

### NORTHERN SHAOLIN SWORD Sequences and Martial Applications

Dr. Yang, Jwing-Ming

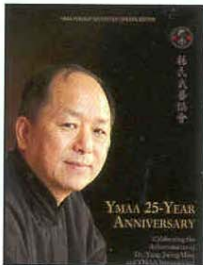
Dr. Yang presents three Northern Shaolin Sword sequences with martial applications.

**Kun Wu Jian:** Improve your balance, strength, focus, and power. Gain a deeper understanding of the sword, and a wide variety of applications and techniques.

**San Cai Jian:** The only known Sword sequence that matches itself, and it can be practiced solo or with a partner.

**Qi Men Jian:** Mastering Qi Men Jian will bring you to the highest levels of understanding in Chinese swordsmanship.

€ 44,90 | 90 min. • DVD-NTSC • all regions  
Code: D1194 • ISBN: 978-1-59439-119-4



### YMAA 25-YEAR ANNIVERSARY DVD

YMAA Publication Center

Celebrate 25 Years of Excellence

Compiled from video and photographs of Dr. Yang, guests, and YMAA students from around the world. Rare archival footage includes Taijiquan, Baguazhang, Xingyiquan, Liuhebafa, Shaolin Long Fist, White Crane, and many weapons demonstrations. Special footage is included featuring Grandmaster Li, Mao-Ching, Grandmaster Liang, Shou-Yu, Master Jou, Tsung-Hwa, and many others. Begins with a video biography of Dr. Yang, Jwing-Ming.

€ 39,90 | 350 min. • 2DVD set • DVD-NTSC • all regions  
Code: D0708 • ISBN: 978-1-59439-070-8



### TAIJI CHIN NA IN DEPTH The Seizing Art of Taijiquan, Courses 1, 2, 3, & 4

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

Dr. Yang discusses, demonstrates, and teaches Chin Na techniques up-close and in detail. All techniques are hidden inside the Yang style postures, but can be applied to all Taiji styles.

**Course 1:** 19 techniques from the Eight Moving Patterns and Clockwise Coiling in Crossed Pushing Hands.

**Course 2:** 16 techniques from the Eight Moving Patterns including Rotating Neutralizing and Counterclockwise Coiling in Crossed Pushing Hands.

**Course 3:** 21 techniques from the Eight Moving Patterns and Parallel Pushing Hands.

**Course 4:** 10 techniques specifically for countering an opponent controlling your elbow in Pushing Hands.

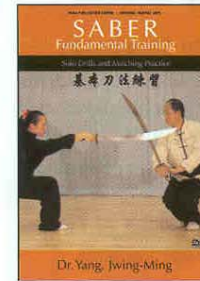
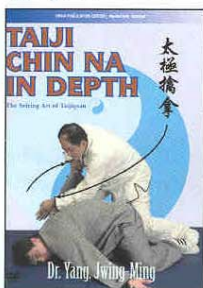
Bonus DVD: Dr. Yang performs 89 Taiji Chin Na Techniques.

This DVD is designed as a companion to the book *Taiji Chin Na*.

€ 74,90 | 375 min. • DVD-NTSC • all regions  
Code: D0463 • ISBN: 978-1-59439-046-3



Companion DVD!



### SABER FUNDAMENTAL TRAINING Solo Drills and Matching Practice

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

Dr. Yang, Jwing-Ming teaches the fundamental techniques, solo drills, and 2-person matching practice for saber training. 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.

Discover the history of the saber (Dao), understand its strategies and proverbs, and learn the differences between saber styles with examples Dr. Yang's private collection. Dr. Yang then comprehensively demonstrates 25 fundamental techniques common to all Chinese martial art styles.

Over two dozen solo and partner practices are taught, culminating in freestyle saber matching training.

