



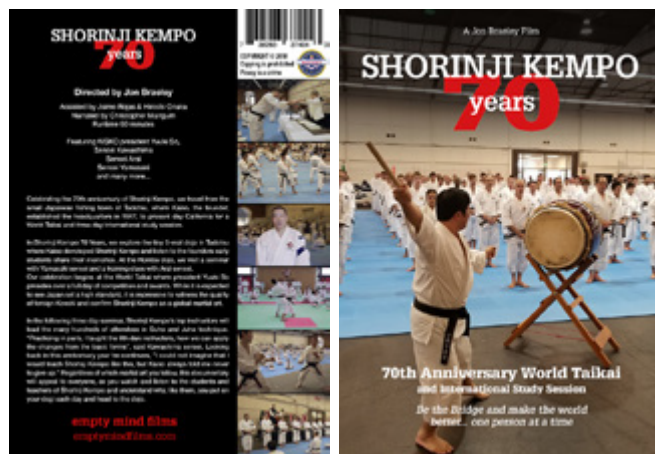
Catalog 2018

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Shorinji Kempo 70 Years



Title: Shorinji Kempo 70 Years

UPC: 738283374043

Year Released: 2018

Duration: 60 minutes

Filming Locations: Japan & USA

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

Celebrating the 70th anniversary of Shorinji Kempo. In Shorinji Kempo 70 Years, we travel from the small Japanese fishing town of Tadotsu, where the founder, Doshin So, established the headquarters in 1947, to present day California for a World Taikai and three day international study session.

We listen to the founders early students who share their memories of those early years as Shorinji Kempo took root. At the Hombu dojo, we visit a seminar with Yamasaki sensei and a training class with Arai sensei and witness just how Shorinji Kempo has advanced to become a very powerful Martial Art.

Our 70th anniversary celebration begins at the World Taikai in California where president Yuuki So presides over a full day of competition and awards. In the following days, Shorinji Kempo's top instructors will lead the many hundreds of attendees in Guho and Juho technique... both hard (kicks, punches, blocks) and soft (throws, pins, takedowns) technique. "Looking back in this anniversary year" said Kawashima sensei, "I could not imagine that I would teach Shorinji Kempo like this, but Kaiso always told me never to give up."

During the seminars we will hear from participating Kenshi from around the world... Sweden, Finland, Monaco, the Netherlands and Indonesia. In their own words they describe their passion for Shorinji Kempo and how they came to choose this path.

This documentary will appeal to everyone regardless of the style of martial art, as we watch and listen to the students and teachers of Shorinji Kempo and understand why, just like them, you put on your dogi each day and head to the dojo.



The Island Art of Silat



Title: The Island Art of Silat

UPC: 738283374036

Year Released: 2017

Duration: 75 minutes

Filming Locations: Indonesia

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English

Region: Worldwide

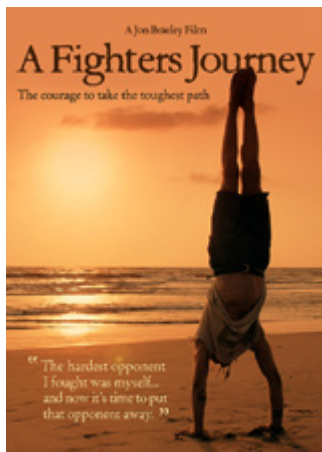
A Journey across Indonesia to explore the relatively undiscovered martial art of Pencak Silat and to reveal the secrets of Silat to a waiting audience worldwide. Historically, technique was passed down from generation to generation within the same bloodline and written records and public demonstrations were rare. "Our Silat was only for our family" says Mas Amien of Chakra Lima. "Before 2007 we never shared our technique."

In a country of 18,000 islands and 300 ethnic groups, it is no surprise that Indonesia has about 600 styles of Pencak Silat. Perisai Diri is one of the most regulated with daily classes and the National Perisai Diri Championship featured in our documentary. Training is based upon Serang-Hindar, a two-person drill for attack and defense. The style of Tapak Suci was founded 50 years ago with the distinctive red uniform. Our visit shows how Muslim female students can train just as hard as the males. Chakra Lima Silat from Surabaya is a practical fighting system using a comprehensive set of punches, low kicks and evasive footwork. A small four meter wide room is their training ground. Inti Ombak was created by U.S. based Guru Daniel Prasetya by blending together two opposing styles. In doing so he applied his own martial art philosophy, referred to as Kaedah. It is a set of core principles or rules that govern Inti Ombak. In the Yogyakarta Inti Ombak school, Guru Sigit Cahyana calls it "Finding the essence of living within the wave of life."

Today, Pencak Silat is a mainstream martial art and as a worldwide audience of enthusiasts discover Indonesia's remarkable combat system, it's secrets are finally being revealed.



A Fighters Journey



Title: A Fighters Journey

UPC: 738283374029

Year Released: 2016

Duration: 60 minutes

Filming Locations: India & USA

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English

Region: Worldwide

By 2008 Jonathan Brookins was already a seasoned fighter, having faced UFC champion Jose Aldo. His good looks, golden dreadlocks and sharp intellect, made him a fight fan favorite. But when Brookins was crowned the Ultimate Fighter after winning the 12th Season UFC Finale, what fans didn't know is that he was facing a much tougher opponent outside the cage... himself.

Drugs and alcohol together with an eating disorder had taken its toll on Brookins. After suffering back to back defeats, in early 2013 he announces his retirement from the UFC to move to India and practice Yoga. "My body told me to shape up now or I'm not going to last that long. I knew I needed to fight one more time to get the money to go to India". Once in India, Jonathan was alone and ready to face the truth: "The problem with running away is that you always run into yourself. My addictions will not go away just because I am in India." Jonathan began the slow journey to cleanse his body and mind with a strict Indian vegan diet, Ayurvedic detoxes and cleansing. Each day would be spent in yoga practice and meditation. "I have a lot to fight for if I want to get back in the UFC."

As the deep orange sun sets over the Indian ocean, Jonathan reflects on the fights he won and lost... "My opponent being myself has been tougher than anyone else I have ever fought." Regardless of whether you practice martial arts or yoga, or you are just a fan of UFC or MMA, this documentary will touch your heart. It takes great courage to walk down a new path and meet your enemy, especially when that enemy is yourself.



Fighting Sticks of Arnis



Title: Fighting Sticks of Arnis

UPC: 738283374012

Year Released: 2016

Duration: 60 minutes

Filming Locations: Philippines

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English

Region: Worldwide

In *Fighting Sticks of Arnis* we meet many grandmasters who are students of the founder of Modern Arnis, Professor Remy Presas. "I started in Modern Arnis" says grandmaster Rodel Dagooc. "Grandmaster Remy Presas was my godfather. Without him, Arnis would have become a dying art." For martial arts practitioners visiting the Philippines, Luneta Park is the first and last stop. Modern Arnis Grandmaster Rodel Dagooc begins his first class in Luneta and his skill in stick fighting earned him the nickname "Smoking Sticks".

One style that Remy Presas mastered is Balintawak from Cebu. Many of today's best known Escrima masters grew up on the streets of Cebu like grandmaster Bobby Taboada and grandmaster Nick Elizar. At his Cebu Nick-elsticks school, grandmaster Elizar explains: "The aim of Balintawak is to disarm your opponent. This means using counter to counter because we assume our opponent is smarter than us." Elizar says "Striking is easy. We teach you to defend and react very fast."

