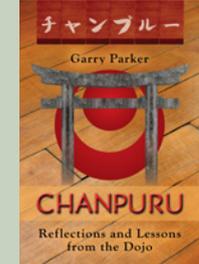
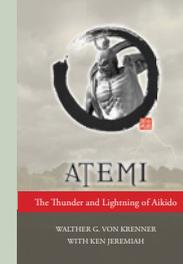
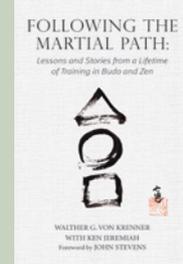
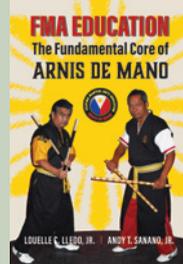
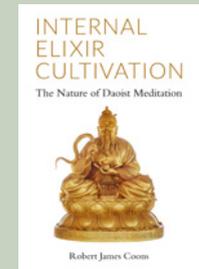
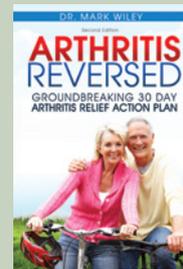
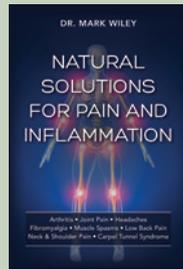
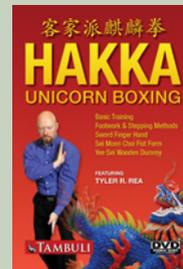
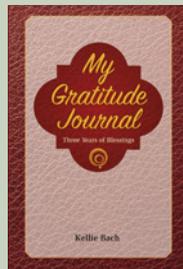
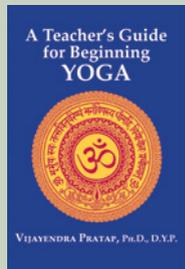


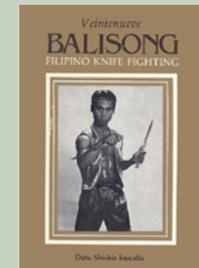
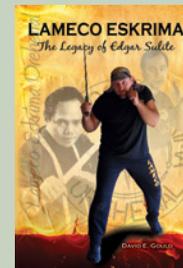
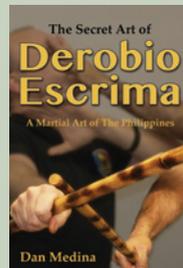
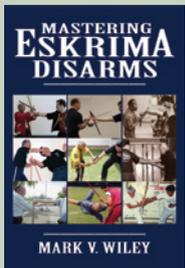
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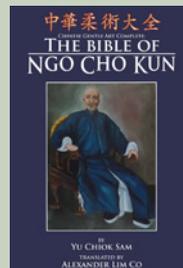
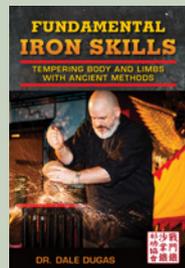
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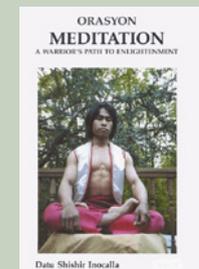
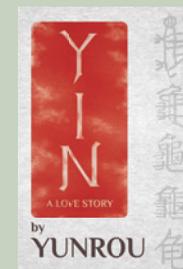
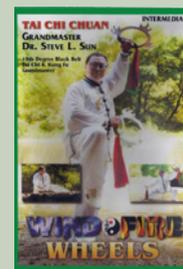
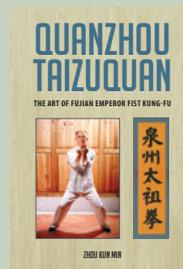
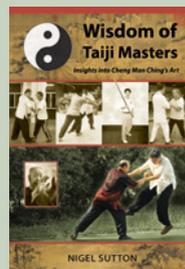


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Publisher's Welcome

Welcome to Tambuli Media, publishers of quality books and digital media on mind-body health, fitness, lifestyle, and martial art practices.