€ 44,90 | 91 min. • DVD-NTSC • all regions  
Code: D1088 • ISBN: 978-1-59439-108-8

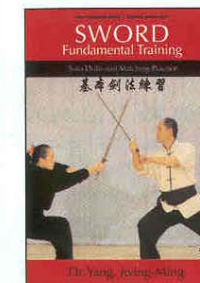


### SHAOLIN SABER—Basic Sequences

Dr. Yang, Jwing-Ming

Dr. Yang, Jwing-Ming demonstrates the solo and matching drills and instructs the first basic Saber sequence, Qi Xing Dao, with martial applications. Partner drills and the Bagua Dao sequence are also demonstrated. Dr. Yang gives detailed instruction and corrections to every movement, making it easy for the viewer to learn. Three hours of detailed instruction!

€ 44,90 | 180 minutes • DVD-NTSC • all regions  
Code: D0616 • ISBN: 978-1-59439-061-6



### SWORD FUNDAMENTAL TRAINING Solo Drills and Matching Practice

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

Master the King of the Long Weapons

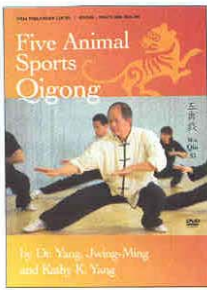
Sword training raises the spirit to a high level of awareness and focus, and is considered the greatest achievement in Chinese martial arts.

Dr. Yang, assisted by Kathy K. Yang and Pedro Rodrigues, teaches the fundamental techniques, solo drills, and two-person matching practice. Includes a comprehensive demonstration of 27 fundamental techniques common to all Chinese martial arts styles, and over a dozen solo and partner drills are taught, including freestyle sword matching training. Dr. Yang explains the history of the sword and the difference between sword styles with examples from his private collection.

€ 44,90 | 220 min. • DVD-NTSC • all regions  
Code: D1095 • ISBN: 978-1-59439-109-5





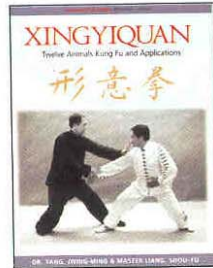


### FIVE ANIMAL SPORTS QIGONG

Dr. Yang, Jwing-Ming

Five Animal Sports are one of the most ancient and popular sets of medical qigong exercises. Passed down for nearly 2,000 years, it is an effective, fun, and sometimes-humorous way to energize the entire body. By imitating the movements and spirit of the Tiger, Deer, Bear, Monkey, and Bird, a practitioner can build their strength and longevity inside and out and enjoy excellent health.

€ 44,90 | 180 minutes • DVD-NTSC • all regions  
Code: D1106 • ISBN: 978-1-59439-110-6

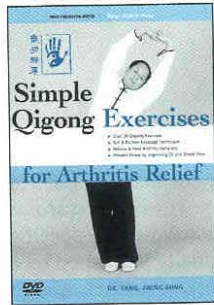


### XINGYIQUAN—Twelve Animals Kung Fu and Applications

Performed by Liang, Shou-Yu and Senior Students

Fundamental postures are demonstrated, including the Five Phases, with explanations of their relationships to Five Elements Theory. Senior students demonstrate the two-person Five Phases Matching exercise and Linking sequence, which improve your reaction speed and attack/counterattack skills. Lastly, the Xingyiquan sequence and each of the twelve animal forms with martial applications are shown. This DVD is designed as a companion to the book, *Xingyiquan*.

€ 44,90 | 45 min. • DVD-NTSC • all regions  
Code: D1200 • ISBN: 978-1-59439-120-0



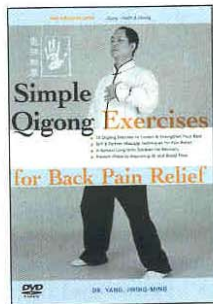
### SIMPLE QIGONG EXERCISES FOR ARTHRITIS RELIEF — DVD

Dr. Yang, Jwing-Ming

In this program, Dr. Yang, Jwing-Ming and senior student demonstrate over 30 simple and effective qigong exercises to relieve arthritis pain and rebuild the health and flexibility of your joints. These qigong movements gradually recondition the joints, and they're a natural way to heal and prevent arthritis. Most of the exercises can be practiced in either a seated or standing position.

