

**TAIJI BALL QIGONG COURSES 1&2—
16 Circling and 16 Rotating Patterns—DVD**

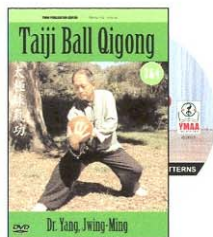
by Dr. Yang, Jwing-Ming

Taiji Ball training is common practice in both external and internal martial arts in China. It used to be a major training tool to enhance Pushing Hands ability. However, due to its secrecy, fewer and fewer people learned it. Today the art of Taiji Ball is almost unknown.

Course 1 focuses on Taiji Ball breathing techniques and basic patterns of stationary and moving Taiji Ball Circling, both Vertical and Horizontal. Breathing patterns demonstrated: Wuji breathing • Yongquan breathing • Laogong breathing • Four Gates breathing • Taiji Grand Circulation breathing.

Course 2 focuses on basic patterns of stationary and moving Taiji Ball Rotating, both vertical and horizontal.

€ 44,90 | 180 minutes • DVD-NTSC • all regions
Code: D0517 • ISBN: 1-59439-051-7



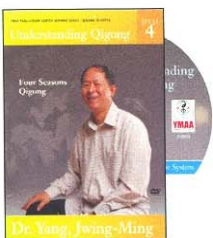
**TAIJI BALL QIGONG COURSES 3&4—
16 Circling, Rotating and Wrap-Coiling Patterns and
Taiji Ball Applications—DVD**

Performed by Dr. Yang, Jwing-Ming and Senior Students

Course 3: Dr. Yang delves deeper into Taiji Ball training with vertical and horizontal Wrap-Coiling training, in both yin and yang directions. Techniques shown as stationary, moving, walking and in the Bagua Circle.

Course 4: Taiji Ball Qigong Applications are taught for solo and partner training: Changing Directions, Attaching and Adhering to the Ball, Rotating, Rolling and Connecting to the Ball.

€ 44,90 | 191 minutes • DVD-NTSC • all regions
Code: D0777 • ISBN: 978-1-59439-077-7

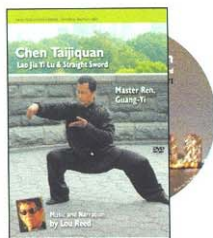


**UNDERSTANDING QIGONG—4
Four Seasons Qigong—DVD**

Dr. Yang, Jwing-Ming

Four Seasons Qigong (Si Ji Gong) is a well-known traditional medical Qigong practice, where one learns how to regulate the body from one season to the next to avoid common illnesses. Twenty-five Qigong exercises specialize in training the five internal Yin organs; heart, lungs, liver, kidneys, and spleen, which correspond to the four seasons.

€ 44,90 | 180 minutes • DVD-NTSC • all regions
Code: D0562 • ISBN: 978-1-59439-056-2

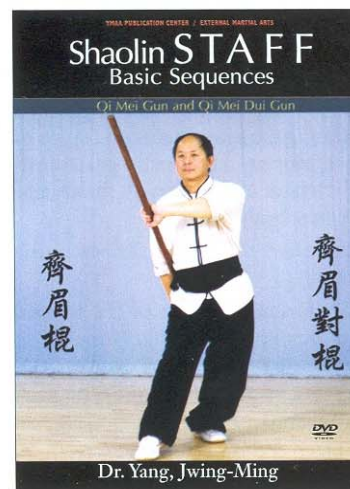


**CHEN TAIJIQUAN—
Lao Jia Yi Lu & Straight Sword—DVD**

Ren GuangYi, Music and narration by Lou Reed

Ren, Guang-Yi beautifully and powerfully demonstrates two fundamental Chen-style Taiji forms: the 75-movement long form, Lao Jia Yi Lu (Old Frame 1st Road), and the 49-movement Straight Sword form. Master Ren demonstrates Fa Jing, 'emitting power,' a signature of Chen Style Taijiquan. Filmed in HD in NYC Central Park.