Tambuli Media was founded in 2013 by Dr. Mark Wiley, a holistic healer, martial arts grandmaster, historian, and editor to many leading book and magazine publishers in the USA. His passion for mind-body traditions spans the gamut of traditional methods and modern practices and he has studied in 6 Asian countries. Believing that the world can be made better, one person at a time, if each person were able to improve themselves on the inside and outside, through self-directed means, he established Tambuli Media to start a revolution. Tambuli is now a hub of self-directed mind-body practices and this actionable content is delivered via blog posts, videos, DVDs, books, webinars, and seminars.

Tambuli's Vision is to see mind-body practices once again playing an integral role in the lives of people who pursue a journey of personal development through the transmission of traditional knowledge in modern times.

Tambuli's Mission is to partner with the highest caliber subject-matter experts to bring you quality content that is in-depth, professional, actionable and comprehensive in nature.

People always ask about the meaning of Tambuli. Well, it's the name of a native instrument in the Philippines fashioned from the horn of a carabao. The tambuli was blown and its sound signaled to villagers that a meeting with village elders was to be in session, or to announce the news of the day. It is hoped that Tambuli Media publications will "bring people together and disseminate the knowledge" to many.



—Dr. Mark Wiley
Publisher and CEO
Tambuli Media

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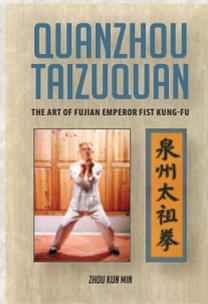


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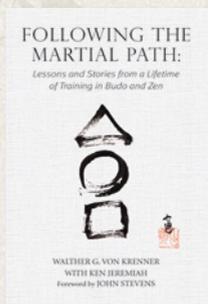
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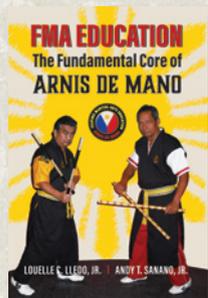
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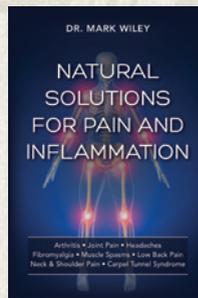
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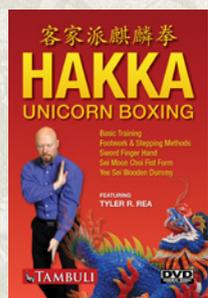
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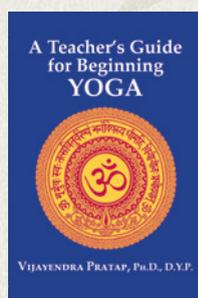
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Natural Solutions for Pain and Inflammation

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Black & White on Cream Paper
Published: August 10, 2016
Pain Management
ISBN: 978-1-943155-24-8
Rights: World

For too many years, pain ruled Dr. Mark Wiley's life. When conventional medicines and therapies let him down, he turned to alternative solutions. And he's tried them all, just about, traveling the world in search of a cure to pain for nearly 30 years. Dr. Wiley combined what he found worked best in his book, *Natural Solutions for Pain and Inflammation*. It includes multiple strategies and tools you can use to finally take control of your chronic pain and inflammation — and beat it for good — instead of temporarily masking symptoms and risking addiction to pain medications.

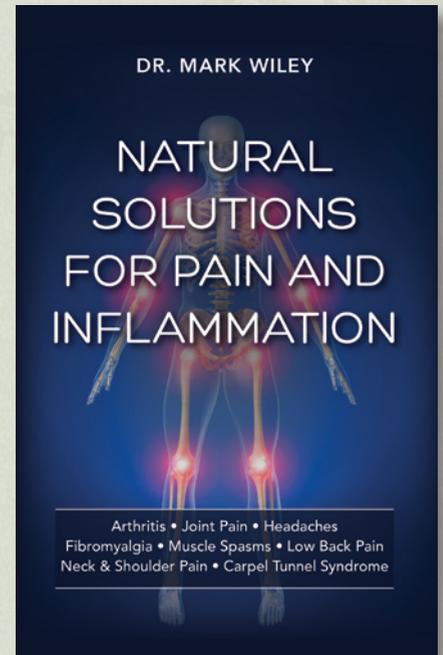
The information, strategies and methods Dr. Wiley presents are not simply a collection of popular techniques or those found in online searches. Nor does it argue the superiority of any one method, approach, or program over another. It goes much deeper. It combines various therapies and approaches to offer the best chance for immediate pain reduction and improved quality of life.

