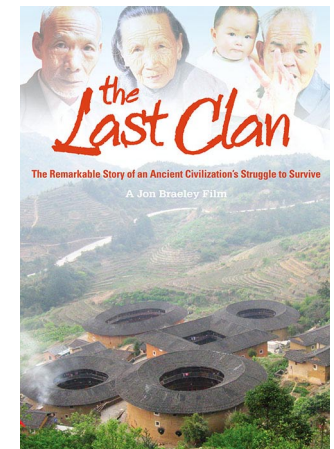
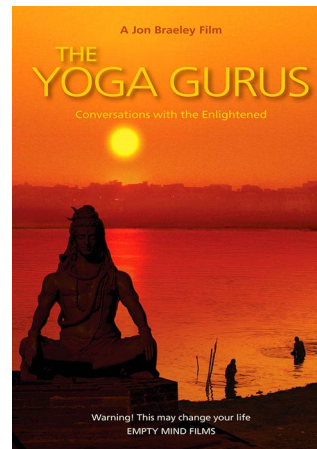
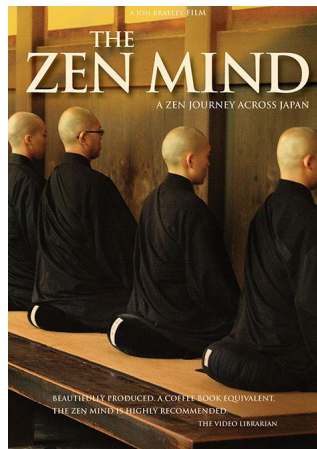
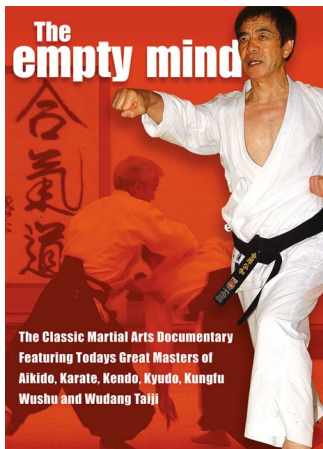
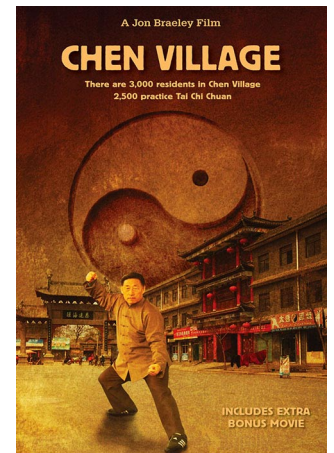
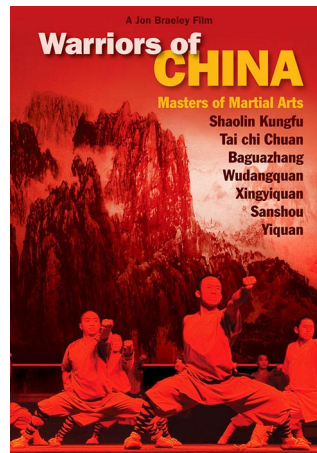
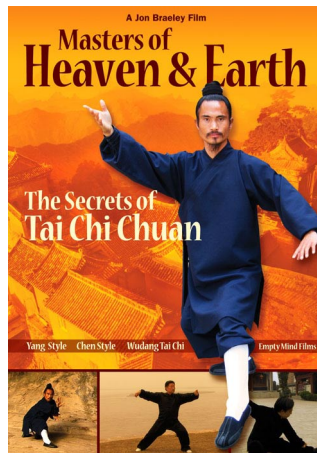
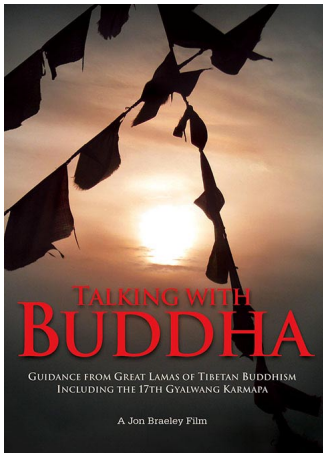
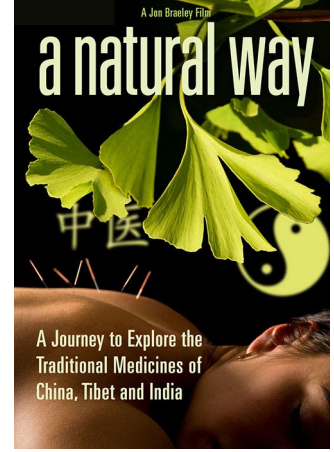
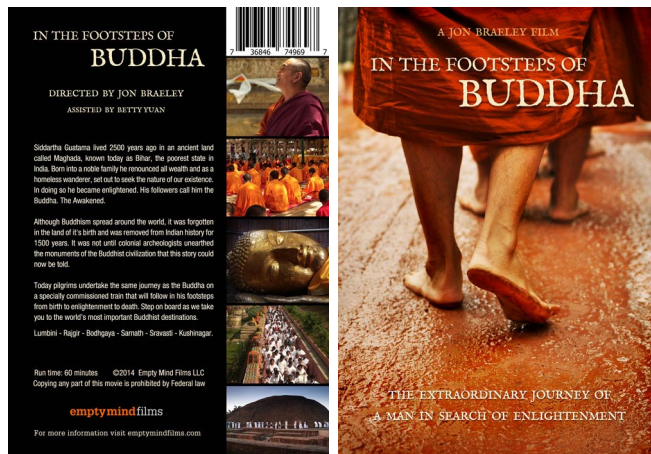


