dr. Yang, Jwing-Ming

Tai Chiquan Theory of Dr. Yang, Jwing-Ming is an attempt to join together the various theories on Tai Chiquan in one complete text. “Based upon my personal background and understanding, I have tried my best to compile the Tai Chiquan Theory and practice concepts in this book”.

\$29.95 • 302 pag. • Code: B432

Tai Chi



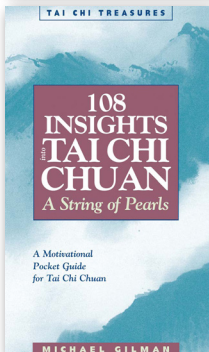
Tai Chi In 10 Weeks: Beginner's Guide

Dr. Aihan Kuhn

This book is designed to guide beginning students through the fundamentals of tai chi in ten weeks. Dr. Aihan Kuhn teaches readers the twenty-four-step Yang-style form. She shares insight on warming up, healing, and avoiding injury.

\$17.95 • 224 pag. • Code: B5055

Tai Chi



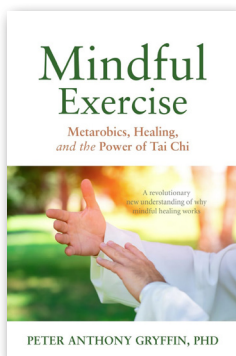
108 Insights into Tai Chi Chuan-A string of Pearls

Michael Gilman

A collection of observations on the art of Tai Chi Chuan, each insight touches on an important element of Tai Chi-health, breathing, body mechanics, Chi flow, Pushing Hands, and more. Discover ways to get the fullest benefits from Tai Chi, improve Pushing Hands, and keep your body in tune. Read it once, read it often.

\$10.95 • 128 pag. • Code: B582

Tai Chi



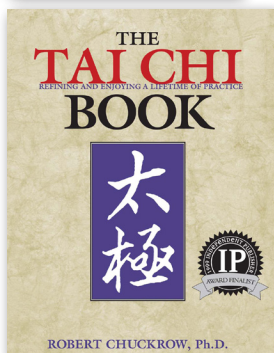
Mindful Exercise: Metarobics, Healing, and the Power of Tai Chi

Dr. Peter Anthony Gryffin

This groundbreaking book demonstrates the link between health and Metarobics, the author's term for slow, meditative exercises that enhance blood oxygen saturation, diffusion, and oxygen-based metabolism. Metarobics-including tai chi, qigong, and yoga-focus on movement, relaxation, and deep breathing.

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Tai Chi



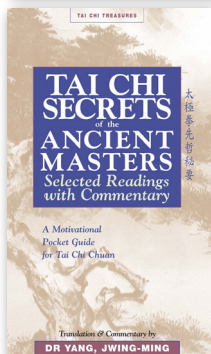
The Tai Chi Book-Refining and Enjoying a Lifetime of Practice

Robert Chuckrow

The Tai Chi Book is your guide to the fullest health benefits of Tai Chi and to higher levels of skill and ability.

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Tai Chi



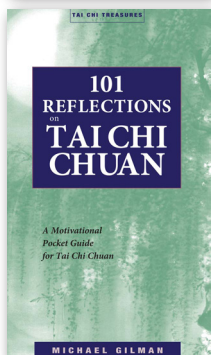
Tai Chi Secrets of the Ancient Masters-Selected Readings with Commentary

Dr. Yang, Jwing-Ming

Dr. Yang, Jwing-Ming translated these poems from the original Chinese, he has written additional commentaries to make them more accessible to contemporary minds. Insights from the Masters of Tai Chi Chuan is an invaluable resource for students who seek true understanding of their art.

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Tai Chi



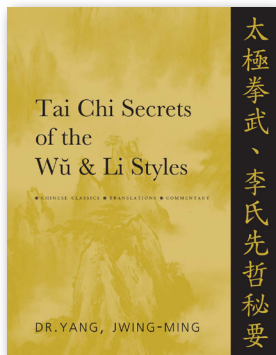
101 Reflections on Tai Chi Chuan

Michael Gilman

A collection of observations on the art of Tai Chi Chuan, with insight about health, breathing, body mechanics, Chi flow, Pushing Hands, and more. Discover ways to get the fullest benefits from Tai Chi, improve Pushing Hands, and keep your body in tune. Read it once, read it often.

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Tai Chi



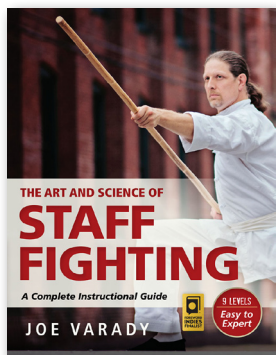
Tai Chi Secrets of the Wu & Li Styles- Chinese Classics, Translations, Commentary

Dr. Yang, Jwing-Ming

Dr. Yang has translated these classics from the original Chinese, and has written commentaries to make them more accessible to contemporary minds. Tai Chi Secrets of the Wu & Li Styles is an invaluable resource for true understanding of the Wu & Li Styles.

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Weapons



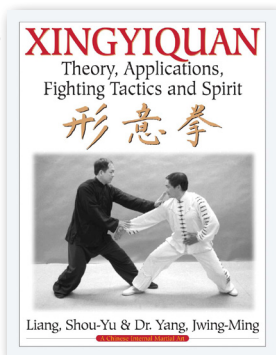
The Art and Science of Staff Fighting

Joe Varady

This book stands apart from other staff training manuals. While most titles focus on forms and twirling, The Art and Science of Staff Fighting emphasizes the dynamics of combat. The author draws on thirty years of martial experience, presenting the best of both Eastern and Western traditions.

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Xing Yi



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Liang, Shou-Yu, Dr. Yang, Jwing-Ming

Traditional Xingyiquan training, including two sequences with martial applications, and the famous fighting set “An Shen Pao”. Unique discussion of Xingyiquan theories and principles, drawn from the ancient poems and songs. Understanding these will greatly speed your training.

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“To practice accurately, you must not only understand the theory but also the correct methods of practice. Knowing the theory correctly places a clear and accurate map in your hands leading you to your goal in the shortest time. Without this map, you may take many years to find the correct path.”

Dr. Yang, Jwing-Ming



“What fascinates me the most is the universal truth we may discover through the training of this art. Chinese martial arts are so beautiful and profound. From its thousands years of history, we are able to see the wisdom of our ancestors. Although they originated from China, tai chi and Chinese martial arts belong to the whole world.”

Chenhan Yang



“One of the most beneficial aspects of tai chi exercise is deep relaxation. Modern science has proven the amazing health benefits of tai chi and meditation. Its important that you find some time each week to focus on taking care of yourself. Find a relaxing place where you can tune into your body, and get some mind/body exercise.”

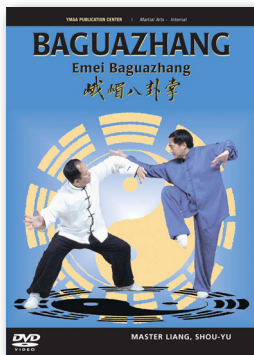
Helen Liang



“When training martial arts, you are learning to set aside anger, impatience, selfish desire, and hatred. In ancient times, every Daoist had his or her own sword to be used for martial practice, self defense, or for ritual purposes.”

Zhou, Xuan-Yun

Baguazhang



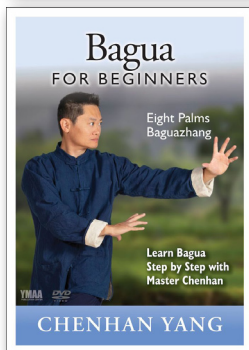
Baguazhang-Emei Baguazhang (8 Trigrams Palm Kung Fu)

Liang, Shou-Yu, Dr. Yang, Jwing-Ming

Training Drills, Theory, and Forms of the esoteric “8 trigrams palm” kung fu, Baguazhang. Three videos in one DVD by Grandmaster Liang and Dr. Yang!

\$49.95 • 180 min • Code: D0649

Baguazhang



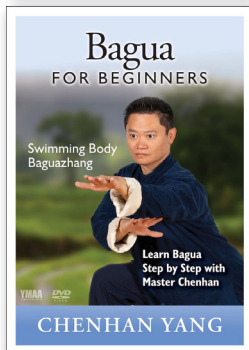
Bagua for Beginners 1: Eight Palms

Chenhan Yang

Learn Baguazhang Step by Step with Master Chenhan. Like tai chi, bagua has been known for centuries as a powerful way to transform your health, improve your strength, and raise your spirit.

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Baguazhang



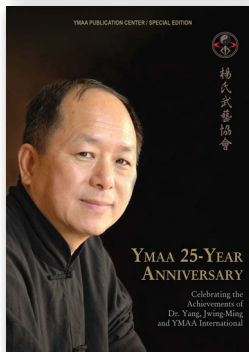
Bagua for Beginners 2: Swimming Body

Chenhan Yang

Learn Baguazhang Step by Step with Master Chenhan. Bagua zhang translates to “eight trigrams palm”. The Swimming Body form is essential fundamental training for all bagua students, building upon the basic Eight Palms skills.