Arnis, like all traditional martial arts requires hard work and sacrifice. Grandmaster Bobby Taboada talks about his early years of Arnis training: "I learned to accept the pain. That's the reality of training in the Philippines... are you ready to accept the pain." As we travel from martial arts schools to training camps, we spend time with more than twelve grandmasters of Arnis or Escrima. Grandmaster Bram Frank introduces us to the Bolo or Filipino long knife... a weapon he has mastered since his first Bolo class with grandmaster Remy Presas. In *Fighting Sticks of Arnis* secrets are told and technique are shared as our film explores the many different teaching methods and the multitude of styles of Arnis.



The Immortal Path



Title: The Immortal Path

UPC: 738283374005

Year Released: 2016

Duration: 76 minutes

Filming Locations: China

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

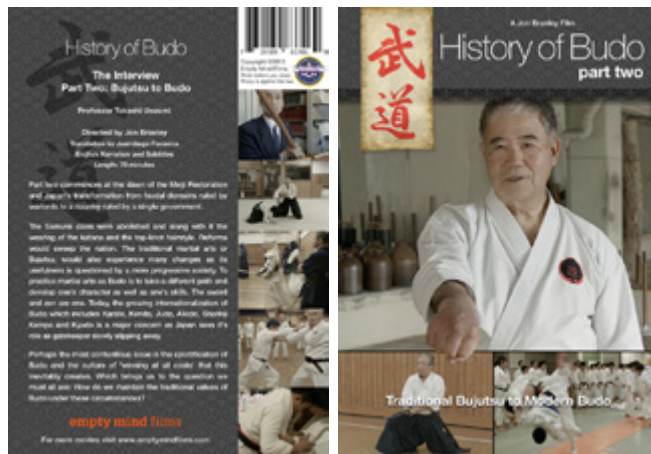
Region: Worldwide

In the Immortal Path: The Tao of Tai Chi Chuan we explore the religious faith of Taoism and the martial art of Tai Chi Chuan. Tai Chi can be called the Tao in motion. The classic Chinese text, Tao Te Ching acts as a guide to the principles of Tai Chi Chuan. As Wudang Taoist master Zhong Yun Long states "The Tao Te Ching tells us that everything in the universe changes and is the balance of Yin and Yang. This is also the heart of Tai Chi Chuan." Master Zhong Yun Long broke years of solitary Tai Chi practice and meditation to come down from his Mountain cave and resume teaching at his Kungfu school, San Feng Pai. In the Immortal Path we explore this and other Wudang schools of Tai Chi to uncover the secrets and to reach the goal of Taoist master.

Below Purple Heaven Palace is a Martial Arts school that embraces the Tao in their Standing Meditation practice each day... like most Tai Chi schools across Wudang mountain. Dragongate school, one of Wudangs oldest lineages of Tai Chi Chuan practices both Internal and External styles of Wudang Kungfu with particular emphasis on Qigong. Master Zhong Yun Long's own school, the San Feng Pai insists students train in Hard Qigong to strengthen their body for fighting. "From Wuji to Tai Chi to Liangyi is the core of our practice" says Master Zhong Yun Long, "Liangyi shows us that from softness comes explosive fighting force. However the principle of Taoism is to cherish life. We use Tai Chi Chuan to oppose the strong with softness. To overcome an enemy but not destroy him." At the heart of all the schools on Wudang Mountain is the Tai Chi form... the mind and body moving between Yin and Yang. In the words of the Wudang masters... Tai Chi is the Tao in motion. Welcome to The Immortal Path: The Tao of Tai Chi Chuan.



History of Budo. Part Two



Title: History of Budo. Part Two

UPC: 739189837069

Year Released: 2015

Duration: 70 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

A two part series on the history of Budo and the culture of the martial arts. This is a long unabridged interview with professor Takashi Uozumi at the International Budo University in Japan. He served as director of the Budo and Sports Research Institute. Professor Takashi Uozumi is considered the world's best authority on the sword-master Miyamoto Musashi. Part Two begins at the dawn of the Meiji Restoration and Japan's transformation from feudal domains ruled by warlords to a country ruled by a single government. The Samurai class were abolished and along with it the wearing of the katana and the top-knot hairstyle. Reforms would sweep the nation. The traditional martial arts or Bujutsu, would also experience many changes as its usefulness is questioned by a more progressive society. To practice martial arts as Budo is to take a different path and develop one's character as well as one's skills. The sword and zen are one. Today, the growing internationalization of Budo which includes Karate, Kendo, Judo, Aikido, Shorinji Kempo and Kyudo will bring more changes as Japan sees it's role as gatekeeper slowly slipping away.

In Part Two of History of Budo Professor Uozumi talks first about the transformation of Jujutsu into Judo or 'Jutsu' into 'Do' and secondly how Judo was accepted into the education system. This led to a wider acceptance of Budo as an educational tool. He covers each Budo in detail with Kendo, Karate, Judo and Kyudo being widely accepted in student curriculums. Perhaps the most contentious issue today is the sportification of Budo and the culture of 'winning at all costs' that this inevitably creates. Which brings us to the question we must all ask: How do we maintain the traditional values of Budo under these circumstances?



History of Budo. Part One



Title: History of Budo. Part One

UPC: 739189837052

Year Released: 2015

Duration: 70 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

A two part series on the history of Budo and the culture of the martial arts. This is a long unabridged interview with professor Takashi Uozumi at the International Budo University in Japan. He served as director of the Budo and Sports Research Institute. Professor Takashi Uozumi is considered the world's best authority on the sword-master Miyamoto Musashi. Part one features a guest appearance by author and historian William Scott Wilson, the world's foremost translator of Japanese and Chinese classic texts. William Scott Wilson needs no introduction in the west where he has many books published by Kodansha International and Shambhala. His translation of the Hagakure and Book of Five Rings cemented his authority on translating ancient Japanese classics. Part One covers the period of 1600 to 1850 beginning with the battle of Sekigahara. This gave control of Japan to the Tokugawa Bakufu. After four centuries of bloody civil wars between various Daimyo and their Samurai, a long period of peace was to follow. This led to Bujutsu, the classical martial arts practiced by the Samurai during peace. While there was no enemy during the peacetime, the Samurai would continue honing his martial skills by practicing in the dojo. In the 17th century we see the emergence and rapid spread of the Ryu-ha or schools of martial arts. In Kenjutsu alone, there was said to be five hundred different schools. The emphasis was on Kenjutsu or swordsmanship as the Samurai was expected to carry a katana at all times when in public. Kenjutsu practice was carried out with the Bokuto or wooden sword. Part one ends as we approach mid 19th century and the modernization of Japan starts to take hold with the dawn of the Meiji restoration. Part two will cover period when Martial technique or Bujutsu transforms into modern Budo.



Warriors of Budo Episode Seven: Shorinji Kempo



Title: Warriors of Budo Episode Seven: Shorinji Kempo

UPC: 739189837045

Year Released: 2015

Duration: 65 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

Mixing a martial art with a religious faith can be traced back to China over fifteen hundred years ago. Shorinji Kempo means 'Shaolin Temple Way of the Fist' and is both a fighting art and religion established by Doshin So, known as Kaiso to his many followers around the world. It is a unique combination of Karate style punches and kicks with the fluid throws of Aikido and joint-locks of Jujutsu. Shorinji Kempo is also a religion whose philosophy called Kongo Zen is based on early Buddhist scriptures. It's headquarters is an institution for the development of the mind and body. Shorinji Kempo embodies the principles of Kenzen-Ichinyo, where the physical technique (body) and the spiritual (mind) are one and the same.

