

**Wushu (Kung-Fu) DVD/VCI**

<b>Title</b>	<b>Author</b>	<b>Time</b>	<b>EURO</b>
18 Step Harmony Style Tai Chi (DVD)	Ni Maoshing/Argentieri M.		34,90
5 Elements Qigong-Roots & Branches(2DVD)	Woodson G./Stow J./Chan C		29,95
88-Form Yang Style Shadowboxing	Chen Sitan		16,95
Actual Combat in Trad.Yong Chun Quan DVD	Mai Yaoming	110:30	16,95
Advanced Chainwhip-Instructional DVD	Chan, Onton		34,90
Advanced Practical Chin Na in Depth(DVD)	Yang Jwing-Ming	155 min	44,90
Analysis of Shaolin Chin Na (DVD) With	Yang Jwing-Ming		44,90
Appreciation of Cheng-Style Bagua Zhang	Liu Jingru	49 min	17,95
Attune Your Body with Dao-in (DVD)	Ni Hua-ching	50 min	34,90
Backyard Wing Chun Chi-Sao Series 1(DVD)	Sifu Gary Lam	35 min	29,95
Baguazhang-Emei Baguazhang 1,2 & 3 (DVD)	Liang Shou-Yu	180 min	59,50
Bruce Lee's Fighting Methods:Basic Trai-	Wong, Ted/Bustillo R.	55 min	39,90
Cai Li Fo Kungfu Series (DVD - NTSC)	Chan Yong Fa	80 min	16,95
Chen Taijiquan (DVD)	Ren Guangyi	90 min	44,90
Chen-style Taiji double swords and Chen-	Chen Zheng Lei		19,95
Chinese Health Qigong: Five Animal Fro-	Tsao, Jesse	62 min	39,95
Chinese Lion Dance Instructional DVD		51 min	34,90
Chinese Shamanic Tiger Qigong-Laohu Gong	Wu Zhongxian	65 min	42,95
Complete System of Wooden Dummy Instruc-	Sifu Gary Lam	101 min	59,95
tional DVD			
David Peterson's Cham Kiu Seminar(2 DVD)	Peterson, David	125 min	54,99
As Taught By Sifu Wong Shun Leung	Peterson, David	208 min	54,99
David Peterson's Muk Yan Jong Seminar	Peterson, David	141 min	54,99
David Peterson's Siu Nim Tau Seminar	Sifu Gary Lam	89 min	52,50
Devastating Chi-Sao Crossing Hand Sys.1	Sifu Gary Lam	58 min	52,50
Devastating Chi-Sao Crossing Hand Sys.2	Frantzis, Bruce	153 min	55,00
Dragon & Tiger Medical Qigong-Health &		126 min	19,95
Dragon Since 1973-Interviews About Bruce	Yang Jwing-Ming	105 min	44,90
Essence of Taiji Qigong (DVD)	Wang Fengming		34,95
External Dan Exercise-Special Taoist	Xu Yulan, Wang Wenjuan...	ca95 min	56,70
Fish pursue	Yang Jwing-Ming	180 min	44,90
Five Animal Sports Qigong (DVD)	Sifu Gary Lam	80 min	29,90
Foundation Fortress-Uncover.the Hidden	Chen C.L.	TT 45:00	39,90
Health massage-DVD Video	Sifu Wing Lam	78 min	44,95
Hung Gar Kung Gee Fook Fu (DVD)	Chiu Chi Ling Grandmaster		90,30
Hung Gar-Lok Ah Choy's butterfly palm	Chiu Chi Ling Grandmaster		90,30
Hung Gar-The very venerable Hung Gar	Wang Fengming		39,95
Internal Dan Exercise-Special Taoist	Liu Zhen Juan		14,90
Jian shu (Sword)-Internat.Competition	Miller, Rory	60 min	34,95
Joint Locks-Learn to Improve Joint	Yang Jwing-Ming	215 min	44,90
Knife Defence-Traditional Techniques	Yang Jwing-Ming	240 min	44,90
Kung Fu Body Conditioning (DVD)	Yang Jwing-Ming	240 min	44,90
Kung Fu Body Conditioning 2 (DVD)	Yang, Nicolas/Warner, Ben	75 min	24,90
Kung Fu for Kids-Fun Workout for Kids W.	Warner, Ben	105 min	24,90