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Biography



YMAA 25-Year Anniversary

Dr. Yang, Jwing-Ming

Video footage and photographs of Dr. Yang and YMAA students w dozens of performances of Kung Fu and Tai Chi sequences, award-winning demonstrations, and interviews.

\$29.95 • 350 min • Code: D0708

Chin Na



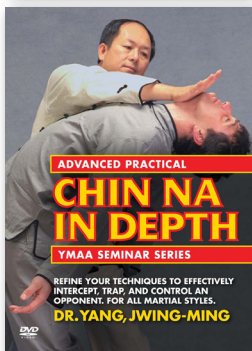
Analysis of Shaolin Chin Na, Instructor's Manual for All Martial Art Styles

Dr. Yang, Jwing-Ming

The first program in the Chin Na DVD series. Chin Na is the art of joint locks and manipulation of acupuncture cavities. Chin Na speed and power training are included.

\$39.95 • 90 min • Code: D0231

Chin Na



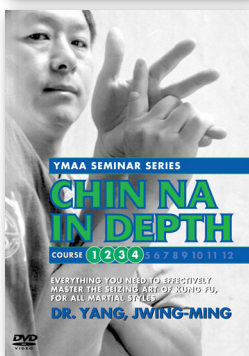
Chin Na In Depth-Advanced Practical

Dr. Yang, Jwing-Ming

Dr. Yang's best Chin Na DVD. The final stage of your Chin Na training is to master a few techniques until they are an instant reflex.

\$39.95 • 155 min • Code: D1224

Chin Na



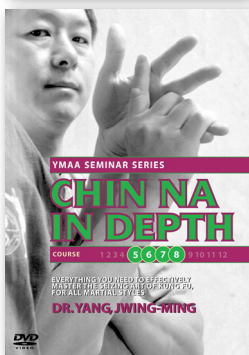
Chin Na In Depth-Courses 1 - 4

Dr. Yang, Jwing-Ming

"Chin Na" means "Seize Control". 34 finger, hand, and joint-locking techniques taught with attention to detail by Dr. Yang, Jwing-Ming.

\$49.95 • 117 min • Code: D602

Chin Na



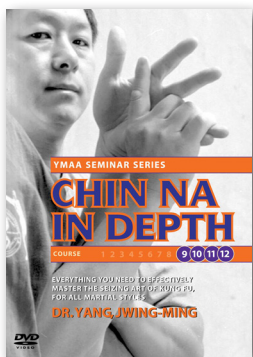
Chin Na In Depth-Courses 5 - 8

Dr. Yang, Jwing-Ming

Learn Chin Na (Qin Na) for controlling and incapacitating your opponent with 30 finger, hand, and joint-locking techniques. Dr. Yang shows corrections for common mistakes, as students demonstrate the techniques.

\$59.95 • 140 min • Code: D610

Chin Na



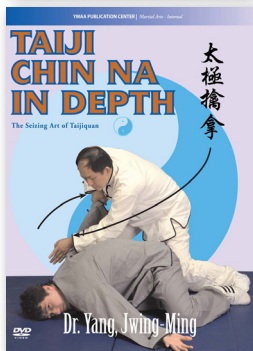
Chin Na In Depth-Courses 9 - 12

Dr. Yang, Jwing-Ming

43 finger, hand, and joint-locking Chin Na techniques, including Leg Wrestling and Chin Na for defense and counter-attacking against a Chin Na!

\$59.95 • 150 min • Code: D629

Chin Na



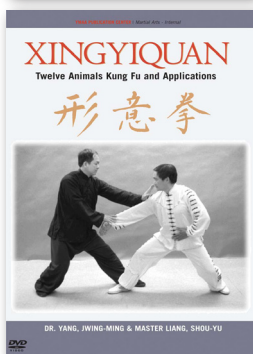
Tai Chi Chin Na in Depth-The Seizing Art of Tai Chiquan

Dr. Yang, Jwing-Ming

Reduced price! Chin Na is the art of seizing and controlling an opponent with fast and effective joint locks, cavity press, bone misplacement, muscle grabbing, and artery sealing. 2-DVD set. 6 hours.

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Hsing Yi



Xingyiquan (Hsing I Chuan)-Twelve Animals Kung Fu and Applications

Liang, Shou-Yu

Xingyiquan, or 'Shape-Mind Fist' is a well-known Chinese internal Kung Fu which imitates the movements and characteristics of twelve animals, with martial applications by Grandmaster Liang, Shou-Yu.

\$29.95 • 45 min • Code: D1200

Karate



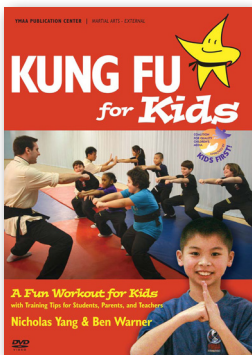
Sanchin Kata-The Root of Karate Power

Kris Wilder

The ancient Sanchin Kata, or 'Three Battles Sequence', can be traced back to the roots of karate. Some consider it the missing link between Chinese kung fu and Okinawan karate.

\$39.95 • 60 min • Code: D1897

Kids



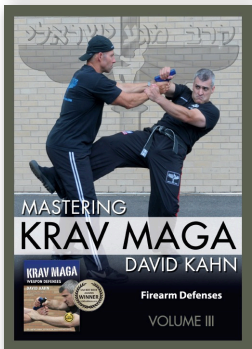
Kung Fu for Kids-A Fun Workout for Kids

Ben Warner, Nicholas C. Yang

Start the young martial artist in the family on a good path! Boys & Girls, Ages 5 - 12. Based on the very popular YMAA Children's kung fu program.

\$19.95 • 75 min • Code: D1880

Krav Maga



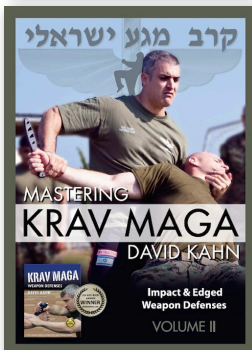
Mastering Krav Maga 3-DVD set Vol 3: Firearm Defenses

David Kahn

Chief Instructor David Kahn teaches essential techniques (beginner to expert) to defend against all manners of firearm threats from carjackings to bayonet-type attacks from the brown and advanced black belt levels of the Israeli krav maga curriculum.

\$79.99 • 249 min • Code: D86717

Krav Maga



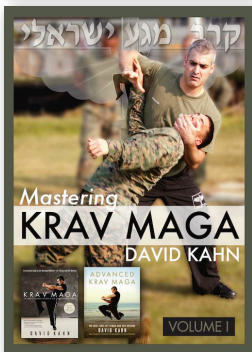
Mastering Krav Maga 5-DVD set Vol. 2: Impact & Edged Weapon Defenses

David Kahn

Chief Instructor David Kahn teaches essential techniques (beginner to expert) to defend against all manners of impact and edged weapon attacks from the green, blue, brown, and black belt levels of the Israeli krav maga curriculum.

\$129.99 • 400 min • Code: D86712

Krav Maga



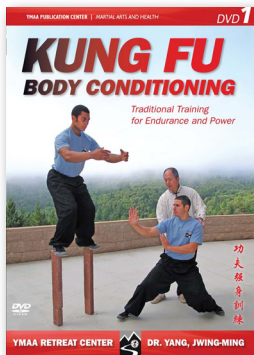
Mastering Krav Maga 6-DVD set

David Kahn

Israeli Krav Maga Association U.S. Chief Instructor David Kahn teaches essential techniques to defend against all manners of unarmed attack from the yellow, orange, and green belt levels of the Israeli krav maga curriculum (beginner to advanced).

\$129.99 • 380 min • Code: D51347

Kung Fu



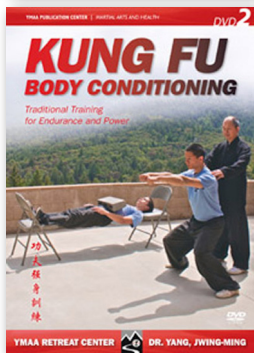
Kung Fu Body Conditioning 1-Traditional Training for Endurance and Power

Dr. Yang, Jwing-Ming

Dr. Yang and the students of the YMAA Retreat Center's full-time kung fu training program instruct exercises for developing endurance and power, with a special section on qigong meditation.

\$39.95 • 240 min • Code: D2085

Kung Fu



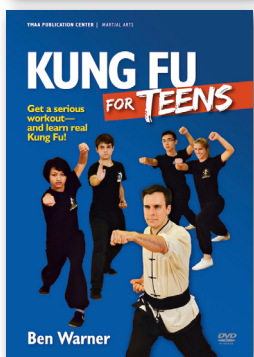
Kung Fu Body Conditioning 2-Traditional Training for Endurance and Power

Dr. Yang, Jwing-Ming

Dr. Yang, Jwing-Ming and the students of the YMAA Retreat Center's long-term kung fu training program instruct intermediate-level body conditioning exercises.