In practice each partner is working to improve the others respective technique. The result is Embu. A demonstration of sequences of techniques that are dynamic, fluid and full of energy. Embu is likened to prayers. "It is Zen in Motion" says Tsunehiro Arai, the chief Hombu instructor and president of the Shorinji Kempo Federation. "One has to focus and spiritually unite with the opponent". Kaiso's daughter Yuuki So repeats her fathers mantra "Half for your own happiness, half for the happiness of others." She explains, "This means before you can help others you must first help yourself."

The mission of Shorinji Kempo is to achieve this by cultivating people who can contribute to society. Kaiso would put this more simply as "Country building through people building." In this episode we will take you to the Shorinji Kempo Headquarters in Tadotsu, Japan where you will witness the legacy established by Kaiso. Sensei Tsunehiro Arai states, "Kaiso did not create Shorinji Kempo to be one more school of martial arts. The



Warriors of Budo Episode Six: Naginata/Jodo



Title: Warriors of Budo Episode Six: Naginata/Jodo

UPC: 739189837038

Year Released: 2015

Duration: 65 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

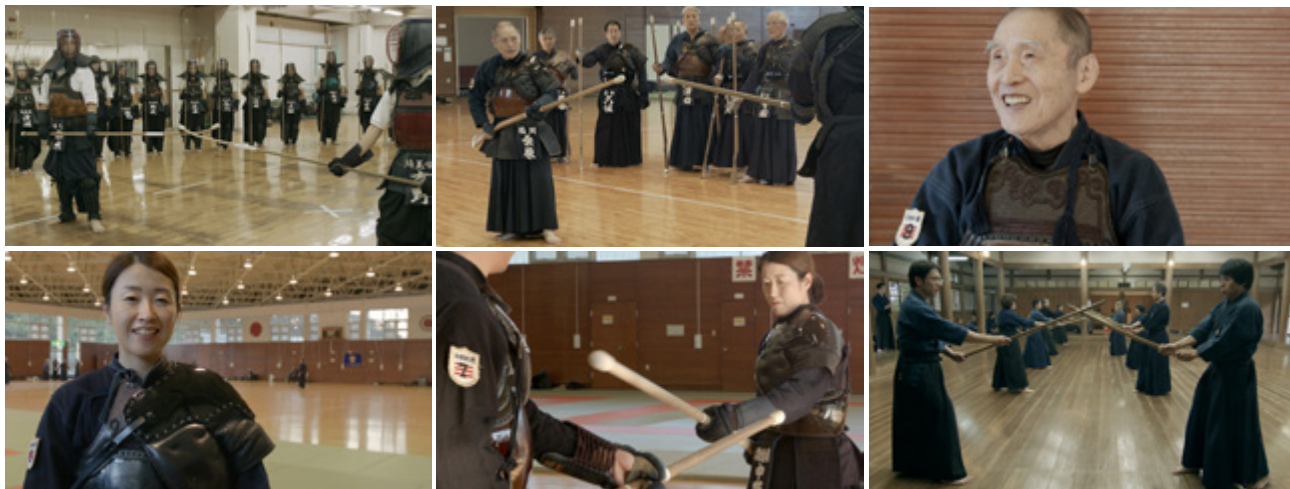
Language: English Narration/Subtitles

Region: Worldwide

Naginata is unique in Japanese martial arts in that it has been kept alive primarily by women. It is a tradition dating back many centuries to the wife of the Samurai. The deadly slashing and thrusting of the Naginata evokes the battlefields of 12th century Japan, as Sensei Wataru Suzuki says “The Naginata was used to mow down horses and cavalry soldiers so slashing attacks to the shins is a characteristic of Naginata”. In our opening segment on Naginata we take you through a study on Naginata techniques then a final competition style match with teacher and student.

Jukendo and Tankendo, the art of bayonet fighting, are sister arts and practitioners often practice both. Jukendo is unique in using only a thrust to attack, however training with the mock wooden rifle and bayonet is complex with subtle variations of parrying and thrusting. The instructor is Hanshi 9th dan Sensei Kuwahara Masaharu who has an astonishing 75 years of experience in Jukendo. Sadly just after this episode was filmed he passed away at 89 years of age. The detached bayonet or Tankendo is becoming popular as a sport and looks similar to Kendo with fast explosive cuts and thrusts and loud Kiai. Says Yayoi Nakanowatari, who reached the final of the womens All Japan Tankendo Championships, “In the final match my opponent took the initiative”.

The Kashima shrine holds a very sacred place in Budo history. Jodo or the art of the short staff is performed here as a dedication to the Kami of Bu, the spirit of Martial Arts. “This is Shinto Muso-ryu Jodo” says Sensei Osamu Abe “it is composed of six arts and practice can be so close that it becomes almost Jodo and Taijutsu (without weapons)”. Jodo training at the Kashima shrine is to transcend the blocks, cuts and thrusts of daily practice. It is instead to experience Bushido, the spirit of the Samurai



Warriors of Budo Episode Five: Kendo



Title: Warriors of Budo Episode Five: Kendo

UPC: 739189837021

Year Released: 2015

Duration: 65 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

Kendo or the way of the sword, has seen many changes over the last sixty years partly as a result of the dissemination of Budo culture outside Japan. To understand this phenomenon and how it evolved, we need to know what the spirit of Kendo is. Is it Budo... a way to cultivate oneself? Or is it a competitive sport in which winning is the ultimate objective? Nowadays, Japan is taking the World Championships very seriously and acknowledges the fact that non-Japanese can exhibit a very high standard of Kendo. "It drove home to me how Kendo has affected me and become part of my DNA" says Alex Bennett just after passing his 7th dan Kendo examination on his first attempt. "And that is exactly what the examiners are looking for".

At the Tokyo family dojo of Sensei Hiroshi Ozawa, classical swordsmanship is practiced alongside Kendo. Born into a large family of Kendo masters, Ozawa Sensei firmly believes that training in classical sword technique is the best way to develop one's Kendo. "I notice when doing Kendo sparring I find myself doing Koryu techniques. It makes sense. It is the root of Kendo".

Sending opponent's to the floor with foot-sweeps and grappling may seem abhorrent to those who practice Kendo as a sport but this is part of the pre-war Kendo that is being preserved at the Ichikenkai Haga dojo. Sensei Terukuni Uki, a student of the founder Junichi Haga, says "Words like old-style Kobudo or Kobujutsu are used but If you practice old techniques without forgetting their origin and spirit then such words as 'old' are not needed". Old or new, Kendo continues to evolve, whether your objective is winning competitions or developing yourself as a better person.

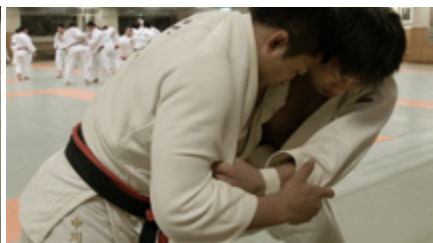


1. *Journal of the American Medical Association*, 2000; 284: 2689-2695.



Region: Worldwide

In Episode Four you will be taken from the foundation of Judo to Jujutsu and then to the birthplace of Judo, the Kodokan. Our journey ends with the Olympic Games and America's Olympic Judo's rising stars.