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# In the Footsteps of Buddha



**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 Maghaha, 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.

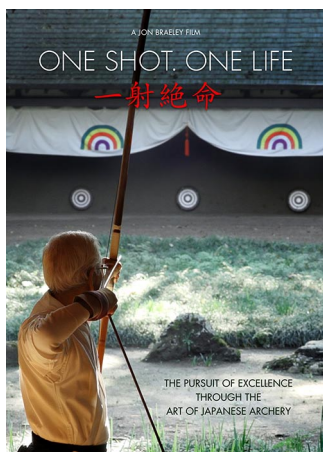
For six years he would wander as a homeless Shramana or spiritual seeker. In summer the dust would blind his eyes and fill his nostrils. In the monsoon season the mud would cake his bare feet. Breaking his journey only for meditation. Going deeper and deeper as he explored his sub-conscious until finally, 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

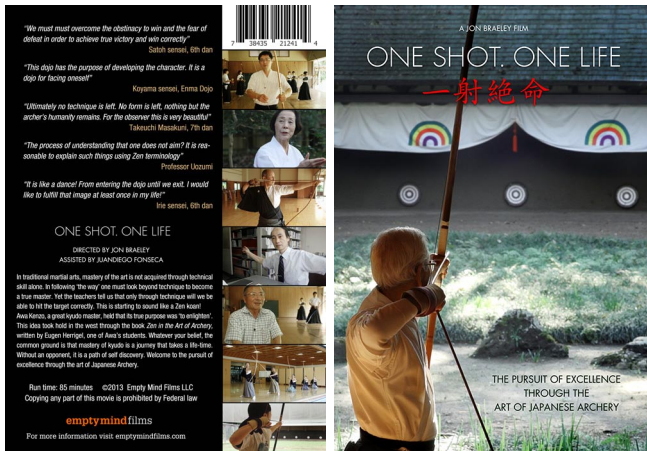
In traditional martial arts, mastery of the art is not acquired through technical skill alone. In following 'The Way' one must look beyond technique to become a true master. In Japanese archery or Kyudo, hitting the target by itself is not enough. In order to shoot correctly we are told to "Shoot from 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."



# One Shot. One Life (español)



**Title:** One Shot. One Life (español)

**UPC:** 738435212421

**Year Released:** 2013

**Duration:** 85 minutes

**Filming Locations:** Japan & China

**Aspect Ratio:** 16:9 widescreen

**Formats:** HD 1080P & DVD

**Language:** Japanese with Spanish subtitles

**Region:** Worldwide

En las artes marciales tradicionales, la maestría del arte no se adquiere únicamente por medio de la destreza. Al recorrer 'la vía' uno debe ver mirar más allá de la técnica para convertirse en un verdadero maestro. En la arquería Japonesa o Kyudo, acertar en el blanco no es suficiente. Para poder disparar correctamente debemos "Disparar desde el corazón". Como indica el Sensei Takeuchi, "Como un seleccionado nacional tenía que practicar para acertar en el blanco cueste lo que cueste. Eventualmente toda esa técnica quedó obsoleta a cambio de la habilidad de expresarme a mí mismo por medio del arco."