\$39.95 • 240 min • Code: D2290

Kung Fu



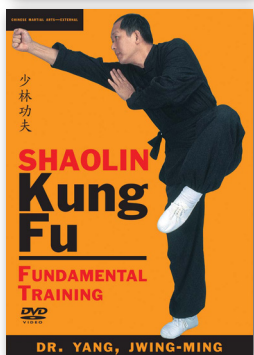
Kung Fu for Teens

Ben Warner

Specially designed for teenagers, this workout will develop your body, speed, and power while you learn real kung fu techniques. For ages 11 & up.

\$19.95 • 105 min • Code: D2573

Kung Fu



Shaolin Kung Fu-Fundamental Training

Dr. Yang, Jwing-Ming

Shaolin Kung Fu stretching, punches, kicks and stances will benefit your health, and are a vital part of all martial artists' training.

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Kung Fu



Shaolin Long Fist Kung Fu Advanced Sequences Part Two (2) DVD set

Nicholas C. Yang

Advanced kung fu sequences San Lu Cha Quan and Si Lu Ben Za build upon skills learned from intermediate training. 8 hours on 2 DVDs.

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Kung Fu



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.

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Kung Fu



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

Kung Fu



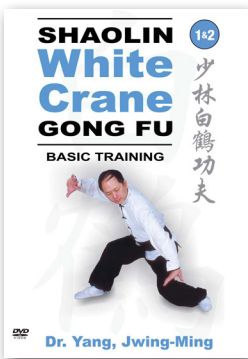
Shaolin Long Fist Kung Fu-Intermediate Sequences 2-DVD Set

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

Kung Fu



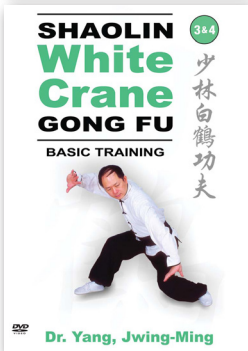
Shaolin White Crane Kung Fu (Gong Fu) Basic Training Courses 1 & 2

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.

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Kung Fu



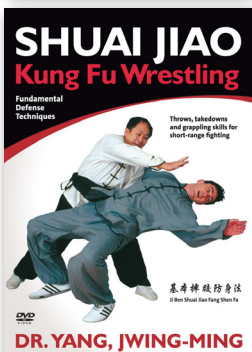
Shaolin White Crane Kung Fu (Gong Fu)-Basic Training Courses 3 & 4

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

Kung Fu



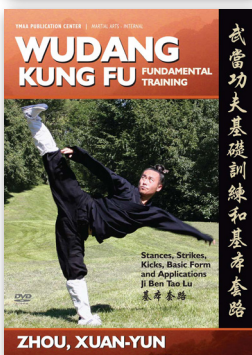
Shuai Jiao Kung Fu Wrestling-Fundamental Defense Techniques

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

Kung Fu



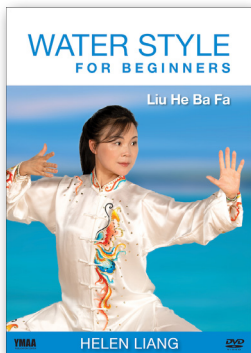
Wudang Kung Fu-Fundamental Training (Ji Ben Tao Lu)

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

Liu He Ba Fa



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

Massage



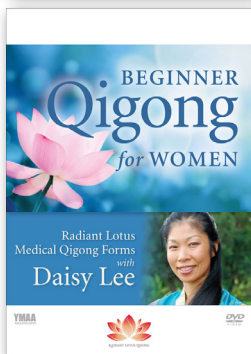
Qigong Massage-Fundamental Techniques for Health and Relaxation

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

Qigong



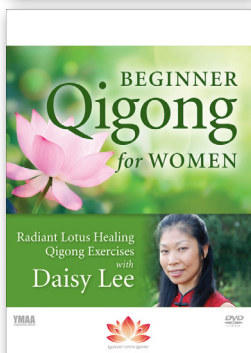
Beginner Qigong for Women: Radiant Lotus Medical Qigong Forms

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.

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Qigong

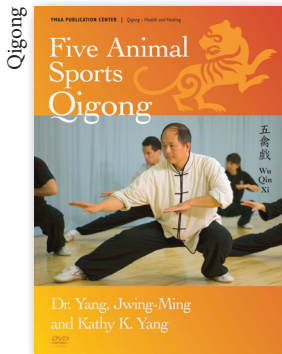


Beginner Qigong for Women: Radiant Lotus Qigong Exercises

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

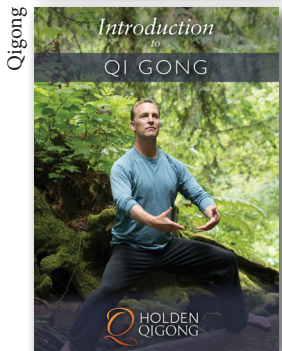


Five Animal Sports Qigong

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

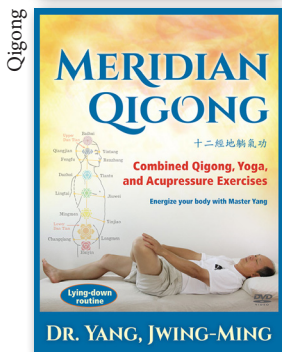


Introduction to Qi Gong

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

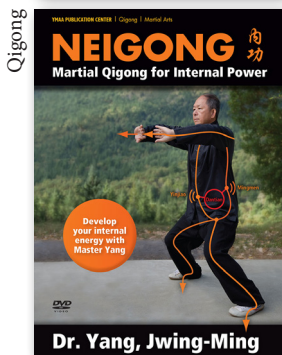


Meridian Qigong: Combined Qigong, Yoga, and Acupressure Exercises

Dr. Yang, Jwing-Ming

Learn Master Yang's personal daily health regimen, combining qigong, yoga, and acupressure exercises.

\$39.95 • 320 min • Code: D2955



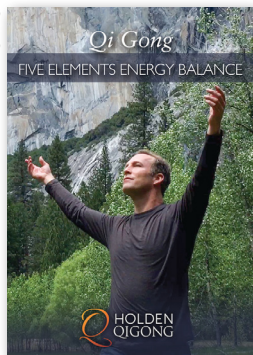
Neigong: Martial Qigong for Internal Power

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

Qigong



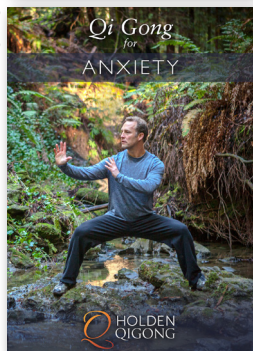
Qi Gong Five Elements Energy Balance

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

Qigong



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

Qigong



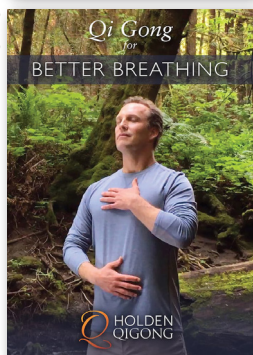
Qi Gong for Arms, Wrists, and Hands

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

Qigong



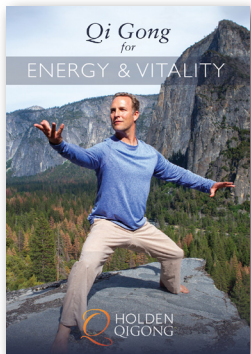
Qi Gong for Better Breathing

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



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

Qi gong



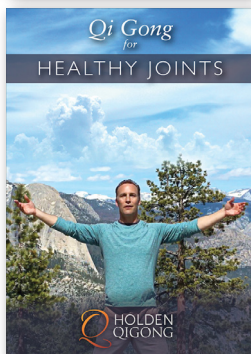
Qi Gong for Headaches

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

Qi gong



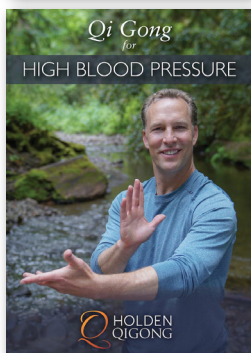
Qi Gong for Healthy Joints

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

Qi gong



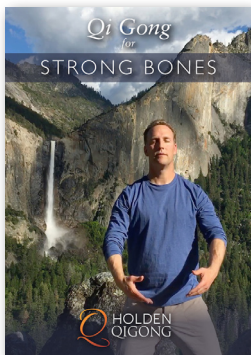
Qi Gong for High Blood Pressure

Lee Holden

Stress contracts the energy system, which in turn constricts 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