Within the pages of *Natural Solutions for Pain and Inflammation* you will learn how to:

- Utilize the oldest and newest pain relief methods and which work best together.
- Combine treatments and self-directed methods to decrease pain instantly.
- Stop increasing and prolonging your pain with methods of 'masking' that don't work.
- Get past your pain and start living your life again.



Dr. Mark Wiley is an internationally renowned mind-body health practitioner, author, speaker and teacher. He holds doctorates in both Oriental and alternative medicine, a masters in health care management, has done research in eight countries and has developed a model of health and wellness grounded in a self-directed, self-cure approach.



"Dr. Wiley's approach to pain offers the most progressive focus available today." —Michael Maliszewski, PhD, Integrative Medicine Task Force

"Dr. Wiley is one of the most clear thinkers and writers in complimentary medicine today." —Dr. Glenn Peter Lobo, "The Caring Osteopath"

Learn Methods to Overcome:

- Carpal Tunnel Syndrome
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- Headaches and Migraine
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- and more!



Arthritis Reversed 2nd Edition

Dr. Mark Wiley
\$16.95
5.5" x 8.5" Paperback
300 Pages
15 Charts

Black & White on White Paper
Published: February 21, 2014
Pain Management
ISBN: 978-1-943155-07-1
Rights: World

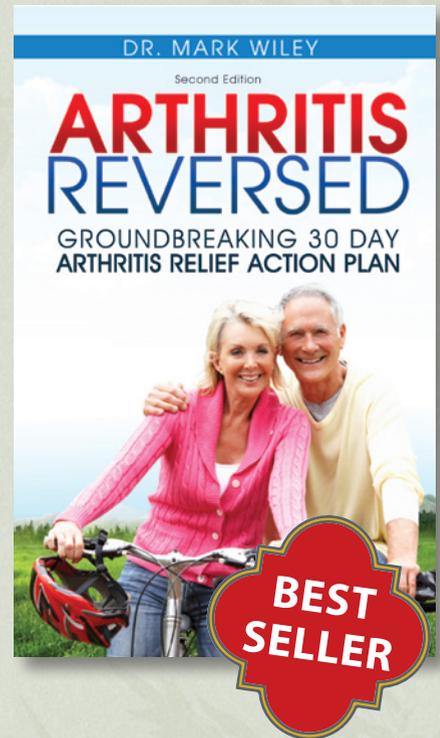
Dr. Mark Wiley has spent decades researching and mastering natural wellness practices around the world. He's taken those techniques and pioneered a powerful, integrated mind/body approach to arthritis relief and prevention. Simply put, mainstream medicine fails to eradicate our everyday pains, illnesses and diseases. It fails because it is *passive* and *reactionary* and thus it is unable to prevent you from experiencing chronic health conditions. The important thing is to see and know that the solution to your daily suffering is grounded in a five-part process called, the *Arthritis Relief Action Plan*:

- Part 1: Educate yourself about the real causes and solutions of arthritis
- Part 2: Reduce the current level of symptoms you are experiencing
- Part 3: Halt or significantly reduce the worsening of your condition
- Part 4: Prevent the symptoms from flaring to improve your quality of life
- Part 5: Regenerate healthy tissue to reverse the damage done

In the pages of *Arthritis Reversed*, Dr. Wiley shows you how to determine the underlying—and sometimes hidden—causes of your arthritic symptoms. These are actually obvious root causes and contributors that are only “hidden” because you have not (yet) been taught to look for and identify them. Dr. Wiley shows you how to do this and then how to use that knowledge to reduce your pain and halt or slow the progression of the condition, typically within 30 to 90 days.



Dr. Mark Wiley is an internationally renowned mind-body health practitioner, author, speaker and teacher. He holds doctorates in both Oriental and alternative medicine, a masters in health care management, has done research in eight countries and has developed a model of health and wellness grounded in a self-directed, self-cure approach.



“Dr. Wiley is one of the most clear thinkers and writers in complimentary medicine today. This book is revolutionary and yet it is so simple to follow each step of his plan.”