Sin embargo, los profesores nos enseñan que solamente por medio de la técnica podemos acertar en el blanco de forma correcta. ¡Si esto empieza a sonar como un acertijo Zen, es porque se le asemeja mucho! Sensei Takeuchi continúa, "Quiero que consideren al Kyudo como algo que aunque le dediquemos toda una vida no vamos a poder amaestrar. Si pensamos de esta manera siempre vamos a sentir que nos queda espacio para mejorar". Indistintamente del camino que uno recorra, es una certidumbre el que toma toda una vida recorrer el sendero sin fin que conduce a la maestría del Kyudo. El climático final de nuestro documental "One Shot. One Life" (El Disparo de Toda Una Vida), lo mantendrá aguantando su respiración frente al suspenso del 16vo intento de Takeuchi Masakuni por aprobar el examen de 8vo dan. Es una prueba tan severa que este maestro del Kyudo se ve obligado a comentar, "El esfuerzo que requiere esta lucha es mi fuerza impulsora, mi ímpetu, y es por eso que no puedo detenerme."



# 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.

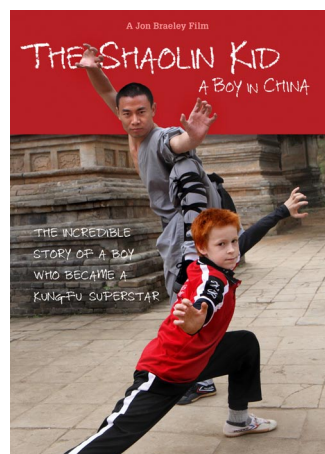
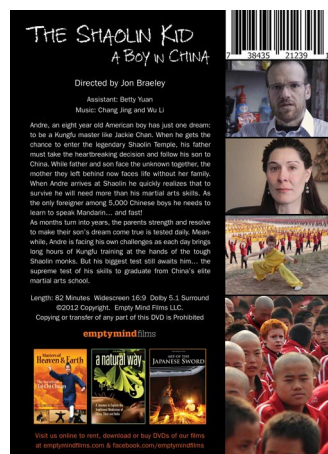
Experience Wing Chun in its most authentic setting as we take you on a guided tour of many of Hong Kong's top schools. Although there is only one Wing Chun it has evolved into many styles... from Ip Man Wing Chun to those that continue to develop the martial art as it spreads worldwide. "Even Ip Man 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

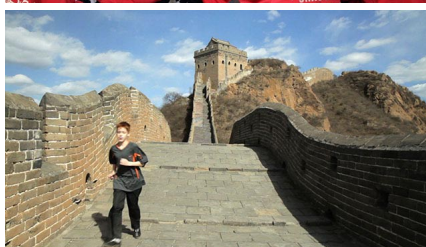
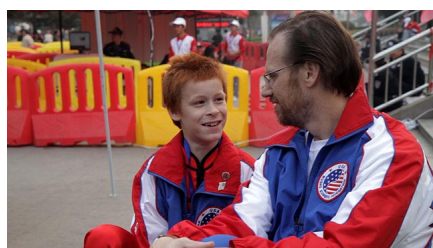
**Formats:** HD 1080P & DVD

**Language:** Chinese with English Voice Over

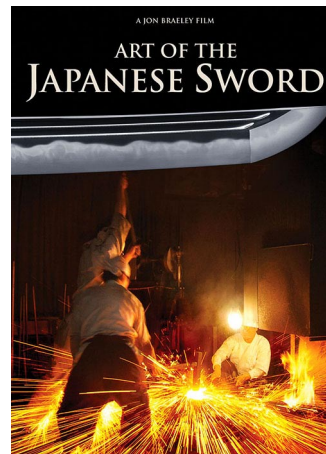
**Region:** Worldwide

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

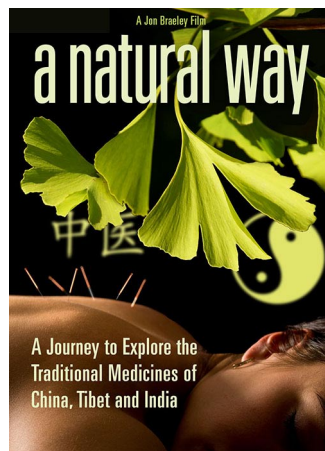
The Japanese sword ... prized as much for its exceptional beauty as for its deadly cutting ability. It has endured for a thousand years as the pinnacle of Japanese culture. Now you can enter a world rarely seen by outsiders. To experience the true story of the Art of the Samurai Sword. A story told in 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 Kunihira, 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.