Qigong



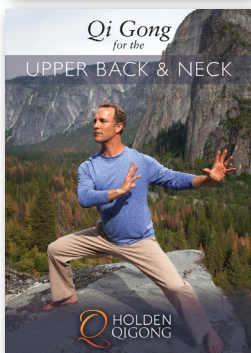
Qi Gong for Strong Bones

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

Qigong



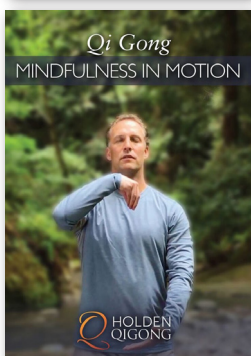
Qi Gong for the Upper Back and Neck

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

Qigong



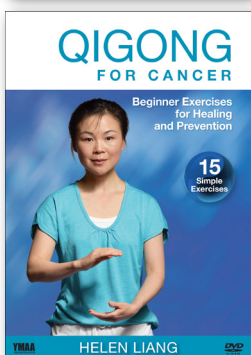
Qi Gong Mindfulness in Motion

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

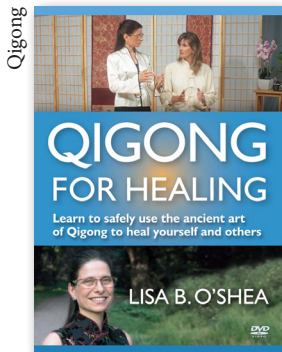


Qigong for Cancer: Beginner Exercises for Healing and Prevention

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

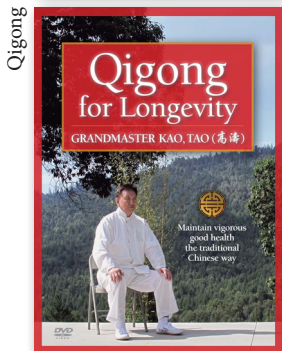


Qigong for Healing-Learn to Safely Use the Ancient Art of Qigong to Heal Yourself and Others

Lisa B. O'Shea

YMAA Qigong Master Lisa B. O'Shea teaches Qi Healing for Self and Partner. Learn to sense and remove blockages. Includes Rising Lotus qigong form. Beginner-friendly.

\$29.95 • 180 min • Code: D2320

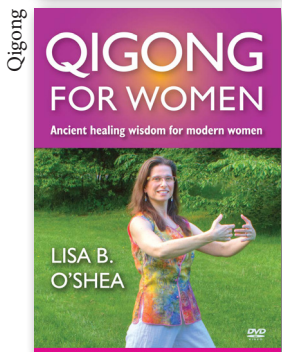


Qigong for Longevity-Maintain Vigorous Good Health the Traditional Chinese Way

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

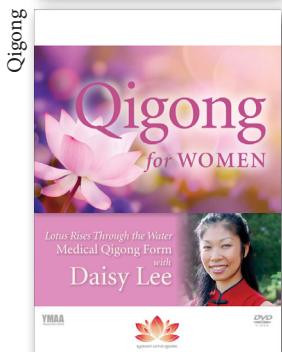


Qigong for Women-Ancient Healing Wisdom for Modern Women

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

Qigong



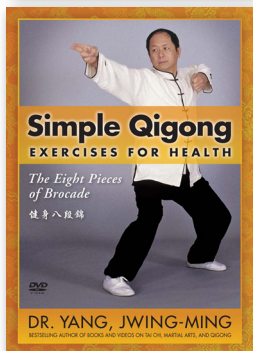
Shaolin White Crane Hard & Soft Qigong

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

Qigong



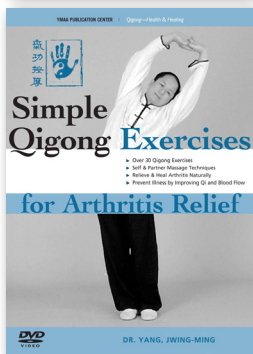
Simple Qigong Exercises for Health-The Eight Pieces of Brocade

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

Qigong



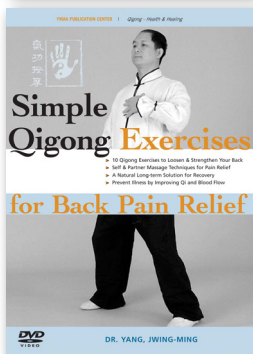
Simple Qigong Exercises-for Arthritis Relief

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

Qigong

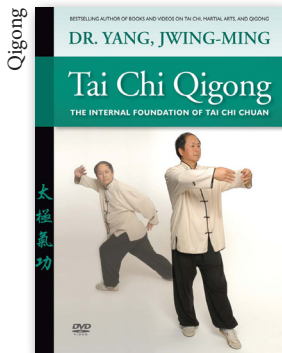


Simple Qigong Exercises-for Back Pain Relief

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

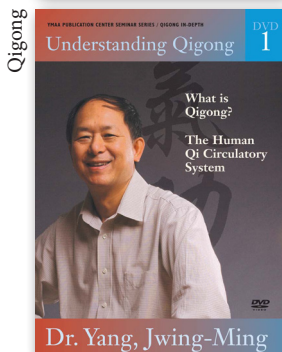


Tai Chi Qigong - The Internal Foundation of Tai Chi Chuan

Dr. Yang, Jiwing-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

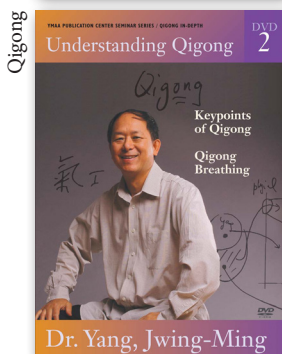


Understanding Qigong DVD 1-What is Qigong? & The Human Qi Circulatory System

Dr. Yang, Jiwing-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

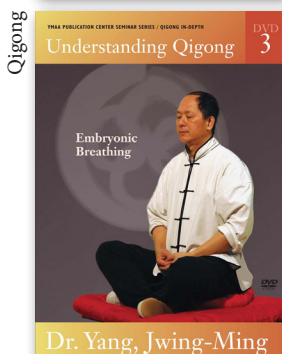


Understanding Qigong DVD 2-Keypoints of Qigong & Qigong Breathing

Dr. Yang, Jiwing-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

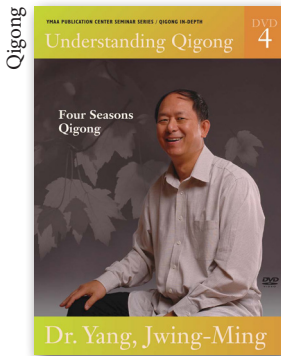


Understanding Qigong DVD 3-Embryonic Breathing

Dr. Yang, Jiwing-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

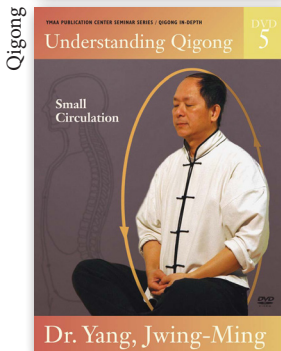


Understanding Qigong DVD 4-Four Seasons Qigong

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

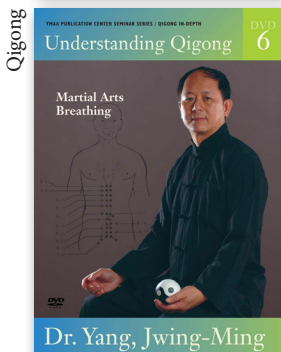


Understanding Qigong DVD 5-Small Circulation

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

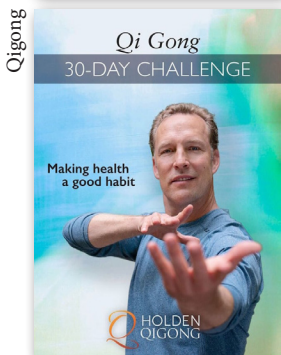


Understanding Qigong DVD 6-Martial Arts Breathing

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



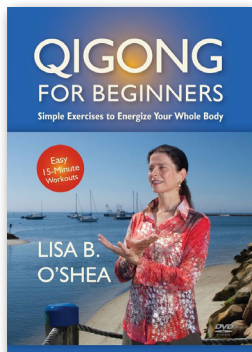
Qi Gong 30-Day Challenge

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



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

Self Defense



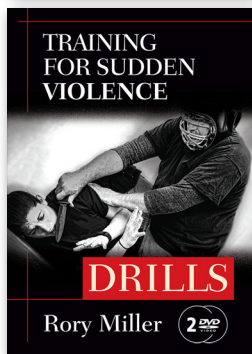
Attack the Attack, Split Second Counterattacks

Jeff Burger

Sharpen your self-defense reflexes and learn split-second counterattacks with Coach Jeff Burger.