€ 44,90 | 90min. • DVD-NTSC • all regions
Code: D0819 • ISBN: 978-1-886969-081-9



SUNRISE TAI CHI—DVD

Ramel Roncs

Master-teacher Ramel Roncs gently guides you through the morning with powerful basic exercises and a simple sequence designed to awaken the senses, stimulate the mind, and fill your body and spirit with abundant energy. Created as a comprehensive introduction to a lifetime of practice, the sequence is performed on both the left and right side (for balance), and includes suggestions for intermediate and advanced students to help you grow and improve over time.

€ 34,90 | 300 min. • DVD-NTSC • all regions
Code: D0274 • ISBN: 1-59439-027-4



**TAI CHI FIGHTING SET—
Two Person Matching Set—DVD**

Performed by Dr. Yang, Jwing-Ming, Pascal Plee, and Julien Petitfour

This program comprehensively instructs and demonstrates the 88 Posture, Two-Person Fighting Matching Set for advanced Taijiquan (Tai Chi Chuan).

This Fighting Set is a combination of techniques from pushing hands and the solo Taijiquan sequence, and it serves as a bridge connecting pushing hands with real fighting. Like pushing hands, it teaches you how to sense your opponent's actions and intentions, and it also teaches footwork and how to set up your strategy, making your fighting skill more realistic and alive. Anyone who is proficient at the solo sequence and pushing hands should be able to learn this fighting set, and make it part of their practice routine.

€ 55,00 | 122 minutes • DVD-NTSC • all regions
Code: D0509 • ISBN: 1-59439-0509



Dr. Yang, Jwing-Ming teaches the basic sequences and solo drills for Shaolin Staff training. Staff training develops the fundamental skills required for all other long weapons training, and it is traditionally the first long weapon learned in Chinese martial arts.

Program includes:

- Solo and matching drills, instruction on the first basic Staff sequence, Qi Mei Gun, with martial applications
- Partner drills and the two-person staff matching set, Qi Mei Dui Gun
- Detailed instruction and corrections to every movement as students demonstrate, making it easy for the viewer to learn

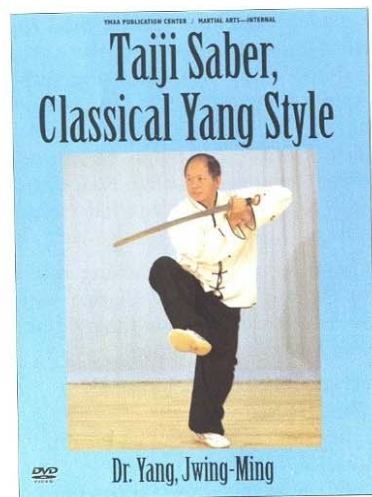
This program builds upon the fundamental techniques taught in the *Taiji & Shaolin Staff Fundamental Training DVD* (YMAA).

€ 44,90 | 180 minutes • DVD-NTSC • all regions
Code: D0920 • ISBN: 978-1-59439-092-0
UPC: 822003002443

TAIJI SABER

The Complete Form, Qigong & Applications — DVD

by Dr. Yang, Jwing-Ming



Saber training develops the fundamental skills required for all other short weapons training. It is traditionally the first short weapon learned in Taijiquan, and is the foundation of double-blade sword training.

Dr. Yang, Jwing-Ming teaches the Taiji Saber form, with basic drills, qigong, and martial applications.

This program is organized in five sections.

- Taiji Saber Qigong
- Basic Stances
- Basic Saber Drills
- Taiji Saber Sequences
- Taiji Saber Martial Applications

This program and the *Shaolin Saber Fundamental Training* DVD (YMAA) will help you develop a solid foundation in saber technique.

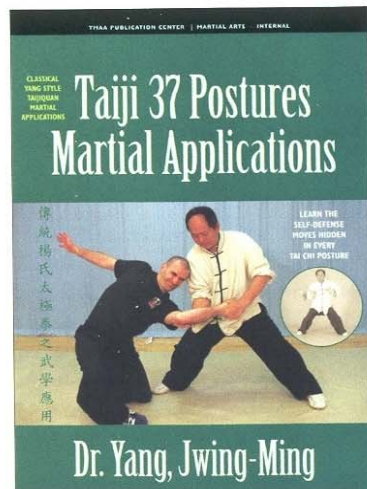
€ 44,90 | 60 minutes • DVD-NTSC • all regions
Code: D1026 • ISBN: 978-1-59439-102-6
UPC: 822003002542



TAIJI MARTIAL APPLICATIONS

37 Postures — DVD

by Dr. Yang, Jwing-Ming



Today, most people practice Taiji slowly to develop their balance, strength, and vitality, and the martial applications of the art are often ignored. Taijiquan, or 'Grand Ultimate Fist,' is a highly effective form of combat specializing in short and middle-range fighting.