—Dr. Glenn Peter Lobo

“*Arthritis Reversed* is a road map to recovery from arthritic pain and will help you get your life back.”

—Dr. Robert del Medico

“Do not let Arthritis rule your life! Get this book and see what it can do for you. It has helped my patients gain more control over their lives.”

—Dr. Dale Dugas

“Dr. Wiley explains the biggest mistakes made in treating arthritis, and the inflammatory response. I highly recommend this book to anyone suffering from any form of arthritis.” —Dr. Robert Chu



Arthritis Reversed 2nd Edition

Dr. Mark Wiley
\$ \$17.95
5.5" x 8.5" Paperback
300 Pages
25 Photographs

Black & White on White Paper
Coming Summer 2016!
Health & Fitness / Pain Mgmt.
ISBN: 978-1-943155-10-1
Rights: World

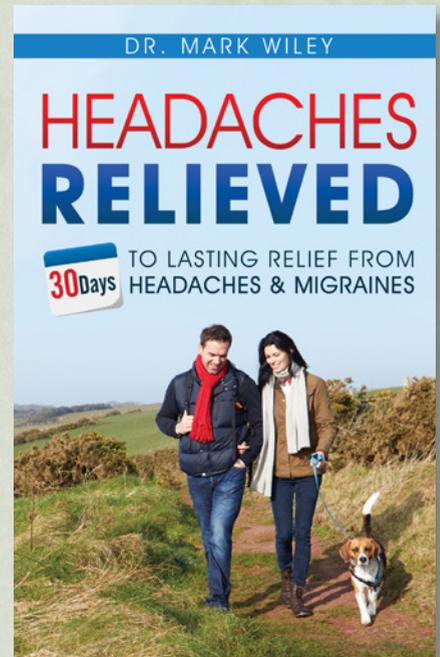
After suffering debilitating migraines and headaches every day for 30 years Dr. Mark Wiley woke up and decided he'd had enough. After a lifetime of suffering, followed by decades of advanced study and intensive travel to meet with traditional healers and medical experts the world over, Dr. Wiley was able to overcome his chronic headaches and migraines.

You, too, can relieve your headaches once and for all. In the pages of *Headaches Relieved*, Dr. Wiley presents the program to help you get rid of the crushing, throbbing pain forever. Whether your headaches are cluster or migraine, stress-induced or vascular, allergic or rebound, you will find relief in this simple program that allows you to see and know that the solution to your daily suffering is grounded in a five-part process Dr. Wiley calls, the *Headache Relief Action Plan*:

- Part 1: Educate yourself about the real causes and solutions for headaches and migraines
- Part 2: Reduce the current level of painful symptoms you are experiencing
- Part 3: Halt or significantly reduce the frequency and duration of your headaches
- Part 4: Prevent the headaches from triggering to improve your quality of life
- Part 5: Repair the body to reduce the internal environment that allows for headaches



Dr. Mark Wiley is an internationally renowned mind-body health practitioner, author, speaker and teacher. He holds doctorates in both Oriental and alternative medicine, a masters in health care management, has done research in eight countries and has developed a model of health and wellness grounded in a self-directed, self-cure approach.



"Dr. Wiley's compelling story and self-directed program will give any headache sufferer the belief: If he can do it, so can I! This book is essential!"

—Dr. Brett Cardonick, Cardonick Chiropractic

"If you're in search of truly lasting headache relief, this book is a must!"

—Dr. Robert Chu, Oasis Vitality Center

"I have found Dr. Wiley's self-help headache program to be the best. I use it with great success in my own clinic." —Alan Orr, Lac, Chinese Medicine Academy

"Mark Wiley pulls no punches in empowering you to stop your headaches with a thorough integrative, natural, mind body approach." —Gary D. Sandman, HealUSA.net

"Dr. Wiley presents a fully integrated approach to eliminating headaches forever." —Brian Saint-Paul, CRISIS Magazine



Always Picked Last

Kevin Kearns
\$14.95
6" x 9" Paperback
250 Pages
30 Photographs

Black & White on Cream Paper
Published: November 10, 2016
Memoir, Anti-bullying
ISBN: 978-1-943155-21-7
Rights: World

What started out as typical “boys will be boys” teasing and horseplay turned into a living nightmare for Kevin Kearns who learned that his once safe neighborhood turned into a war zone of bullies. Small for his age, and not as physically adept at playing sports, Kevin was soon the kid who was always picked last for games.