\$29.95 • 93 min • Code: D3952

Self Defense



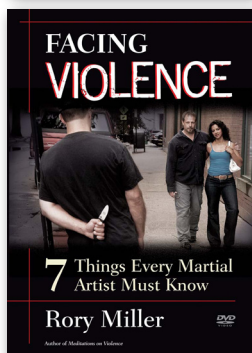
DRILLS - Training for Sudden Violence 2-DVD

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

Self Defense



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

Self Defense



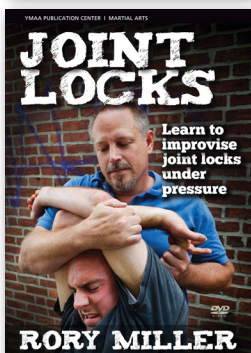
Infighting, Develop your Close-Range Combat Reflexes

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

Self Defense



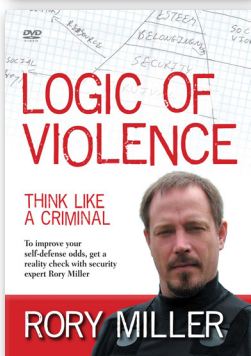
Joint Locks-Learn to Improvise Joint Locks Under Pressure

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

Self Defense



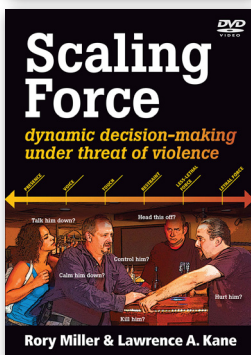
Logic of Violence-Think Like a Criminal

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

Self Defense



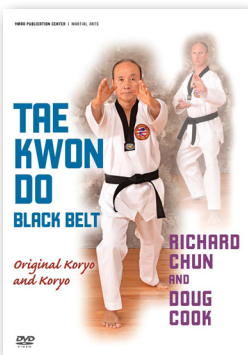
Scaling Force: Dynamic Decision Making Under Threat of Violence

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



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

Tai Chi



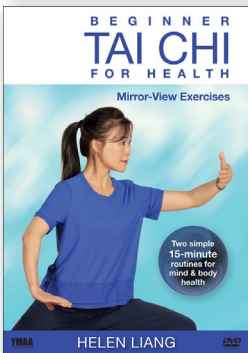
Tai Chi Fit: 24 Form

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

Tai Chi



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

Tai Chi



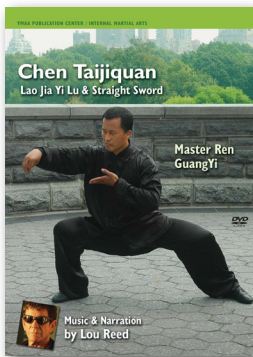
Chen Tai Chi for Beginners: 56 Form

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

Tai Chi



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

Tai Chi



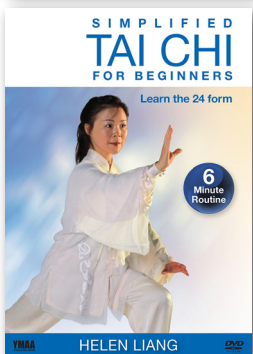
Simplified Tai Chi Chuan with Applications

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

Tai Chi



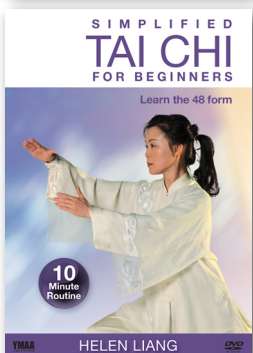
Simplified Tai Chi for Beginners - 24 Form

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

Tai Chi



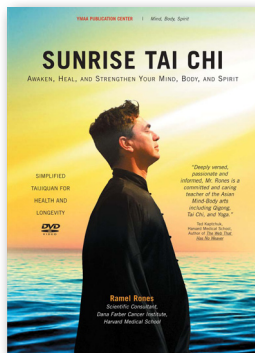
Simplified Tai Chi for Beginners - 48 Form

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

Tai Chi



Sunrise Tai Chi: Beginner Exercise for Balance and Mobility - A.M. Tai Chi Workout

Ramel Ronos

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

Tai Chi



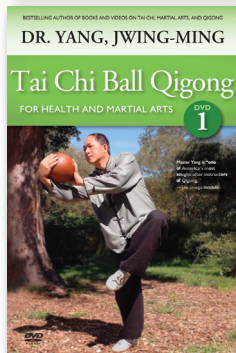
Sunset Tai Chi - Beginner Exercise for Balance and Relaxation - P.M. Tai Chi Workout

Ramel Ronos

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



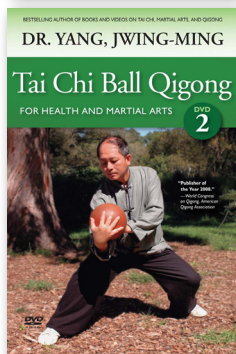
Tai Chi Ball Qigong DVD 1-for Health and Martial Arts

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



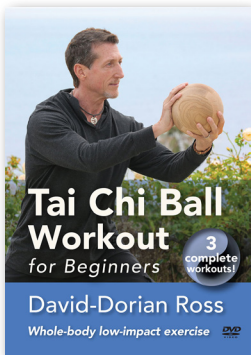
Tai Chi Ball Qigong DVD 2-for Health and Martial Arts

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



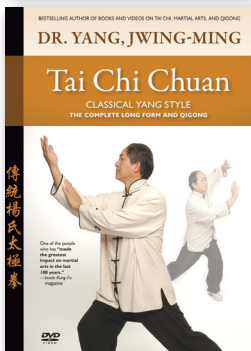
Tai Chi Ball Workout for Beginners

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



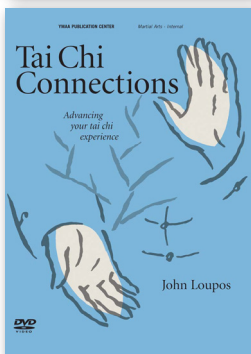
Tai Chi Chuan-Classical Yang Style Long Form

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



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



Tai Chi Energy Patterns 2-DVD set

Ramel Ronos

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



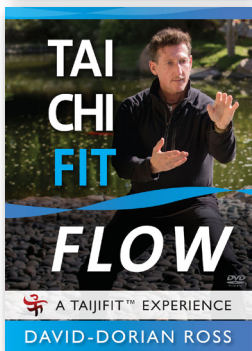
Tai Chi Fighting Set-2-Person Matching Set

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



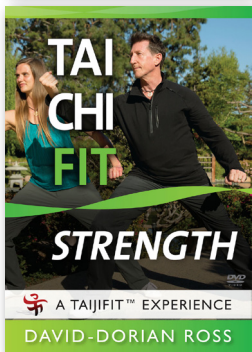
Tai Chi Fit - FLOW

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



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



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



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



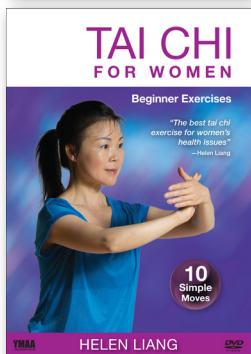
Tai Chi Fit: TO GO Beginner Exercises

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



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



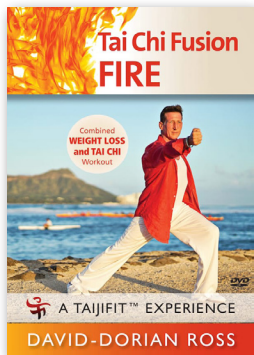
Tai Chi Fusion BAMBOO

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



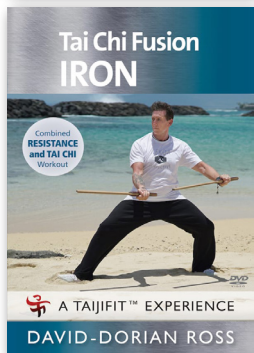
Tai Chi Fusion: FIRE

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



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



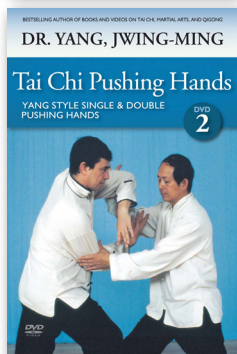
Tai Chi Pushing Hands DVD 1

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



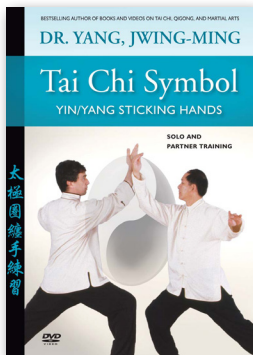
Tai Chi Pushing Hands DVD 2

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



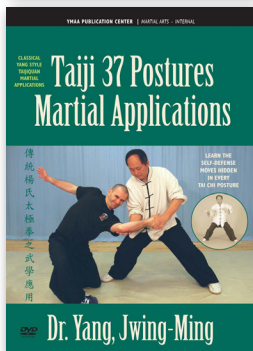
Tai Chi Symbol: Yin/Yang Sticking Hands

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



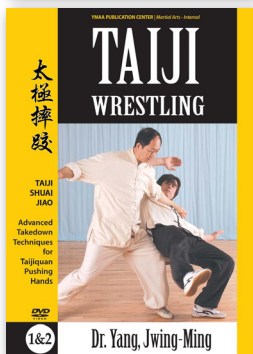
Tai Chi 37 Postures Martial Applications