Warriors of Budo Episode Three: Aikido



Title: Warriors of Budo Episode Three: Aikido

UPC: 736846749727

Year Released: 2014

Duration: 65 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

In Warriors of Budo Episode Three Aikido we are able to answer many questions on pre-war martial arts in Japan. It was during man's darkest period in history as war swept across the planet, that Japan's most honored master of Budo, Morihei Ueshiba had a vision. He would follow a new path that would be called Aikido. "The only answer to aggression is love and harmony" he would say. The practice of Aikido continues today with his grandson Moriteru Ueshiba who inherited the title of Doshu. At his morning class which begins at dawn, Doshu teaches Irimi-nage, bringing the founders concepts alive. As the attacker moves forward to strike, he is not stopped. Instead Doshu avoids conflict by entering to his side, and in turning to face the same direction they harmonize. "This is the harmony of Aikido" says Doshu, "becoming one with the opponent." The late Gozo Shioda was the prodigy pupil of O'Sensei and in 1955 founded Yoshinkan Aikido and a new generation of Aikido masters. Chino Susumo and Ando Tsuneo are two of them. Chino sensei is head of the Yoshinkan Hombu dojo while Ando sensei left to open his own Aikido school. "Spirit is very important" says Ando sensei. "It is timing and cannot be late. It should invite the opponent and lead him in."

An exploration of Aikido through the words and actions of some of the top masters teaching today... Mori-teru Ueshiba (Aikikai Foundation), Tsuneo Ando (Yoshinkan Aikido Ryu) and Susumu Chino (Yoshinkan Hombu Dojo). Hear from foreigners training in Japan as Uchideshi or 'live-in apprentices' who live and breathe Aikido everyday. For the higher ranked Aikido-ka, watch and learn as the masters of Aikikai and Yoshinkan reveal their finest techniques with fascinating explanations that show us why Aikido is also a deadly martial art.



Warriors of Budo Episode Two: Karatedo



Title: Warriors of Budo Episode Two: Karatedo

UPC: 736846749710

Year Released: 2014

Duration: 65 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

By the time the senior students of Gichin Funakoshi opened the doors of the Japan Karate Association in 1949, Shotokan Karate was already well established. Just six months after Funakoshi's death in 1957, the JKA held the first JKA All Japan Karate Championship and opened the door to Karate as a sport. Tatsuya Naka, 7th dan, a past winner of the All Japan Championships, is a new generation of JKA instructor. With his good looks and Karate skills he soon caught the attention of the movie industry. His first movie, Kuro Obi received praise from critics and Budoka alike for it's realistic portrayal of Martial Arts, thanks to the casting of Naka in the lead role. For some Karate will never be a sport. There are no rules and no second chances. It is Bujutsu, where defeat has one consequence... death. This is the Karate of Mikio Yahara, 8th dan. As a product of the legendary JKA instructor course he quickly earned a reputation as a fierce competitor with a win at all cost attitude. Today he is Chief instructor of his own organization, the Karatenomichi World Federation. It is at the KWF that Yahara's vision of Shotokan Karate is realized in the phrase "One killing blow". At the hombu dojo he must impress upon his students what this means and to practice Karate as if their life depended on it.

While the roots of Wado Ryu Karate are found in Shotokan, it has more in common with Jujutsu. Master Hironori Ohtsuka, is the son of the founder and continues his legacy. He has also inherited his father's courage as he demonstrates a defence against a deadly sword or Shiraha-tachi-dori. As Ohtsuka reveals the secret to this technique and many others, Wado Ryu's combination of Karate and Jujutsu show us why this is one of most practical and efficient martial arts today.



Warriors of Budo Episode One: Karatedo



Title: Warriors of Budo Episode One: Karatedo

UPC: 736846749703

Year Released: 2014

Duration: 65 minutes

Filming Locations: Okinawa, Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English Narration/Subtitles

Region: Worldwide

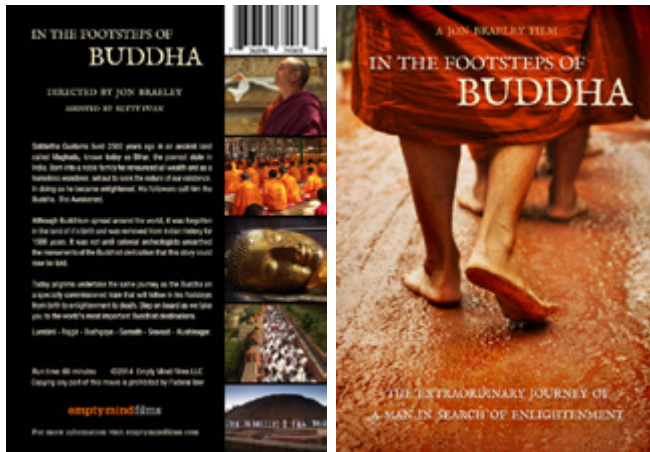
Warriors of Budo Episode One: Karatedo begins at the Okinawan dojo of Sensei Morio Higaonna acknowledged as a true Warrior of Budo. A warrior trains his entire life for a moment that may never arrive. As a master of the fighting arts, achieving victory in a fight that may even mean death, can be a simple matter. Yet at the highest level, a Warrior of Budo will choose peace instead of conflict. Sensei Morio Higaonna is a Warrior of Budo. At the age of seventy five, his passion for Karate still burns bright, like a fire in his belly. Each morning Higaonna walks downstairs to his Okinawa dojo and begins his routine... warm ups and makiwara training followed by Sanchin kata and technique. Each evening he teaches class, leaving students panting for breath and with little strength left when class is over. It is past midnight when Higaonna leaves his dojo to walk back upstairs.

In this episode we take you inside Higaonna's dojo for an intimate talk about his life and his Karate. In the evening class, we witness the toughest martial arts training we have seen in thirty years documenting Japanese Budo. In his twilight years Higaonna holds nothing back... sharing for the first time, technique and philosophy that display his profound knowledge of Karate. Yet Higaonna still practices with the intensity of a student, saying "I am still green. Waza are endless. The more you train, the more you must pay attention to this. I'm deeply grateful toward my own sensei. Even today I think, thank you sensei !!"

The narrator for our Warriors of Budo series is Dr. Alex Bennett, Associate Professor at Kansai University and the head coach of New Zealand Kendo. He holds Kendo Kyoshi 7th dan, Iaido 5th dan, Naginata 5th dan. His recent books include: Hagakure and Kendo: the culture of the Sword.



In the Footsteps of Buddha



Title: In the Footsteps of Buddha

UPC: 736846749697

Year Released: 2014

Duration: 60 minutes

Filming Locations: India & Nepal

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English

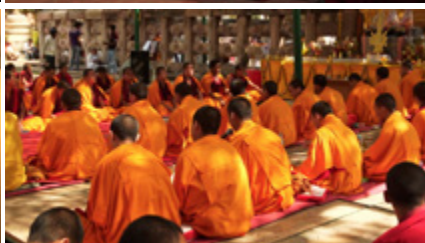
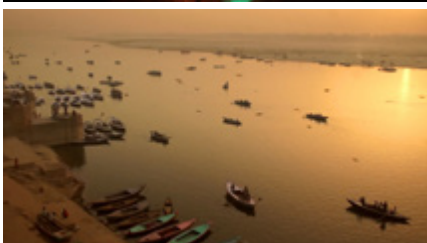
Region: Worldwide

Siddhartha Guatama lived 2500 years ago in an ancient land called Maghada, known today as Bihar, the poorest state in India. He was born in Lumbini (Nepal today) into a noble family. At the age of twenty nine he renounced all wealth and as a homeless wanderer, set out to seek the nature of our existence. To seek the truth.

For six years he would wander as a homeless Shramana or spiritual seeker. In summer the dust would blind his eyes and fill his nostrils. In the monsoon season the mud would cake his bare feet. Breaking his journey only for meditation. Going deeper and deeper as he explored his sub-conscious until finally, as he meditated under a tree through the night, he broke free of attachment and suffering. "I am free from desire. Free from ignorance. Free from the taint of being, said Siddhartha. "I was asleep but now I am awake in reality. In Nirvana." When he got up he was the Buddha. The Awakened.