Kung Fu For Teens (DVD)	Li Deyin	BD009	16,95
Li Deyin's 24-Style Simplified Taijiquan	Li Deyin	BD014	16,95
Li Deyin's 40-Yang Style Taijiquan (DVD)	Li Deyin	BD012	16,95
Li Deyin's 42-Yang Style Taiji Sword(DVD)	Li Deyin	BD010	16,95
Li Deyin's 42-Yang Style Taijiquan (DVD)	Li Deyin	120 min	17,95
Li Deyin's 48 Forms Tai Chi Chuan (DVD)	Li Deyin	BD011	16,95
Li Deyin's 88-Yang Style Taijiquan (DVD)	Hu Zhifeng & Others	ca95 min	56,70
Li Huiniang	Sifu Gary Lam	60 min	39,95
Making Gwoh Sau (Crossing Hands) Work	Wuoden Dummy (DVD)		29,95
Mastering Wing Chun-Keys to Ip Man's KF5	Baat Cham Dao (8 Point Slashing Swords)		69,50
Mastering Wing Chun-Keys to Ip Man's KF6	Lok Dim Boon Kwan-Six & Half Point Pole		34,95
Mastering Wing Chun-Keys to Ip Man's KF7	verstilling door beweging (DVD)		25,00
Meditatief lopen-Beleving, verbindend en	Acupressure Exercises (DVD)	60 min	25,00
Meridian Qigong-Combined Qigong, Yoga &	(2 DVDs) Develop Your Intern.Energy	320 min	49,50
Neigong-Martial Qigong For Intern.Power	Bodhidharma Channel-chang.Script.(2 DVDs)	340 min	59,50
Original Boxing Tree of Trad.Shaolin KF:	Yin-hand Cudgel (DVD - NTSC)	TT 92:00	29,95
Original Boxing Tree of Trad.Shaolin KF:	Xiao Hong Quan (2 DVDs)(Chin-Eng-Fr-Span	TT 60:00	17,95
Original Boxing Tree of Trad.Shaolin KF:	Xiao Lian Tou (Mandarin w.English sub.)	TT268:00	29,95
Peng's Yong Chun Quan (Wing Chun) DVD	Seeking Bridge(Mandarin w.English sub.)		16,95
Peng's Yong Chun Quan (Wing Chun) DVD	Biao Zhi (Mandarin w.English subtitle)		16,95
Peng's Yong Chun Quan (Wing Chun) DVD	& Weapon Ser.:66 Form of Chen-style(2DVD		16,95
Practical Appl.of Chen-Style Taiji Quan	(DVD)	203 min	34,95
Practical Tai Chi Push hands 41 Techniq.	Use Ancient Art of Qigong Heal Yourself	64 min	39,90
Qigong For Healing (DVD)-Learn to Safely	ous Good Health the Trad.Chinese Way	180 min	34,90
Qigong For Longevity (DVD)-Maintain Vigo		50 min	34,90
Qigong For Women (DVD)		217 min	34,95
Qigong Fundamentals For Beginners (DVD)		62 min	39,90
Qigong Massage-Fundamental Techniques	for Health & Relaxation (DVD)	220 min	55,00

Quintessence Series of Yi Quan (DVD)	Piling for Life Enhancement (Chin-Eng)	Wang Yongxiang	48:00	16,95
Rattan shield & single broadsword & Chin	trident-Instruction,Basic theories,appl.	Sifu Cheng Wan	30 min	65,00
Rope Dart-Instructional DVD (NTSC-ALL)		Yao, Eric Shou-Li		34,90
Saber-Fundamental Training (DVD)	Solo Drills & Matching Practice	Yang Jwing-Ming	191 min	44,90
Sai-Fundamental Training: Sai Sequence	& Mart.App.-Learn Sai Step-by-step (DVD)	Yang, Nicholas	180 min	54,90
Shang-Style Xingyi Quan Series: Trad.	Xingyi Liuhe Sword (DVD) Chin-Eng subtit	Li Hong/Xu H.L.(tr)	49:00	16,95
Shang-Style Xingyi Quan Series: Xingyi	Linked Sword (DVD) Chin-Eng subtitle	Li Hong/Xu H.L.(tr)	60:00	16,95
Shaolin Kung Fu-Fundament.Training (DVD)	Eng-French Spoken(French-Span-Port.subt.	Yang Jwing-Ming	TT180:00	44,90