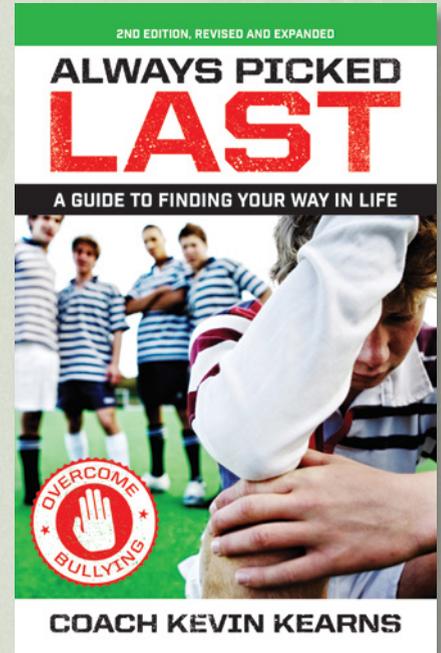
After losing his father at a young age, Kevin felt adrift and alone... a perfect target for intensified bullying. His mother felt helpless. His teachers felt sorry for him. His uncle decided that he needed to learn to defend himself and enrolled Kevin in martial arts. The training taught him what it meant to be successful at something. It developed his self-esteem and helped him to overcome the environment of bullying at school and at home.

More than a memoir, *Always Picked Last* contains thoughtful, and at times philosophical, reflections on bullying, childhood, parenting, growth and personal improvement. Coach Kearns has a strong sense of self-awareness, but also recognizes the universality of his experience, so he uses his story as a conduit for inspiration and the self-improvement of others.

The message of *Always Picked Last* is powerful and the narrative is engaging and relatable. Kevin Kearns does an excellent job of bridging the gap between personal reflection and accessible wisdom, making this a worthwhile read in every way.



Kevin Kearns is founder and CEO of Burn with Kearns, where he is responsible for the worldwide development and implementation of personal training continuing education courses and group fitness licensing programs. For over 25 years, Kevin Kearns has been professionally involved in the fitness industry. He has written over 100 articles and has been published and been a regular columnist for *Ultimate MMA*, *Fighters Only*, *Train Hard Fight Easy*, and *Fitness Trainer* magazine.



“Always Picked Last” is a must read for parents and kids alike. Kevin’s unfailing positivity is contagious, and his anti-bullying strategies that lead to feelings of self-worth are something everyone should know. An empowering read that re-defines the meaning of turning something negative into something positive”
—Hayley Gripp (Actress, Celebrity Chef and Anti-Bullying Activist)

“After reading Always Picked Last I was eager to let people know about the book and Kevin’s work. Parents, teachers, coaches: get this book and share it with your kids. I train anti-bullying and know the subject well. Nobody does it better than Kevin... nobody!” —Ken Baum, Author and trainer to the world’s best athletes

“An inspirational story of a victim turned survivor through hope, faith, and discipline.” —Dr. Kate Roberts, Boston based psychologist and bullying expert



Orasyon Meditation

Datu Shishir Inocalla
\$14.95
5.5" x 8.5" Paperback
88 Pages
73 Photographs

Black & White on White Paper
Published: 1987 by Modern
Arnis Federation
Rights: World

Self-discipline, internal strength, peace of mind, fulfillment, self-realization or victory... this is the Warrior's Path to Enlightenment and the subject of this rare and out-of-print book training manual. By concentrating on one's energy and continuously striving for victory of the self, we make a path toward harmony, in spite of conflict.

Orasyon Meditation is a discipline for everyone, designed to strengthen and balance body, mind and spirit and to prepare for the "battles" and "struggles" of life. Internal discipline and fighting spirit will have to be desired, and ultimately achieved. Martial arts discipline has been the warrior's path since time immemorial. The offensive and defensive movement, the footwork and the hand motions are symbols of the warrior's ancient art. Of much greater importance are the mental strategies, the concentration and the orasyon meditation.