Although Buddhism spread around the world, it was forgotten in the land of it's birth and was removed from Indian history for 1500 years. It was not until colonial archeologists unearthed the monuments of the Buddhist civilization that this story could now be told.

Today pilgrims from around the world undertake the same journey as the Buddha on a specially commissioned train, the Mahaparinirvan Express, that will follow in his footsteps from birth to enlightenment to teaching and to his death. Step on board as we take you to the world's most important Buddhist destinations. Lumbini – Rajgir – Bodhgaya – Sarnath – Sravasti – Kushinagar.



One Shot. One Life



Title: One Shot. One Life

UPC: 738435212414

Year Released: 2013

Duration: 85 minutes

Filming Locations: Japan & China

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: Japanese with English subtitles

Region: Worldwide

In traditional martial arts, mastery of the art is not acquired through technical skill alone. In following 'The Way' one must look beyond technique to become a true master. In Japanese archery or Kyudo, hitting the target by itself is not enough. In order to shoot correctly we are told to "Shoot from the Heart". As Takeuchi sensei says "As a national team member I had to hit the target no matter what. Eventually all that technique became obsolete in exchange to express myself through the bow". Yet teachers of Kyudo tell us that only through technique will we be able to hit the target correctly.

Can both be true? It is a paradox that haunts Takeuchi Masakuni, 7th dan Kyoshi who ponders "How can one fail when both arrows hit the target?". Awa Kenzo, a great kyudo master, held that its true purpose was 'to enlighten'. This idea took hold in the west through the book Zen in the Art of Archery, written by Eugen Herrigel, one of Awa's students. Awa's legacy of "Standing Zen" can be witnessed still today at the Enma dojo in the grounds of Engakuji Zen Temple. Without an opponent, it is a path of self discovery where the target is a mirror – a reflection of the self.

Whatever path you follow, the common ground is that true mastery of Kyudo is a journey that has no ending. In our documentary "One Shot. One Life" the climactic end will have you holding your breath as Takeuchi Masakuni enters the 8th dan grading for his 16th attempt. It is a test so severe that this Kyudo master is forced to comment "This struggle is my driving force and that is why I cannot stop."



Wing Chun A Documentary



Title: Wing Chun A Documentary

UPC: 738435212407

Year Released: 2012

Duration: 75 minutes

Filming Locations: Hong Kong & China

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: Cantonese/Chinese with English subtitles

Region: Worldwide

Wing Chun has seen explosive growth, fueled by a blockbuster movie and a legion of new followers who regard it as the most effective fighting art there is. "We have seen heat waves before and not just because of Bruce Lee" says Ip Ching, son of Grandmaster Ip Man.

Experience Wing Chun in its most authentic setting as we take you on a guided tour of many of Hong Kong's top schools. Although there is only one Wing Chun it has evolved into many styles... from Ip Man Wing Chun to those that continue to develop the martial art as it spreads worldwide. "Even Ip Man modified his kungfu from his practice so we cannot stick to the word genuine anymore" says master Sam Lau, a direct student of Ip Man. Sifu Keung says simply "No matter which branch no one can say their Wing Chun is 100 percent perfect as each have their own way of practicing and if theirs is useless it will disappear."

Watch, listen and learn as teachers and students share their knowledge and experience of the principles, training and practical fighting aspects of Wing Chun. Now widely accepted as one of the most efficient and practical martial arts for both men and women in the world.

Finally a documentary that cuts through all the hype, the myths and the politics to explore Wing Chun in the authentic setting of Hong Kong and ask "is this the most effective martial art in the world?"



The Shaolin Kid



Title: The Shaolin Kid

UPC: 738435212391

Year Released: 2012

Duration: 82 minutes

Filming Locations: China & USA

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: Chinese with English Voice Over

Region: Worldwide

Andre, an eight year old American boy has just one dream: to be a Kungfu master like Jackie Chan. When he gets the chance to enter the legendary Shaolin Temple, his father takes the heartbreaking decision to follow his son to China. While father and son face the unknown together, the mother they left behind now faces life without her family. All three members of the family, husband, wife and son now face their own unique set of challenges along this martial arts journey. When Andre arrives at the Shaolin Temple he quickly realizes that to survive he will need more than his martial arts skills. As the only foreigner among 5,000 Chinese boys he needs to learn to speak Mandarin... and fast! Even more frustrating, Andre was a top Kungfu competitor in America while in China he is now placed at the bottom and must work his way back to the top! Can he make the grade and literally fight his way to the top of his class? As months turn into years, the parents strength and resolve to make their son's dream come true is tested daily. Meanwhile, Andre is facing his own challenges as each day brings long hours of Kungfu training at the hands of the tough Shaolin monks. But his biggest challenge still awaits him... the supreme test of his skills to graduate from China's elite martial arts school. Do not miss this real life drama as an American family take on the might of China's elite Kungfu schools!

Soundtrack provided by China's top-selling musicians Chen Jing and Wu Li. Featuring new wave jazz-fusion mixed with traditional Chinese instruments. Additional soundtracks by Shaolin Temple monks.



Art of the Japanese Sword



Title: Art of the Japanese Sword

UPC: 753182164496

Year Released: 2011

Duration: 85 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: Japanese with English Subtitles

Region: Worldwide

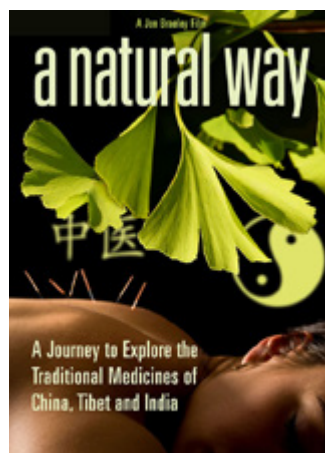
The Japanese sword ... prized as much for its exceptional beauty as for its deadly cutting ability. It has endured for a thousand years as the pinnacle of Japanese culture. Now you can enter a world rarely seen by outsiders. To experience the true story of the Art of the Samurai Sword. A story told in the swordsmiths own words that separate the myth from the fact. Follow the swordsmiths dream of creating a masterpiece. From the quest to making an ancient steel to forging a blade equal to those of the Kamakura, a medieval period that produced the greatest swords in history. For the martial artist the Japanese sword is a precise cutting weapon and symbol of the Samurai. For the collector, it is an art form whose beauty is derived from its deadly function to cut. As our story of the Japanese sword unfolds, we bring together all the artists and craftsmen whose skills turn it into both a modern work of art and a window into the past. Produced in association with Paul Martin, a leading Japanese sword expert and filmed across Japan with the very best swordsmiths and craftsmen, each one a master of their art.

With unrestricted access we take you inside the forges and workshops to reveal techniques that until now have been the craftsmens best kept secrets. Follow us into the Shinto shrine and museums to look back at the history of the Japanese sword which also parallels the history of the Samurai. If that's not enough for Samurai enthusiasts we feature the school of Tenshin Shoden Katori Shinto-ryu, Japan's oldest sword school where sword fighting is still taught in the traditional way of the Samurai. Art of the Japanese Sword is a truly unique exploration of one of the worlds most beautiful yet deadly weapons.

Featuring the following swordsmiths: Kawachi Kunihiro, Matsuda Tsuguyasu and Manabe Sumihira and more. One of Japan's top sellers of Japanese swords includes our DVD Art of the Japanese Sword with each sale ... a testament to the quality and accuracy of this unique documentary.