Shaolin Long Fist Kung Fu-Advanced Se-	quences, Vol.1 (Set of 2 DVDs)	Yang, Nicholas C.	480 min	64,90
Shaolin Long Fist Kung Fu-Intermediate	Sequences (2 DVDs)	Yang, Nicolas C.	446 min	64,90
Shaolin Long Fist KungFu-Basic Sequences	(DVD) French-Span-Portug-Eng.subtitle	Yang Jwing-Ming	240 min	54,90
Shaolin Saber-Basic Sequences (DVD)	Qi Xing Dao & Bagua Dao	Yang Jwing-Ming	180 min	44,90
Shaolin Staff-Basic Sequences (DVD)	Qi Mei Gun & Qi Mei Dui Gun	Yang Jwing-Ming	180 min	44,90
Shaolin White Crane Gong Fu 1 & 2 (DVD)	Basic Training-French-Span-Ital-Port sub	Yang Jwing-Ming	150 min	64,90
Shaolin White Crane Gong Fu 3 & 4 (DVD)	Basic training-French-Span-Ital-Port sub	Yang Jwing-Ming	240 min	64,90
Shaolin White Crane Hard & Soft Qigong	(DVD) French-Span-Portugese subtitle	Yang Jwing-Ming	170 min	64,90
Shuai Jiao: Kung Fu Wrestling (DVD)	Fund.Defense Techn.-Throws,Takedowns & G	Yang Jwing Ming	180 min	44,90
Simple Qigong Exercise for Back Pain	Relief (DVD)	Yang Jwing-Ming	95 min	24,90
Simple Qigong Exercises for Arthritis	Relief (DVD)	Yang Jwing-Ming	70 min	24,90
Simple Qigong Exercises For Health (DVD)	The Eight Pieces of Brocade	Yang Jwing-Ming	145 min	39,90
Simplified Tai Chi Chuan-Simpl.24 Post.	w.Applications/Standard 48 Postures(DVD)	Liang Shou-yu	150 min	34,95
Simplified Tai Chi For Beginners (DVD)	Learn the 24 Form-6 Minute Routine	Liamng, Helen	140 min	34,90
Single Exercise 8 Forms & Paired Exerc.8	Forms of the Liang-style 8 Diag.Palm(DVD)	Zhang Quanliang	59 min	19,95
Siu-Nim-Tau form & applications(DVD)	Learn SNT & applications step-by-step	Master Terence Yip		44,95
Special Taoist Taiji Stick & RulerQigong	(DVD)	Wang Fengming		44,95
Sun-style Taijiquan(2 DVDs) Chin-Eng Sub	Chinese Kungfu Series	Sun Jianyun		29,95
Sunrise Tai Chi (DVD) Awaken, Heal &	Strengthen Your Mind, Body & Spirit	Rones, Ramel	220 min	39,50
Sunset Tai Chi-Relax & Recharge YourMind	Body & Spirit (DVD)	Rones, Ramel	220 min	39,50
Sword-Fundamental Training (DVD)	Solo Drills & Matching Practice	Yang Jwing-Ming	220 min	44,90
Tai Chi Ball Qigong 1 (DVD)	For Health & Martial Arts	Yang Jwing-Ming	180 min	44,90
Tai Chi Ball Qigong 2 (DVD)	For Health & Martial Arts	Yang Jwing-Ming	191 min	44,90
Tai Chi Ball Workout For Beginners (DVD)	Whole-body Low-impact Exercise	Ross, David-Dorian	85 min	34,90
Tai Chi Chen Style-36 Forms (DVD)	Step-by-step Comprehensive Instructions	Dr.Lam, Paul	93 min	42,90
Tai Chi Chuan, Classical Yang style(DVD)	Comple Long Form & Qigong	Yang Jwing Ming	240 min	44,90
Tai Chi Connections (DVD)	Advancing Your Tai Chi Experience	Loupos, John	185 min	35,00
Tai Chi Fan (DVD)		Peters, Mark	65 min	32,90
Tai Chi fighting set: 2-Person matching	set (DVD)	Yang Jwing-Ming/Plee P.	122 min	55,00
Tai Chi for Arthritis, vol.2-6 Lessons	With Dr.Paul Lam (DVD) New & Improved Ed	Dr.Lam, Paul	120 min	32,90