With a limited print run in 1987, Datu Shishir Inocalla set out to help martial artists and regular people alike find a way to achieve inner peace, mental calm, deep relaxation, and enlightenment through offering a unique practice of Indian Yoga with Filipino Orasyon Meditation. His out-of-print book contains detailed written and photographic instruction on Conduct for Meditators, Exercise and Body Conditioning, Breathing, Concentration, Meditation, Clarify of Emptiness, Tips for Meditation, Meditative Stretching Exercises, Massage, Yoga Poses, Diet, Fasting, Different Paths to Follow, and Enlightenment.



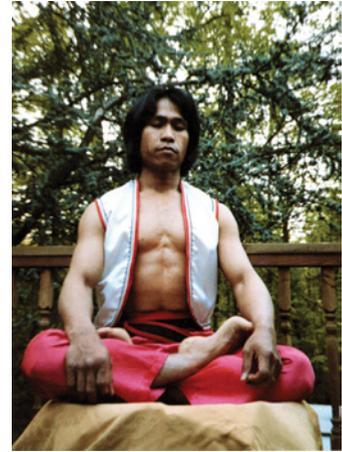
Datu Shishir Inocalla is a pioneer of wellness and the creator of the BMST (body mind spirit training and living system). He is a grandmaster of Arnis Filipino Martial arts, and master of Tai Chi, Yoga, Meditation and natural healing. He was the Wellness trainer at the World HQ at David Leadbetter Golf Academy in Championsgate, Florida since 2003. He started martial arts training at age 8 and become a Yogic monk in India at age 15. He was persecuted for his spiritual belief and was detained in Tihar, Jail, India during 1975 Martial Law for 1 year at age 18. From 1980 he moved to Vancouver,

BC. Canada where he started his holistic martial arts schools. He competed and won over 50 martial arts Championship and has been Featured in over 30 Films and TV. He became the action "Michealangelo" in the Ninja Turtles Movie and TV series. In 2011 he moved back to his ancestral land in Bicol province in Camarines Norte and started an Arnis

Wellness self-sufficient farm.

ORASYON MEDITATION

A WARRIOR'S PATH TO ENLIGHTENMENT



DATU SHISHIR INOCALLA

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A Teacher's Guide for Beginning Yoga

Vijayendra Pratap, PhD, DYP
\$15.95
6" x 9" Paperback
128 Pages
200 Line Drawings

Black & White on White Paper
Published By: Yoga SKY
Foundation (1997)
ISBN: 978-0804821049
Rights: World

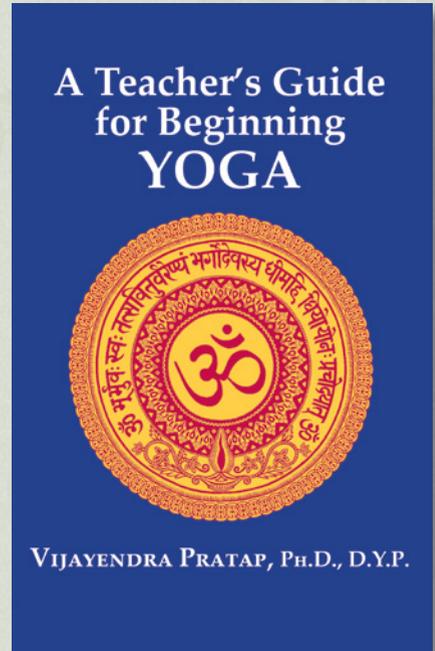
A Teacher's Guide for Beginning Yoga is a manual of easy but fundamental yoga poses designed to help students learn the essential postures and preliminary breathing practices of the spiritual discipline of Yoga. Aimed at those who want to get right to the basics of Hatha Yoga, as it was intended to be learned and practiced, this book offers a direct, no-nonsense approach, plunging directly into an engaging encounter with 25 basic postures. For ease in learning, the manual is divided into five sections: Techniques, Suggestions, Results, Discussion and References, and Helpful Hints. Another attractive feature is a well-illustrated appendix of eight practice plans.

The yoga repertoire presented here by Dr. Vijayendra Pratap is more than enough to launch beginners of all ages on a journey to self-improvement and discovery through the practice of Yoga. This is also a teacher's guide, providing yoga teachers with tools and explanations for transmitting this ancient practice to the new generations. Clearly illustrated with over 200 line drawings, *A Teacher's Guide for Beginning Yoga* is simply the best reference available for those wanting to begin, and for teachers of those students, in the practice of Hatha Yoga.