A Natural Way



Title: A Natural Way

UPC: 738435212384

Year Released: 2011

Duration: 85 minutes

Filming Locations: India, Tibet & China

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: Chinese/Tibetan with English subtitles

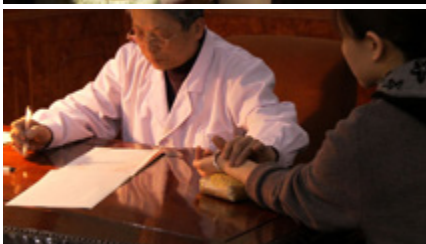
Region: Worldwide

A ground-breaking journey across India, Tibet and China, to explore traditional medicine and natural ways of healing. With health care costs soaring in the west, looking eastward to alternative medicine may provide the only answer. In this comprehensive look into traditional eastern medicine we connect all three countries through the core philosophy of the Five Elements, Yin and Yang and the common belief that a life-force called Chi or Prana exists that is vital to sustain a healthy life. Now is the time for the west to embrace alternative medicine for better health a natural way.

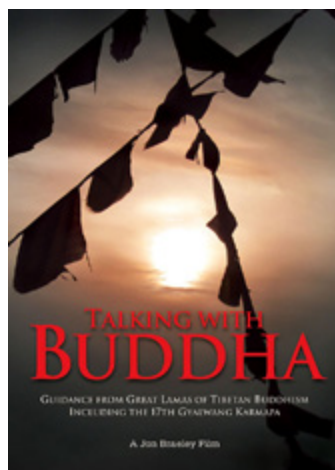
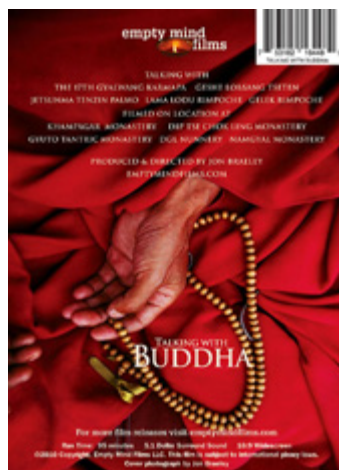
Our story begins in India and the ancient vedic healing practice of Ayurveda, the science of life. It continues into Tibetan Medicine which shares the same core philosophy as Ayurveda and is found in the theory of the Five Elements, the building blocks of man and the cosmos. Traditional Chinese Medicine is rooted in the Tao, the Yin and Yang of opposite forces that keep our body and mind in balance. All share these common beliefs and that a life-force or energy exists that can be found in all living things. When sickness or disease occurs the life force is unbalanced or blocked and must be corrected. The is most visible to western eyes in the form of acupuncture, where needles are inserted into the patient's skin at precise points on the body.

You will step inside some of most private closely guarded institutions in China: the clinics and hospitals of Traditional Chinese Medicine many of which have been closed to foreigners. Our unrestricted access will enable you to witness the doctors intimate examinations of patients and the prescribing of remedies using a variety of traditional medicine from herbs and acupuncture to cupping and stone scraping. It is a fascinating journey of discovery – a Chinese cultural treasure that has been poorly reported by western media due to restrictions.

After watching this documentary you will view alternative medicine in an entirely new way. Now is the time for you to take the first steps that will lead to better health – A Natural Way.



Talking with Buddha



Title: Talking with Buddha

UPC: 753182164489

Year Released: 2010

Duration: 70 minutes

Filming Locations: India & China

Aspect Ratio: 16:9 widescreen

Formats: HD 720P & DVD

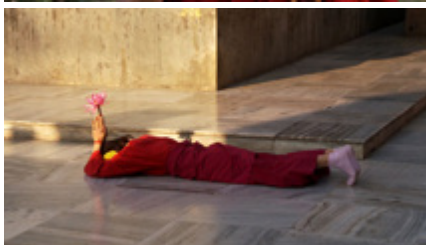
Language: Tibetan with English subtitles

Region: Worldwide

A heart warming journey among Tibetan Buddhist monasteries to seek guidance from some of the great Lamas of Buddhism, including His Holiness the 17th Karmapa. All this against a backdrop of Himalaya mountains and the rhythmic chanting of monks in morning prayers. The photography is breath-taking, the colors so vivid they leap off the screen. This documentary will enlighten you about a religion that is often seen as mysterious and almost always misunderstood – Tibetan Buddhism.

If you wish to improve your mental condition and find lasting happiness then let Talking with Buddha show you the way. For we are told that Buddhism is an inner science for the mind and can be used to turn your negative mind into a positive one. This and many more words of wisdom in 'Talking with Buddha' offer clear explanations of Buddhist philosophy. Without religious undertones, this documentary offers a refreshingly direct and simple insight into living a Dharma life and understanding Tibetan Buddhism. For most lay persons, it is a mysterious faith, yet Tibetan Buddhism offers us a doorway to happiness and peace through which everyone can enter regardless of race or color. Talking with Buddha offers a rare opportunity to witness the meditative prayers and study of Samsara that leads to greater reward and enlightenment. This documentary is not all sweetness and honey however as tensions soar high when Tibetan refugees hold demonstrations to cancel the New Year holiday (Losar) in protest at recent arrests of monks by the Chinese in Tibet.

One of the most recent and well known refugees His Holiness the 17th Gyalwang Karmapa offers us guidance on keeping a family together and a glimpse into his close relationship with His Holiness 14th Dalai Lama. A remarkable interview with Jetsunma Tenzin Palmo, a leading Buddhist nun who was herself the subject of the award winning book, "A cave in the snow." Her insight into the 'quick-fix' society we live in, will hit you like a baseball bat. Featured interviews include: His Holiness the 17th Gyalwang Karmapa, Geshe Lobsang Tseten, Jetsunma Tenzin Palmo, Lama Lodu Rimpoché and Gelek Rimpoché.



Chen Village



Title: Chen Village

UPC: 753182164465

Year Released: 2009

Duration: 80 minutes

Filming Locations: China

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English & Chinese with English subtitles

Region: Worldwide

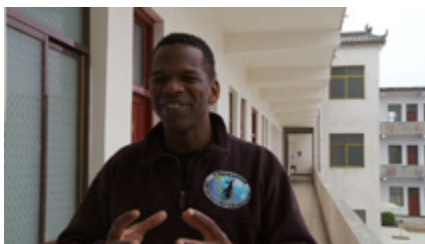
When you first arrive at Chen village, you are struck by how unremarkable it is. Set in the remote countryside of central Henan, it appears to offer very little. That is until you check one fact. 3,000 people live in Chen Village. 2,500 practice Tai Chi Chuan. In China it is known simply as Taiji village.

Although a poor village surrounded by farms, it is the birthplace of Tai Chi Chuan and one of the most significant locations in Martial Arts. "I've been here a long time now and I've met people from all over the world in this little village in the middle of Hunan, China" says Joseph, a student from the UK..."and they've all got something in common, they're all interested in Tai Chi."

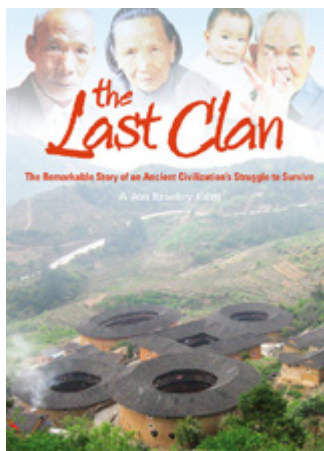
The Chen family, standard bearers of Chen style for 400 years, continue to teach Tai Chi Chuan at the school in the center of the village. In this intimate journey to Chen village we discover how the present generations of the family have rescued the Chen style from obscurity and why every year thousands of Tai chi students from all over the world make the long pilgrimage to a small village. "Training here improves your Tai Chi so much" says student Daryl from Seattle, "it's like going to the source, back to the well where the water is sweeter." Joseph adds "Just by being here you imbibe a lot of knowledge of Tai Chi because of the environment." Running throughout the documentary is the backdrop of the school's Tai Chi classes taught by the Chen family.