Tai Chi for Arthritis-12 Lessons With	Dr.Paul Lam (DVD) 2 Disc New & Improved	Dr.Lam, Paul	240 min	39,90
Tai Chi for Back Pain (DVD)-Also for	Wheelchair Bound & Other Chronic Condit.	Dr.Lam, Paul	120 min	32,90
Tai Chi for Beginners-Begin Your Journey	to Better Health w.Six Easy Steps (DVD)	Dr.Lam, Paul	90 min	32,90
Tai Chi for Older Adults (DVD)-Design	Spec.for Older Adults to Improve Fitness	Dr.Lam, Paul	110 min	32,90
Tai Chi for Weight Loss-Health Preserva-	tion Series-Chen,Yang,Sun & Wu Tai Chi	Jiang Jian-ye	120 min	55,00
Tai Chi Fundamentals For Beginners (DVD)		Tsao, Jesse	67 min	39,90
Tai Chi Kung Fu Fan I (DVD)		Tsao, Jesse	61 min	39,90
Tai Chi Kung Fu Fan II (DVD)	Beauty of the Sunset (Xiyangmei)	Tsao, Jesse	65 min	39,90
Tai Chi Push Hands (DVD)		Tsao, Jesse	63 min	39,90
Tai Chi Qigong For Health (DVD)-Learn	Ancient Chin.Breath.Ex.For Better Health	Dr.Lam, Paul	110 min	32,90
Tai Chi Sword (DVD)		Ni Maoshing		34,90
Tai Chi Sword For Beginners (DVD)	Learn Tai Chi Sword Step-by-step	Yang Jwing-Ming	120 min	44,90
Tai Chi Sword Yang Style (DVD)-54 Step	Straight Sword & 32 Step Broad Sword	Peters, Mark	65 min	32,90
Tai Chi Symbol Tracing Hands & Applica-	tions (DVD)	Tsao, Jesse/Mellan, Alain	62 min	39,90
Tai Chi-42 Sword Forms (DVD)	Consist.4 Major Styles & Compl.42 Forms	Dr.Lam, Paul	100 min	42,90
Tai Chi-Sun Style 73 Forms (DVD)	Characterised by Powerful Qigong Exerci-	Dr.Lam, Paul	96 min	42,90
Tai Chi-The 24 Forms (DVD)	Step-by-step Instruct.of Best Known Forms	Dr.Lam, Paul	120 min	32,90
Tai Chi-The 32 Sword Forms (DVD)	Step-by-step Instructions	Dr.Lam, Paul	95 min	42,90
Tai Chi-The Combined 42 Forms, vol.1 & 2	(DVD) Essent.Princ.of 4 Major Tai Chi	Dr.Lam, Paul	125 min	52,50
Taiji & Shaolin Staff-Fundamental Trai-	ning & Matching Practice (DVD)	Yang Jwing-Ming	180 min	44,90
Taiji 37 Postures Martial Applications	(DVD)	Yang Jwing Ming	180 min	44,90
Taiji Chin Na in Depth-Seizing Art of	Taijiquan (DVD) Set of 2 DVDs	Yang Jwing Ming	375 min	74,90
Taiji Pushing Hands, vol.1 & 2 (DVD)	Yang Style Single & Double Pushing Hands	Yang Jwing-Ming	180 min	44,90
Taiji Pushing Hands, vol.3 & 4 (DVD)	Moving Single & Double Pushing Hands	Yang Jwing-Ming	180 min	44,90
Taiji Saber, Classical Yang Style (DVD)	The Complete Form, Qigong & Applications	Yang Jwing-Ming	60 min	34,90
Taiji Sword, Classicasl Yang Style (DVD)	Complete Sword Form,Qigong & Application	Yang Jwing-Ming	100 min	44,90
Taiji to the max, vol.4 (DVD)		Montaigue, Erle	115 min	49,95
Taiji Wrestling-Advanced Takedown Techn.	for Taijiquan Pushing Hands 1&2 (DVD)	Yang Jwing-Ming	160 min	44,90
Taiji Yin Yang Sticking Hands (DVD)		Yang Jwing-Ming	180 min	44,90
Traditional Yang style Tai Chi	Competition forms	Jiang Jian-ye	123 min	55,00
Understanding Qigong 1: What is Qigong?	Human Qi Circulation System (DVD)	Yang Jwing-ming	264 min	44,90