This program offers practical martial applications for each of the 37-postures of traditional Taiji, based on the forms passed down by Yang, Ban-Hou. Once the viewer has a basic understanding of these universal principles, you may use them to devise further applications for every movement no matter which style of Taiji you practice.

- Learn about Eight Doors/Jins and Five Steppings
- Understand how to manifest Soft Power
- Over 50 effective applications for any Taiji style

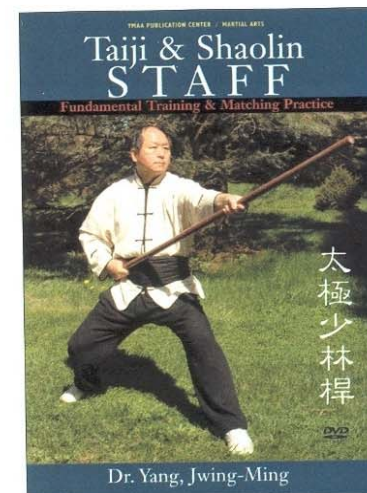
€ 44,90 | 180 minutes • DVD-NTSC • all regions • Code: D1057
ISBN: 978-1-59439-105-7 • UPC: 822003002573



TAIJI & SHAOLIN STAFF

Fundamental Training & Matching Practice — DVD

by Dr. Yang, Jwing-Ming



Dr. Yang, Jwing-Ming teaches Staff fundamental training and partner matching practice. The techniques are compiled from Taijiquan (Tai Chi Chuan) and Shaolin White Crane Gongfu (Kung Fu), offering uniquely comprehensive instruction of Southern-style Soft and Soft-Hard Staff training. Includes:

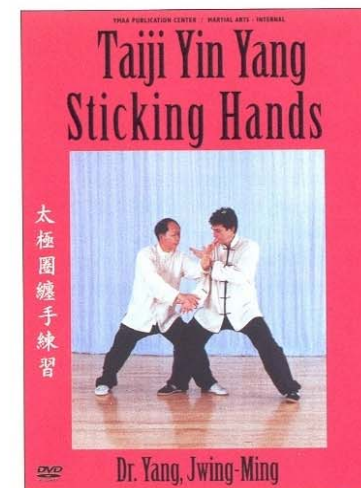
- Sliding • Striking • Stinging • Coil Stinging
- Blocking / Bouncing • Point Striking
- Chopping • Staff Sparring
- Advance-Retreating Circle-Sealing
- Four Corners Repel-Neutralizing
- Follow-Neutralizing Entering
- Four Sides of Staff Sealing
- Step Forward to Seal the Staff
- Sweeping Strikes in Four Directions
- Matching Fundamentals

Staff training develops the fundamental skills required for all other long weapons training.

€ 44,90 | 180 minutes • DVD-NTSC • all regions • Code: D0906 • ISBN: 978-1-59439-090-6
UPC: 822003002429



TAIJI YIN YANG STICKING HANDS — DVD



The ancient art of Silk Reeling Jin in Chen style Taijiquan is also known as Taiji Yin/Yang Symbol Sticking Hands in Yang style Taiji.

The main purpose of this soft and flowing training is to 'connect' the body, from head to toe, so that you may coordinate your movements effectively:

From this Yang-side and Yin-side training, a practitioner will establish a firm foundation for understanding the martial aspects of Taijiquan practice. This program offers many solo and partner exercises and drills that you may easily follow along with, making self-instruction simple.

Yang side and Yin side of the training are demonstrated separately, each divided into five parts:

- Self Practice of the Taiji Yin-Yang Pattern
- Stationary Partner Training
- Moving Partner Training
- Parallel Stepping Training
- Bagua Circle Stepping Training

€ 44,90 | 130 minutes • DVD-NTSC • all regions • Code: D1040
ISBN: 978-1-59439-104-0 • UPC: 822003002566