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



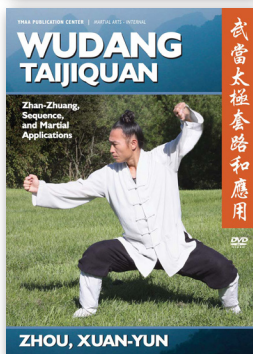
Tai Chi Wrestling (Shuai Jiao)-Advanced Takedown Techniques

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

Tai Chi



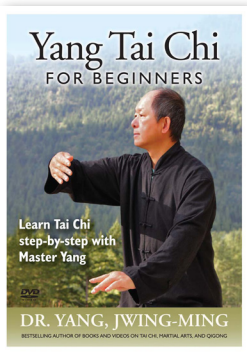
Wudang Tai Chiquan-Zhan-Zhuan, Sequence, and Martial Applications

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

Tai Chi



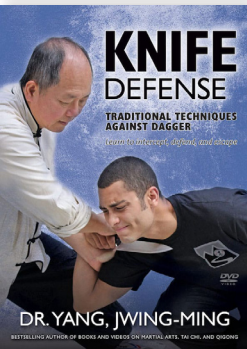
Yang Tai Chi for Beginners-Learn Tai Chi Step-By-Step with Master Yang

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

Weapons



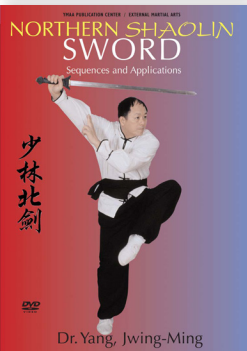
Knife Defense-Traditional Techniques Against Dagger

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

Weapons



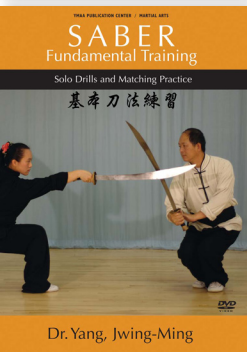
Northern Shaolin Sword-Sequences and Applications

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

Weapons



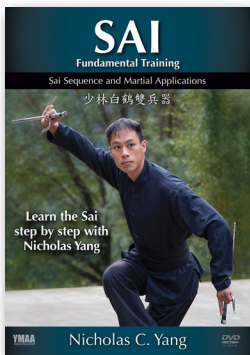
Saber-Fundamental Training

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

Weapons



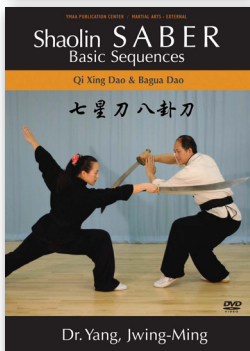
Sai Fundamental Training-Sequence and Martial Applications

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

Weapons



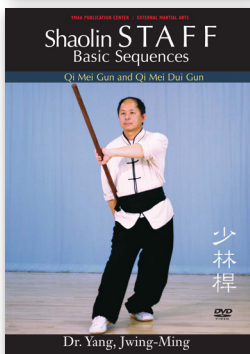
Shaolin Saber-Basic Sequences

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

Weapons



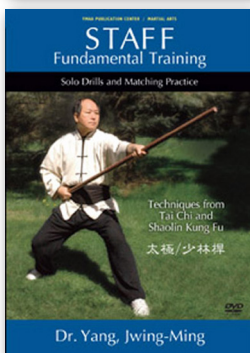
Shaolin Staff-Basic Sequences

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

Weapons



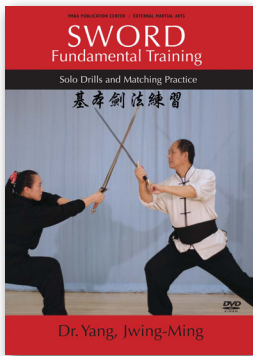
Staff Fundamental Training - Tai Chi and Shaolin Techniques

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

Weapons



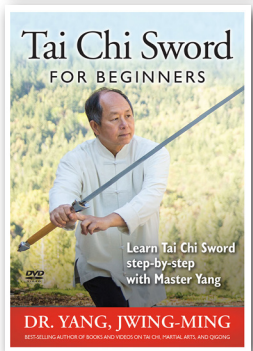
Sword-Fundamental Training

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

Weapons



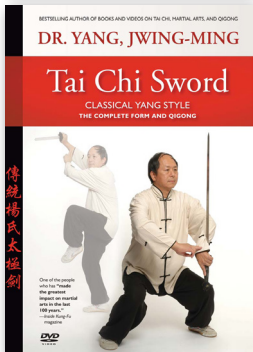
Tai Chi Sword for Beginners

Dr. Yang, Jwing-Ming

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

\$39.95 • 120 min • Code: D3464

Weapons



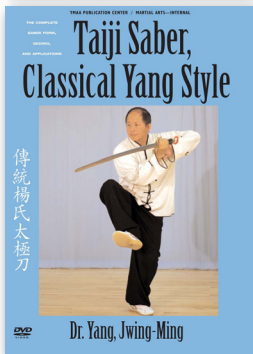
Tai Chi Sword-Classical Yang Style

Dr. Yang, Jwing-Ming

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

\$39.95 • 100 min • Code: D0452

Weapons

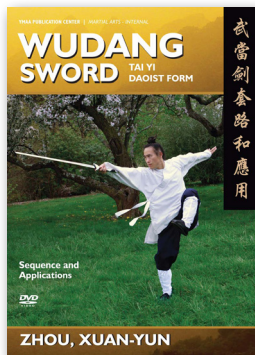


Tai Chi Saber, Classical Yang Style

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

Baguazhang



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



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

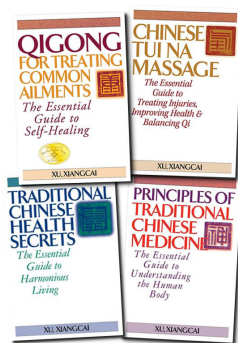
Fiction



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!

Health & Healing



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

Health & Healing

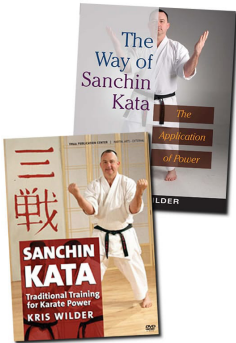


True Wellness Bundle

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

Karate



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

Kung Fu

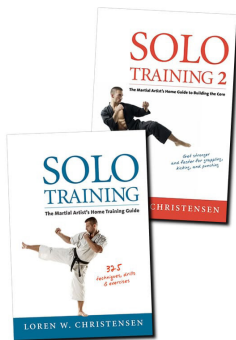


Shaolin Long Fist DVD Bundle

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

Kung Fu



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

Kung Fu

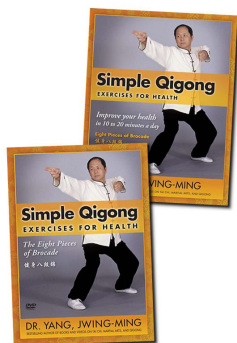


White Crane Bundle

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

Qigong



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

Qigong

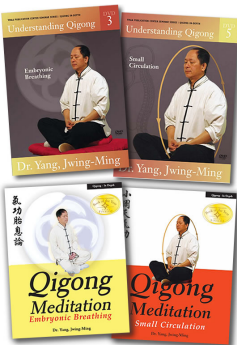


Five Elements Qigong Bundle

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

Qigong

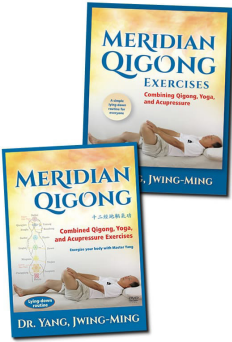


Meditation Bundle

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

Qigong



Meridian Qigong Bundle

Dr. Yang teaches combined Qigong, Yoga, and Acupres-
sure Exercises. Dr. Yang, Jwing-Ming will teach you Mer-
idian Qigong, his special daily exercise routine. Follow
along and learn how a unique combination of simple yoga
stretches, qigong movements, and acupresure 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