As our journey unfolds, you will realize just how remarkable Chen village and its people really are.

Featuring Chen Xiaowang, Chen Xiaoxing, Chen Ziqiang, Chen Bing, Chen Lidong and more..



The Last Clan



Title: The Last Clan
UPC: 753182164472
Year Released: 2009
Duration: 65 minutes
Filming Locations: China
Aspect Ratio: 16:9 widescreen
Formats: HD 1080P & DVD
Language: Chinese with English Subtitles
Region: Worldwide

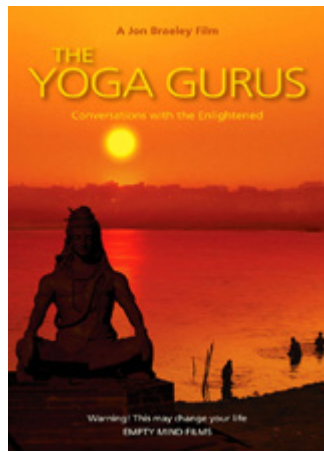
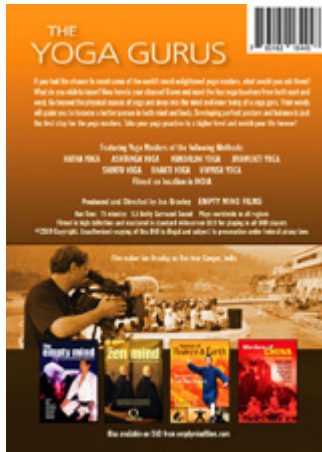
They are a model of socialism. Living as a collective and as equals in a family-based commune. They are the Hakka from the mountainous region of South East China. Their home is a fortress-like structure called the Tulou, where as many as five hundred family members share an ancient way of life.

"We all live in the same Tulou and we have the same ancestors" says one 82 year old resident of one of the most beautiful of the Tulous called Tianluokeng "But the young ones are all leaving to work outside now." The Tulou is one of the world's most unique buildings and life in the countryside can be idyllic. But as China modernizes and its cities expand, life in the Tulou is slowly disintegrating. As the young move away to find work, only old family members are left to endure the hardships of rural life. One man chooses to avoid extinction by transforming his massive Tulou into a popular tourist hot spot."It can be said that I was the first person to develop tourism here, no came before this" says Tulou owner Lin Rigeng " Now young people are not leaving the village. More than 160 rooms are allocated to the government tourist board." The trend has grown and the Hakka are quickly flooded with strangers walking among their homes. It is estimated that over three million tourists will visit the Tulous in 2010.

The local residents soon realize that tourism is a two-headed monster that brings promises of wealth but threatens to destroy their ancient culture. "We villagers get nothing from this" says an angry local "we do not get a spoon from ticket sales, all the money goes back to the tourist board." One thing they all agree upon, is that young people are coming back to the Tulou life and more are staying behind selling souvenirs to the visitors. Today the Tulou and the Hakka are in danger of extinction, as society fragments and splits with new found freedom and new found wealth for the new generations of Chinese. This is the remarkable story of a clan's struggle to survive.



The Yoga Gurus



Title: The Yoga Gurus

UPC: 753182164458

Year Released: 2009

Duration: 75 minutes

Filming Locations: India

Aspect Ratio: 16:9 widescreen

Formats: HD 1080P & DVD

Language: English

Region: Worldwide

If you had the chance to meet some of the world's most enlightened yoga masters, what would you want to know? What would you ask them? The Yoga Gurus is your chance to hear from them!

Filmed on location in India from the lap of the Himalayas in Rishikesh to the south in Mysore, you will meet the top yoga teachers from both east and west. Go beyond the physical asanas of yoga and deep into the mind and inner being of a yoga guru. Their words will guide you to become a better person and healthier in both mind and body. "Yoga is self realization" says Shareth from Pattabhi Jois..."to become enlightened."

This realization of what is true yoga will give you the keys to open a door that will leave behind the external pressures we live with each day and a life unfulfilled with material things. "Now I have the abundance, I have the wealth and met the goals but I don't have the happiness." says yoga guru Gurmukh about the west.

Developing perfect posture and balance is just the first step for these yoga masters. The physical side of yoga, the asana is the beginning of the journey for most practitioners in India. We take you out of the shala to the ancient source of yoga, where Himalayan yogis, saints and holy men spend a lifetime of meditation and austere yoga practice to find enlightenment. "Yoga tones your mind and spirit and your entire being" says Pujya Swamiji... "Learn and live, what more do you want!" Understanding who you are without external gratification is the ultimate goal of a yogi and will lead to a lifetime of happiness.

If that's not enough we take you into the yoga schools and allow you to witness the classes and techniques that each guru teaches during class. Listen to the words of wisdom from teachers of Ashtanga and Hatha Yoga, Kundalini Yoga, Jivamukti and the yoga of devotion – Bhakti Yoga.

Take your yoga practice to a higher level and enrich your life forever. We know this film will change your life!



Masters of Heaven and Earth



Title: Masters of Heaven and Earth

UPC: 689076786621

Year Released: 2008

Duration: 85 minutes

Filming Locations: China

Aspect Ratio: 16:9 widescreen

Formats: HD 720P & DVD

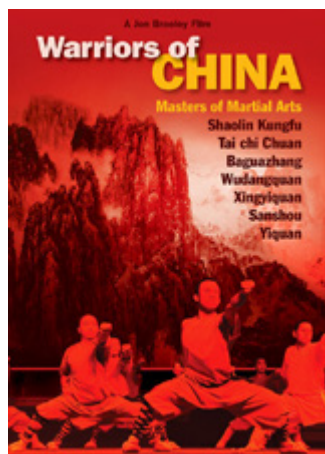
Language: Chinese with English subtitles

Region: Worldwide

Explore the most mysterious martial art of all ... Tai Chi Chuan. The Supreme Ultimate. The Heaven and Earth. Come with us to meet the best Tai Chi masters in China and gain a deeper understanding of Yang style, Chen style and Wudang Mountain Tai Chi Chuan. With the backdrop of the Forbidden City, Chen Village and the peaks of Wudang, this is not the Tai chi you see everyday in your local park! This is real Tai Chi Chuan. While the world pummeled each other with fists and iron, China discovered a new way to fight. Not with strength but with softness. Not with speed but with slowness. Culled from the ancient texts of The Tao or Book of Changes, this internal fighting art became a way to live one's life in accordance with the principles of nature. Experience a Tai Chi Chuan class with Master Cui Zhongsan in Beijing and listen to him explain the history and philosophy of Yang style and how and why it developed as a separate style from Chen Tai Chi. Visit the small remote Chen village, the birthplace of Tai Chi and learn the history of Tai Chi with the Chen family. It was here that Yang style was born through Chen student Yang Luchan. Travel to Tai Chi Chuan's spiritual home, Wudang Mountain and learn how Taoism and Yin and Yang formed the foundation of this internal martial art. This is Tai Chi in its authentic natural setting – at the origin. You will learn about the history of Tai Chi Chuan and how the three main styles developed. Understand the internal health principles of Chi or life-force from Zhong Yun Long, Wudang's most important and knowledgeable Tai Chi master. Witness breathtaking demonstrations by Chen Xiaowang at the Yellow river and master Yuan and master Chen at Wudang Mountain. Masters of Heaven and Earth is packed with interviews and demonstration featuring Master Cui Zhongsan (Beijing), Chen Xiaowang and Chen Xiaoxing (Chen Village) and Priest Zhong Yun Long and Master Yuan (Wudang Mountain).