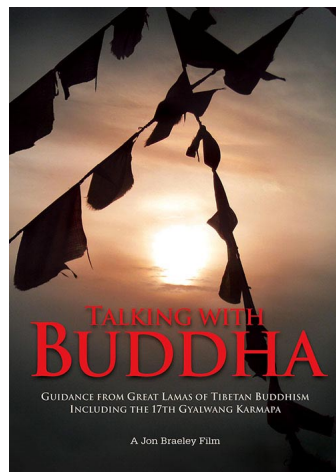
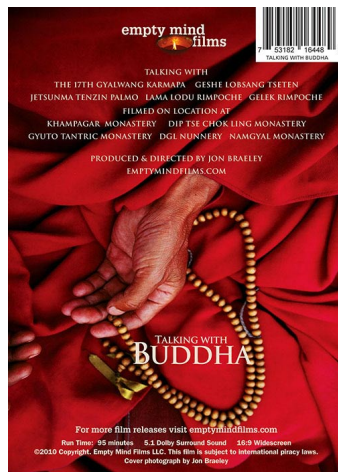
You will step inside some of most private closely guarded institutions in China: the clinics and hospitals of Traditional Chinese Medicine many of which have been closed to foreigners. Our unrestricted access will enable you to witness the doctors intimate examinations of patients and the prescribing 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

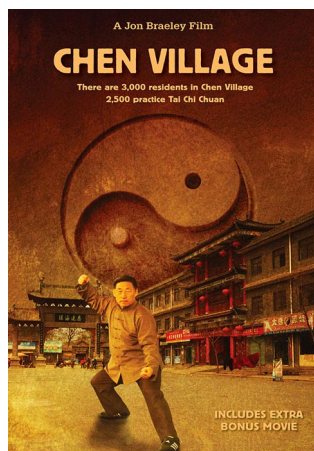
A heart warming journey among Tibetan Buddhist monasteries to seek guidance from some of the great Lamas of Buddhism, including His Holiness the 17th Karmapa. All this against a backdrop of Himalaya mountains and the rhythmic chanting of monks in morning prayers. The photography is breath-taking, the 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 Rimpoche and Gelek Rimpoche.



# 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."

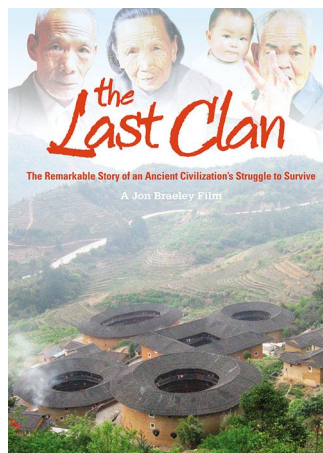
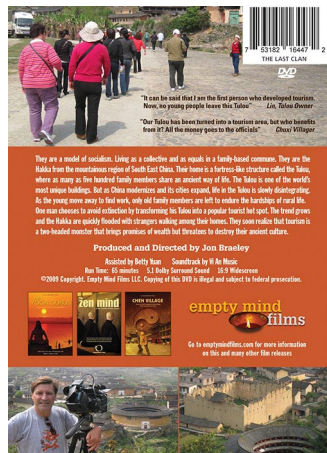
The Chen family, standard bearers of Chen style for 400 years, continue to teach Tai Chi Chuan at the school in the center of the village. In this intimate journey to Chen village we discover how the present generations of the family have rescued the Chen style from obscurity and why every year thousands 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

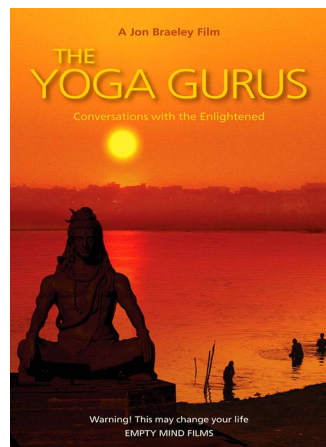
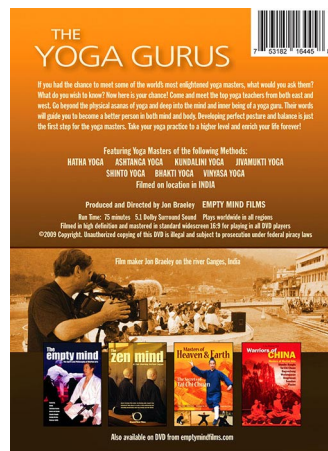
They are a model of socialism. Living as a collective and as equals in a family-based commune. They are the Hakka from the mountainous region of South East China. Their home is a fortress-like structure called the Tulou, where as many as five hundred family members share an ancient way of life.