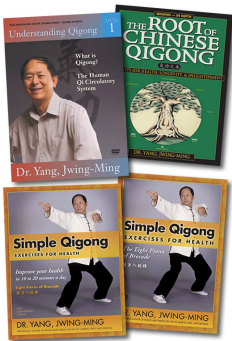


Qigong Massage Bundle

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



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

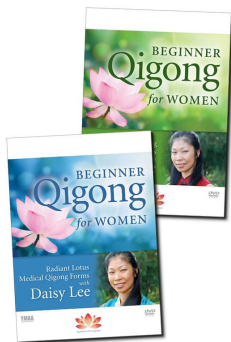


Qigong for Cancer Bundle

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

Qigong

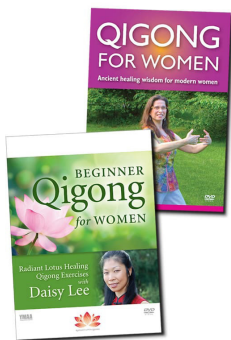


Radiant Lotus Qigong Bundle

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

Qigong



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

Qigong



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 Ronés 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

Qigong

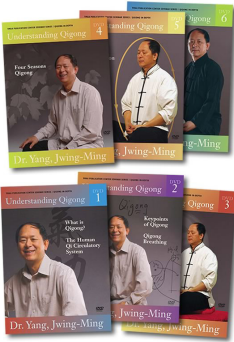


Sunset Bundle

Master-teacher Ramel Ronés 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

Qigong



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

Qigong

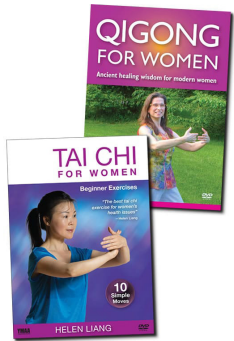


Woman's Qigong Bundle

Women's qigong health practice has its 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

Qigong

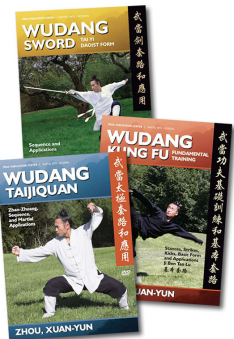


Women Tai Chi Qigong Bundle

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

Qigong

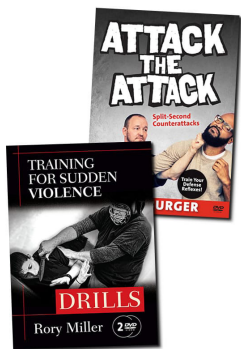


Wudang Bundle

Wudang is legendary. For thousands of years, the Wudang arts were kept secret from the outside world. With this collection from 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

Self-Defense



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

Self-Defense

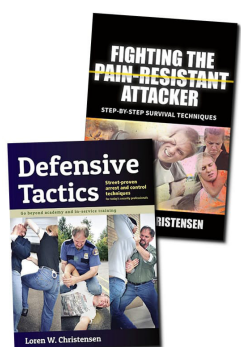


Attack Violence Bundle

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

Self-Defense

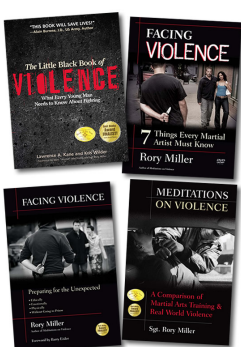


Defensive Tactics and Pain Resistance Bundle

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

Self-Defense

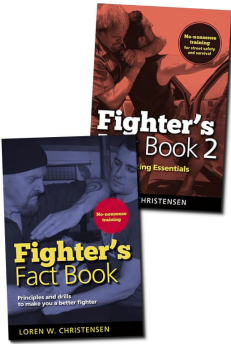


Facing Violence Book & DVD Bundle

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

Self-Defense

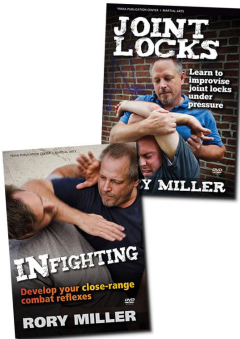


Fighter's Fact Book Bundle

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

Self-Defense

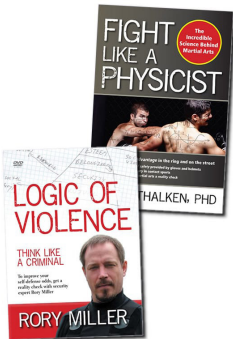


Joint Locks and Infighting Bundle

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

Self-Defense

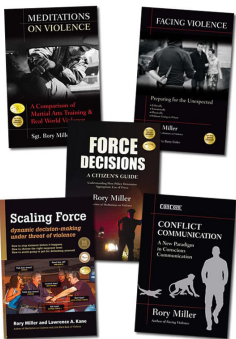


Logic and Physics Bundle

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

Self-Defense



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

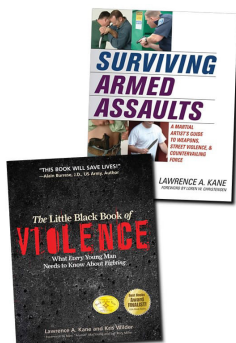


Self-Defense DVD Bundle

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

Self-Defense

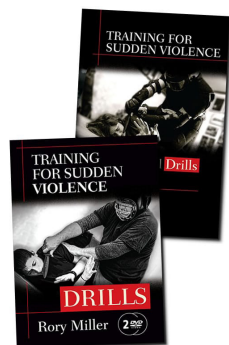


Surviving Armed Assaults and Violence Bundle

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

Self-Defense



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

Tai Chi



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



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

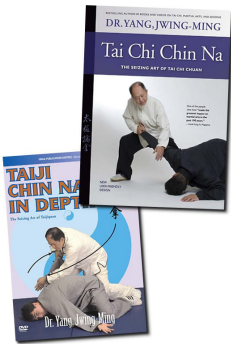


Tai Chi Ball Book-DVD Bundle

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

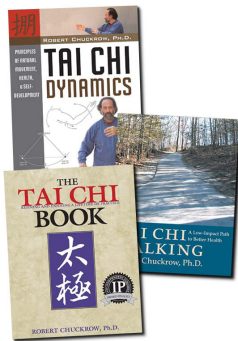


Tai Chi Chin Na Bundle

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 Chi chuan 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