Understanding Qigong 2: Keypoints of Qi-	gong-Qigong Breathing (DVD)	Yang Jwing-ming	165 min	44,90
Understanding Qigong 3: Embryonic Brea-	thing (DVD)	Yang Jwing-ming	100 min	44,90
Understanding Qigong 4: Four Seasons	Qigong (DVD)	Yang Jwing-ming	180 min	44,90
Understanding Qigong 5: SmallCirculation	(DVD)	Yang Jwing-ming	180 min	44,90
Understanding Qigong 6: Martial Qigong	Breathing (DVD)	Yang Jwing-ming	180 min	44,90
White Crane Kung Fu, Vol.1 (DVD)	Fujian Chow An White Crane Fist, Flying	Lee Joo-Chian	36 min	44,90
White Crane Kung Fu, Vol.2 (DVD)	Fujian Chow An White Crane Fist, Flying	Lee Joo-Chian	60 min	44,90
Whole Authentic Wing Tsun System (DVD)	Origin,Forms,Mottos,Applic.of Fistfight.	Leung Ting		34,95

Wild Goose Qi Gong, vol.1 (DVD)	Traditional Daoist Qi Gong	Jiang Jian-ye/Lu Yu Zhi	119 min	45,00
Wild Goose Qi Gong, vol.2 (DVD)	Traditional Daoist Qi Gong	Jiang Jian-ye/Lu Yu Zhi	122 min	55,00
Wing Chun Dummy Combat Applications (DVD)		Sifu Gary Lam	68 min	52,50
Wing Chun Kung Fu, vol.1 (DVD) 60 Min.	Sil Lim Tao-Wing Chun basics-Defence tec	Cheung, William M.	60 min	39,90
Wing Chun Kung Fu, vol.3 (DVD) 59 Min.	Wooden Dummy & Application & Adv.Chi Sao	Cheung, William M.	59 min	39,90
Wing Chun Kung Fu, vol.3: Bui Chee-Form	& applications -Video VHS/PAL	Tang, Sunny (Dunn Wah)		53,95
Wing Chun Kung Fu, vol.5 (DVD) 60 Min.	Grappling defence and Weapons defence	Cheung, William M.	60 min	39,90
Wooden Dummy applications (DVD)	Learn Wooden Dummy applications	Master Terence Yip		39,95
Wu Style 93 Style Taijiquan (DVD)	(Chin-Eng Subtitles)	Wu Amin	BD059	19,95
Wu-style Taiji Quan Traditional Routine	(3DVDs - NTSC)	Li Bingci	TT193:34	45,00
Wudang Esoteric Kung Fu Series (DVD)	Wudang Elixir Sword(set/2 DVDs) Eng-Chin	You Xuande	113 min	29,95
Wudang Kung Fu: Fundamental Training-DVD	Stances, Strikes, Kicks, Basic-Form & Ap	Zhou Xuan-Yun	97 min	44,90
Wudang Sword-Tai Yi Daoist Form (DVD)	Sequence & Applications	Zhou Xuan-yun	100 min	44,90
Wudang Taijiquan: Zhan-Zhuang, Sequence	& Martial Applications (DVD)	Zhou Xuan-Yun	150 min	44,90
Xingyi Five-element Sword (DVD)	Chinese Wushu Series (Chin-Eng subtitle)	Di Guoyong	67:07	16,95
Xingyiquan-Twelve Animals Kung Fu &	Applications (DVD)	Yang Jwing-Ming/Liang SY	45 min	44,90
Yang Style Tai Chi Ball-13 Forms (DVD)	Traditional Yang Lu-Chan System	Jiang Jiang-ye	119 min	55,00
Yang Tai Chi For Beginners (DVD)	Learn Tai Chi Step-by-step w.Mast.Yang	Yang Jwing-ming	293 min	34,90
YMAA 25-Year Anniversary (2 DVDs)Spec.ed	Celebrating the Achievements of Yang J.M	Yang Jwing Ming	350 min	39,90
Zhaobao Taiji Boxing (DVD) Eng-Chin sub.	Chinese Kung Fu Wushu (set/2 DVDs)	Wang Hai Zhou	163:00	29,95

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OR = Binnenkort/Op bestelling leverbaar / On orders/shortly available