Warriors of China



Title: Warriors of China

UPC: 718122797578

Year Released: 2008

Duration: 85 minutes

Filming Locations: China

Aspect Ratio: 16:9 widescreen

Formats: HD 720P & DVD

Language: Chinese with English subtitles

Region: Worldwide

A exhilarating travelogue inside the middle kingdom to experience the major martial art styles of China. This once in a lifetime quest was to document Shaolin Temple Kungfu and Sanshou boxing, Wudangquan, Tai Chi Chuan, Baguazhang, Xingyiquan and Yiquan... from the external to the internal arts. Together for the first time in one movie are some of China's top kungfu masters.... these are the Warriors of China!

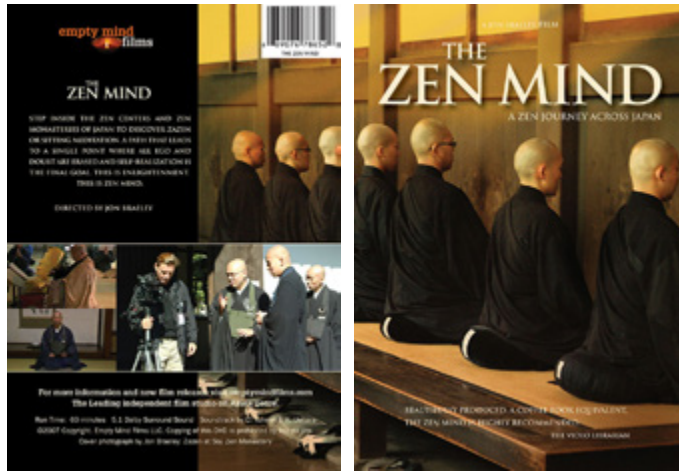
The journey begins at Shaolin with the Tagou school, the only school officially sanctioned to teach Shaolin kungfu... and they have over 12,000 students! Next to the temple is the performance training center where for the first time on camera you will witness the young monks training to perform for the stage. Monk Shi DeYang takes us into his own school as he prepares young students to become Shaolin fighting monks. All the while, the tension builds at Shaolin as the two major schools get ready for a full contact sanshou competition to decide who is the best... and what a battle it is as our cameras take you ringside in the center of Dengfeng town!

Chinese internal martial arts are all featured in this broad documentary... from Chen tai chi in Chen Village to Wudang mountain tai chi chuan. We travel to northern China to join the Bagua class of Master He Jinbao who is the last in his lineage as he looks to pass on his fighting art. In Beijing we witness the Xingyi class of Sifu Jia Youngan and listen as he explains the differences in the internal styles. Finally we take you deep in the countryside to the never before seen school of Yiquan run by the legendary kungfu master Cui RuiBin. Yiquan or mind-fist is a rare martial art where the mind can be just as deadly as a weapon. It is only now gaining recognition in the west as one of China's most feared fighting methods.

If you are interested in Chinese martial arts this is a documentary that is fast becoming the classic!



The Zen Mind



Title: The Zen Mind

UPC: 68907678652

Year Released: 2006

Duration: 60 minutes

Filming Locations: Japan

Aspect Ratio: 16:9 letterboxed

Formats: HD 720P & DVD

Language: Japanese with English Subtitles

Region: Worldwide

A travelogue across the breadth of Japan to explore the practice of modern day zen. We will take you from the bustle of rush-hour Tokyo to the tranquil mountains of Kyoto. From zen centers hidden among skyscrapers to the zendo in a remote monastery. With unrestricted access, we will take you into a world outsiders rarely see or hear about. It is a world where material wealth is exchanged for spiritual wealth. Where the mind is trained and conditioned like an olympic athlete.

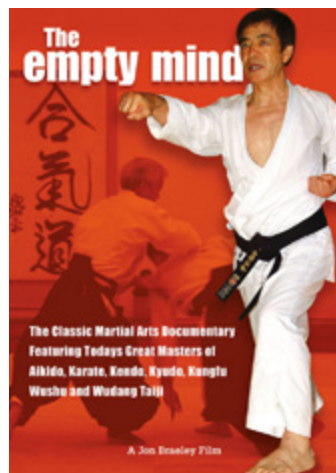
Zen training is explored in *The Zen Mind* through the practice of zazen or sitting meditation and kinhin (walking meditation). With interviews, demonstrations of sitting and actual practice, we take the lid off the many misconceptions that abound in zen meditation. While the cloistered lifestyle of the zen monk is in decline in Japan, zen meditation is spreading rapidly in the west. Typical of this modern approach to dharma practice is the Dogen sangha, a zen center in Tokyo where commuters stop on their way home for zen meditation. It is a complete contrast to the remote mountain monasteries where formal buddhist rituals are zealously maintained.

This contrast heightens as we enter Japan's largest Soto zen monastery and join the monks in their everyday workplace, cooking and cleaning. Before and after their work is done they will sit in zazen. We will take you into the zendo or meditation hall and like a fly on the zendo wall, witness the monks as they begin what will be many hours of zazen and sometimes through the night. Only the abrupt crack of the roshi's stick on the monks shoulder breaks the silence as he summons them to focus, flushing out any thoughts... erasing self-doubt and ego... clearing a path to self-realization.

The *Zen Mind* soundtrack is by Christopher Yohmei, a grandmaster of the shakuhachi flute.



The Empty Mind



Title: The Empty Mind

UPC: 68907678642

Year Released: 2004

Duration: 80 minutes

Filming Locations: Japan & China

Aspect Ratio: 16:9 letterboxed

Formats: HD 720P & DVD

Language: Japanese & Chinese with English Subtitles

Region: Worldwide

This is our classic signature documentary. Over two years in the making, this is an epic account of today's greatest martial arts teachers and the mind connection that exists between them regardless of their very diverse styles. Here is what the editor of Black Belt Magazine had to say: "I must say I was impressed. Professionally filmed in Japan and China, it profiles practitioners of Aikido, Karate, Kendo, Kyudo, Shaolin Kingfu, Tai Chi and Wushu as they plied their trade in the dojos and tournaments. On a personal note, this documentary rekindled my fire for the Asian ways of combat."

We take you inside the Aikido Headquarters in Japan and to the JKA and JKS Shotokan Karate Honbu Dojos. Witness the power of Bushido as you sit ringside at the Japan Kendo Championships and Kyudo (archery) championships. Through interviews and intimate filming of their daily training, you will experience the philosophical and physical elements that unite all great masters of the martial arts. We show you why the mind-body connection plays such an important role in martial arts. "We describe it as being one with your space or universe" says Moriteru Ueshiba, Aikido master... "It is called 'mushin' where movement is spontaneous within a state of nothingness." This clear state of mind can only be achieved say all the great martial arts masters, through constant daily practice in order to reach the mental and physical conditioning needed.

In this sense, The Empty Mind is not just for martial artists, but for anyone who wishes to improve themselves both spiritually and physically in order to find happiness in their every day life.

Featuring: Moriteru Ueshiba, Masahiko Tanaka, Masao Kagawa, Hirokazu Kanazawa, Teruyuki Okazaki, Monk Shi DeYang, Master Zhang Shengli, Master Yuan, Master Zhong, AJKF Kendo and the ANKF Kyudo Federations. Soundtrack composed and performed by Richard Brookens of Yellowbell and available on CD