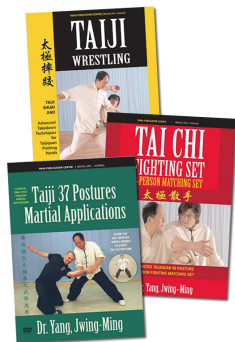


Tai Chi Dynamics Bundle

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

Tai Chi

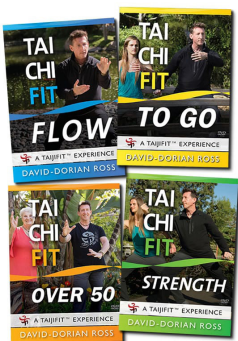


Tai Chi Fighting Bundle

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

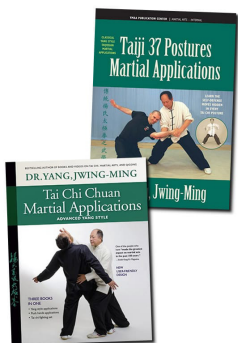


Tai Chi Fit Bundle

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

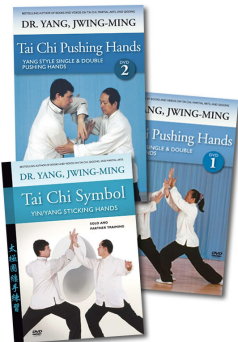


Tai Chi Martial Applications Bundle

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

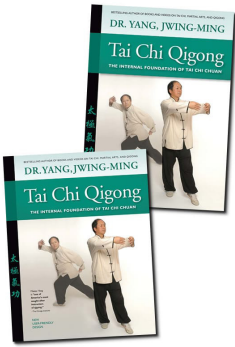


Tai Chi Pushing Hands Bundle

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



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

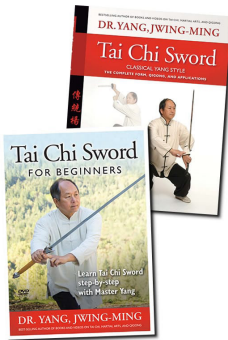


Tai Chi Starter Bundle

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

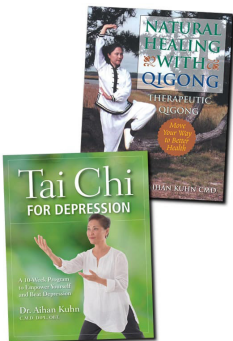


Tai Chi Sword Bundle

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

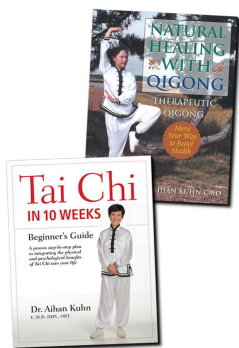


Tai Chi for Depression Bundle

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

Tai Chi

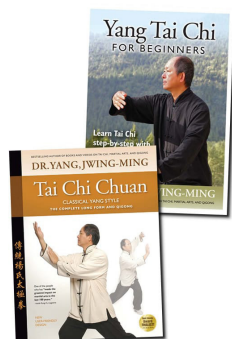


Tai Chi in 10 Weeks Bundle

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

Tai Chi

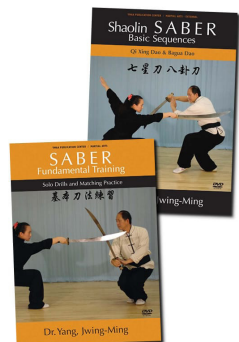


Yang Tai Chi Beginner Bundle

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

Weapons



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

Weapons



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

Weapons

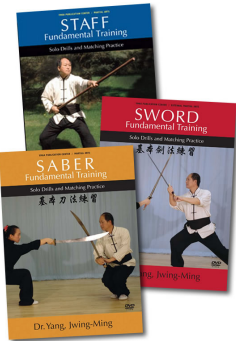


Staff DVD Bundle

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

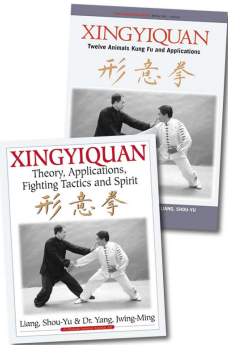


Weapons Bundle

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



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



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



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



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

- A) Shoulder strap
- B) Two external zippered pockets to store your keys, your cell phone, your sword maintenance kit or whatever
- C) Double carrying handles



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: SGYY5

Trad Instrumental Mu



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

Chinese Health Music



Drum Music Land

Grammy-nominated Chinese drum and flute album by Ten Drum Percussion Group

\$15.50 • Code: CD1033

Chinese Buddhist Mus



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

Chinese Health Music



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

Chinese Health Music



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

Chinese Health Music

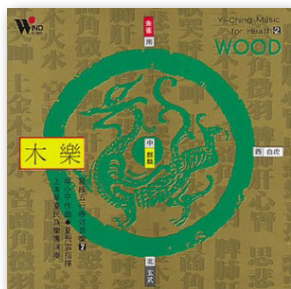


Metal (5 elements)

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

Chinese Health Music



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

Chinese Health Music



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.

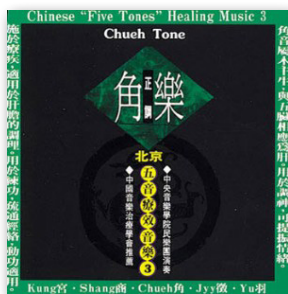
\$15.50 • Code: CD3113



Shang Tone (Metal/Lungs)

Shang Tone relates to Metal Qi. The music starts with metallic sounds of the lo (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

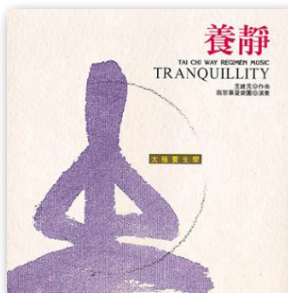


Sleeping

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

Chinese Health Music

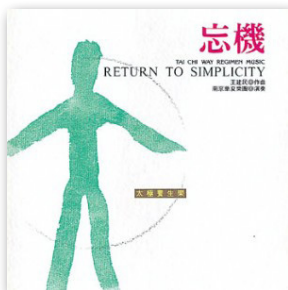


Tranquility

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

Chinese Health Music



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

Chinese Health Music



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

Chinese Health Music



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

Chinese Health Music



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

Chinese Health Music



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

Chinese Health Music



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 heart-beat, 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

Chinese Health Music

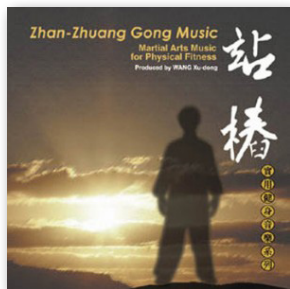


Hope of Delight - Prenatal Music

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

Trad Instrument Musi

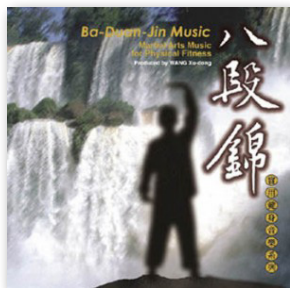


Zhan Zhuang Gong - Standing Meditation

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.

\$15.50 • Code: CD3163

Trad Instrument Musi



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.

\$15.50 • Code: CD3164

Chinese Health Music



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 persons Qi--inner flow of energy. While soothing you with colorful melody of bells, wind chimes, bamboo tubes and other Chinese instruments.

\$15.50 • Code: CD3165

Chinese Health Music



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.

\$15.50 • Code: CD3167

Chinese Health Music



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

Chinese Health Music

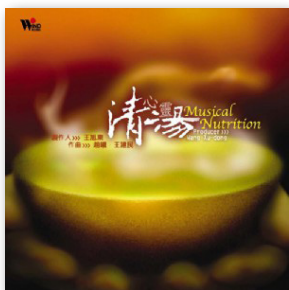


Sleep for Body and Mind

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

Chinese Health Music



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 Contemporary



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

Chinese Contemporary



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

Chinese New Age Music



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 Contemporary



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

Trad Instrumental Mu

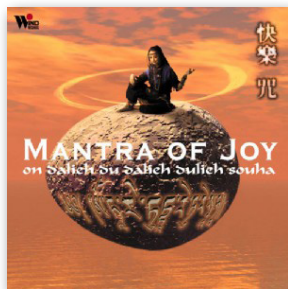


Gongs and Drums 3

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 mainland. 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

Chinese New Age Music



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.

\$15.50 • Code: CD5235

Chinese Taoist Music



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

Chinese Health Music



Tathagata

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

\$15.50 • Code: CD9192

Trad Instrumental Mu



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

Trad Instrumental Mu



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

Trad Instrumental Mu



Masterpieces of Chinese Traditional Music

Grammy-Winner Kavichandran Alexander presents this series of Chinese instrumental classical music albums. Using the superb acoustic effect of an old church in Santa Barbara, CA, Kavi created this collection of high-quality music. Performers: erhu by CHEN Da-wei, guzheng by LIU Wei-shan, yang-qin by ZHAO Yang-qin & pipa by MIN Xiao-fen.

\$15.50 • Code: SM1005

Trad Instrumental Mu



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

Trad Instrumental Mu



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

SHIPPING CHARGES (additional options available online)

ITEMS	CARRIER	A	B	C	D	AK/HI/PR	CANADA	INT'L
Books, DVDs, Music, Bundles	Super Saver Media Mail	\$ 4.99	\$ 4.99	\$ 4.99	\$ 4.99	\$ 4.99		
	each add'l item	\$ 2.00	\$ 2.00	\$ 2.00	\$ 2.00	\$ 2.00	not available	not available
	Delivery time	10-14 days	10-14 days	10-14 days	10-14 days	10-14 days		
Books, DVDs, Music, Bundles	Post Office Priority	\$ 7.15	\$ 9.45	\$ 10.25	\$ 12.40	\$ 12.40	\$ 25.00	\$ 35.00
	each add'l item	\$ 2.50	\$ 3.00	\$ 3.00	\$ 4.25	\$ 4.25	\$ 5.00	\$ 6.00
	Delivery time	3-5 days	3-5 days	3-5 days	3-5 days	5-7 days	1-2 wks	2-4 wks
	UPS Ground	\$ 10.00	\$ 10.50	\$ 11.00	\$ 11.50		not available	not available
	each add'l item	\$ 1.00	\$ 1.25	\$ 1.50	\$ 1.75		available	available
	Delivery time	2-3 days	3-5 days	3-5 days	5-7 days			
UPS 2-Day	\$ 14.00	\$ 15.00	\$ 20.00	\$ 23.00		not available	not available	
each add'l item	\$ 3.00	\$ 3.00	\$ 4.00	\$ 4.00		available	available	
Delivery time	2 days	2 days	2 days	2 days				
UPS Next Day	\$ 25.00	\$ 41.50	\$ 50.00	\$ 53.00		not available	not available	
each add'l item	\$ 5.00	\$ 6.00	\$ 6.00	\$ 6.00		available	available	
Delivery time	1 day	1 day	1 day	1 day				
Global Express						not available	\$42.00	\$60.00
each add'l item						available	\$4.00	\$6.00
Delivery time							3-5 days	3-5 days

* Shipping charges subject to change without notice.

* Check shipping costs of Tai Chi Balls and Training Equipment online.

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- Lost/Late Shipments:** Late shipments usually get delivered. Notify us if your shipment is late. Here are some guidelines:
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 International: Please be patient; missing Post Office shipments have been known to arrive three weeks late!
- Exchanges>Returns:** Contact us for a return authorization number (RAN). You will need the return/exchange form enclosed with the package. Exchanges or refunds will be issued when the product is received in our warehouse. No unauthorized returns will be accepted. All our products are returnable (in unused condition) for up to 30 days from time of receipt.
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