"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

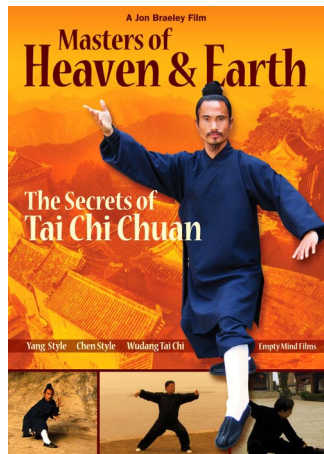


**Title:** The Yoga Gurus  
**UPC:** 753182164458  
**Year Released:** 2009  
**Duration:** 75 minutes  
**Filming Locations:** India  
**Aspect Ratio:** 16:9 widescreen  
**Formats:** HD 1080P & DVD  
**Language:** English  
**Region:** Worldwide

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

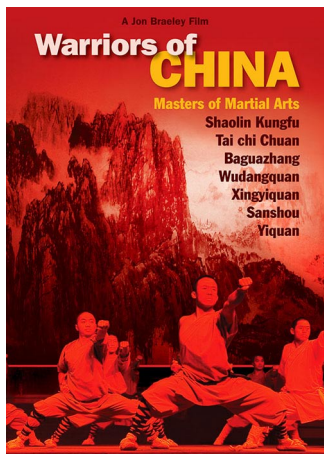
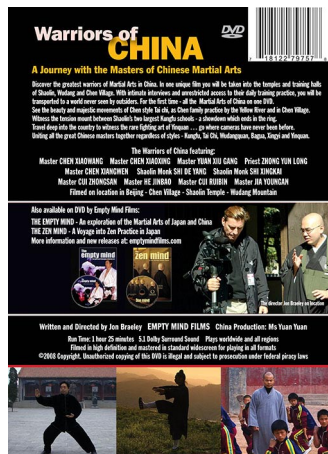


**Title:** Masters of Heaven and Earth  
**UPC:** 689076786621  
**Year Released:** 2008  
**Duration:** 85 minutes  
**Filming Locations:** China  
**Aspect Ratio:** 16:9 widescreen  
**Formats:** HD 720P & DVD  
**Language:** Chinese with English subtitles  
**Region:** Worldwide

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!

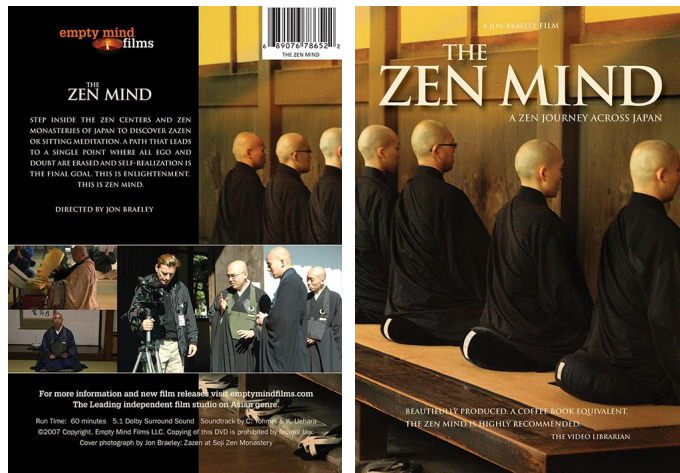
Chinese internal martial arts are all featured in this broad documentary... from Chen tai chi in Chen Village to Wudang mountain tai chi chuan. We travel to northern China to join the Bagua class of Master He Jinbao who is the last in his lineage as he looks to pass on his fighting art. In Beijing we 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

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**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.

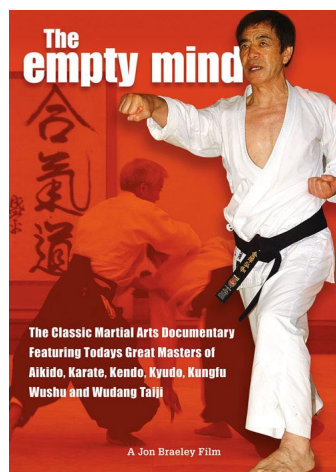
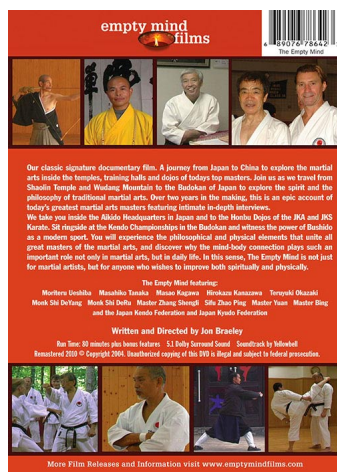
Zen training is explored in The Zen Mind through the practice of zazen or sitting meditation and kinhin (walking meditation). With interviews, demonstrations of sitting and actual practice, we take the lid off the many misconceptions that abound in zen meditation. While the cloistered lifestyle of the 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