Complements the book *Arthritis Relief* 3rd ed.

€ 34,90 | 70 minutes • DVD-NTSC • all regions  
Code: D0890 • ISBN: 978-1-59439-089-0



### SIMPLE QIGONG EXERCISES FOR BACK PAIN RELIEF

Dr. Yang, Jwing-Ming

This program provides simple and effective qigong exercises that will help relieve pain and rebuild the strength and flexibility of your back. These movements can gradually recondition your torso; including the spine, tendons, and muscles, allowing your back to heal completely and naturally. Depending upon your condition or ability, you can choose from sitting, standing, or lying down exercises.

Complements the book *Back Pain Relief* 2nd ed.

€ 34,90 | 95 minutes • DVD-NTSC • all regions  
Code: D0883 • ISBN: 978-1-59439-088-3



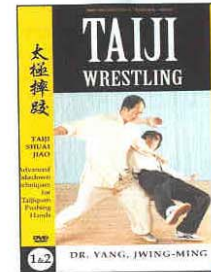
### WUDANG TAIJIQUAN

#### Zhan-Zhuang, Sequence, and Martial Applications

Zhou, Xuan-Yun

This program discusses the history of Wudang Taijiquan, offers a Warm Up section, and teaches the essential skill of Zhan-Zhuang, or standing meditation, which develops the Qi (energy) throughout your body. The complete 108-posture Wudang Taijiquan sequence is demonstrated in its entirety, and instructed piece by piece, with martial applications. Each technique is taught and demonstrated in detail, making it easy for the viewer to learn.

€ 44,90 | 150 min. • DVD-NTSC • all regions  
Code: D1217 • ISBN: 978-1-59439-121-7



### TAIJI WRESTLING—TAIJI SHUAI JIAO Advanced Takedown Techniques

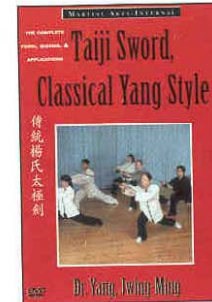
Performed by Dr. Yang, Jwing-Ming and Senior Students

Wrestling is one of the main categories of traditional Taijiquan martial arts training. The categories are: striking by hands (Da), kicking with legs (Ti), wrestling (Shuai), and seize and control (Chin Na).

**Course 1:** Focuses on applying Shuai Jiao techniques found in Crossed Pushing Hands.

**Course 2:** Focuses on applying Shuai Jiao techniques found in Parallel Pushing Hands.

€ 44,90 | 160 min. • DVD-NTSC • all regions  
Code: D1064 • ISBN: 978-1-59439-106-4

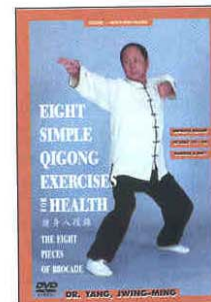


### TAIJI SWORD—Classical Yang Style

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

This DVD presents the Complete 54-Posture Taiji Sword form, Taiji Sword Qigong Set, Taiji Qigong Breathing, Fundamental Sword Techniques, 10 Matching Drills for training with a partner, and the seldom taught sword-fighting applications.

€ 44,90 | 100 min. • DVD-NTSC • all regions  
Code: D0452 • ISBN: 1-59439-045-2



### EIGHT SIMPLE QIGONG EXERCISES FOR HEALTH The Eight Pieces of Brocade

Performed by Dr. Yang, Jwing-Ming

This DVD includes an hour of additional explanation and analysis of each of the qigong movements in both the standing and sitting set. In depth instructions by Dr. Yang, Jwing-Ming.

€ 39,90 | 125 min. • DVD-NTSC • all regions  
Code: D0037 • ISBN: 1-59439-003-7