"YOGA has a complete message for humanity. It has a message for the human body. It has a message for the human mind. And it has also a message for the human soul." — Swami Kunalayananda



Vijayendra Pratap, PhD, DYP is the founder and director of the Swami Kunalayananda Yoga (SKY) Foundation and the Yoga Research Society (YRS). He earned his PhD from the Department of Applied Psychology, University of Bombay, and served at India's Kaivalyadhama Yoga Institute as lecturer of yoga and managing editor of *Yoga Mimamsa*. Dr. Pratap has conducted yoga programs for institutions and made presentations at conferences worldwide.



"Although I have read books on and about yoga, this one is unique. It is at once a student's guide and a teacher's manual. This is one book I will not put on the shelf. I will keep it handy as a reference for my own yoga practice."
—Stanley Krippner, Saybrook Institute

"You don't have to be a teacher to appreciate Vijayendra Pratap's sparkling introductory volume."
—Linda Holt, Lightworks



Internal Elixir Cultivation

Robert James Coons
\$22.95
5.25" x 8" Paperback
149 Pages
15 Photos and illustrations

Black & White on White Paper
Published: August 07, 2015
Mind & Body / Health
ISBN: 978-1-943155-13-2
Rights: World

Thousands of years ago Chinese sages learned how to hack into the human nervous system for a lifetime of greater health, happiness and wisdom. In our time, global scholar and tea merchant Robert James Coons has devoted his life to rediscovering and mastering the ancients' most profound achievement – traditional Daoist meditation and internal elixir cultivation practices.

Internal Elixir Cultivation cuts through cultural obscurity and cult secrecy to bring to the West the effortless essence of one of the world's most powerful wellness practices. Successful meditation begins and ends with simply paying attention to your breathing.

Coons translates and explains core concepts from the writings of the great teachers. After an easy-to-follow introduction to Qi, the reader is taught clear techniques to develop and circulate human energy via meditation. Most manuals stop there, but *Daoist Meditation* goes on to guide you step-by-step to the summit, the ultimate esoteric achievement — how to produce Daoism's legendary "Internal Elixir."

Daoist Meditation is a revelation for those who have wanted to meditate but were put off by New Age phonies or certain practitioners' confusing jargon. This break-through book takes you to the highest-possible level of practice. Prepare for how easy it really is to revolutionize your life.



Robert James Coons began his study of Daoism and Chinese culture at the early age of eight. Throughout his childhood he studied Oriental martial arts and always maintained a passion for the study of ideas coming from other cultures and times in history. On suggestion of his teacher, Robert went to China in search of a new perspective on martial arts. Robert currently resides between Canada, where he runs a tea business and meditation club, and Henan China, where he operates an English school and studies Chinese arts and culture.

INTERNAL ELIXIR CULTIVATION

The Nature of Daoist Meditation



Robert James Coons

"Internal Elixir Cultivation is a clear and concise introduction to traditional Daoist meditation. Coons covers the basics, but he also includes sources that are not common in English, most notably Lu Dongbin's 100 character ancestor stone." —Deng Ming-Dao, author of *365 Dao* and *The Wandering Daoist*

"Robert Coons provides, in a clear and succinct way, an overview of the philosophy, basic meditation methods, and the theory and practice of Daoist alchemy. I would certainly recommend this book."

—Rick Matz, "Cook Ding's Kitchen"

"Its techniques and practices are all designed to promote a 'spiritualized' approach to self-actualization and embodied transcendence while at the same time avoiding any taint of sectarian religion or deistic belief."

—Ben Judkins, "Kung-Fu Tea"



My Gratitude Journal

Kellie Bach
\$14.95
5.25" x 8" Paperback
416 Pages

Published: October 30, 2015
Journal / Diary
ISBN: 978-1-943155-18-7
Rights: World

Expressing gratitude, remembering moments where you felt gratitude, and recalling what you are grateful for empowers you toward a happier life with stronger interpersonal relationships. Journaling about gratitude is an important tool for growing spiritually and emotionally as it helps you remember to be grateful throughout your day. Through acknowledging your blessings and reflecting on all that you are grateful for you will come to lead a happier and more fulfilling life.

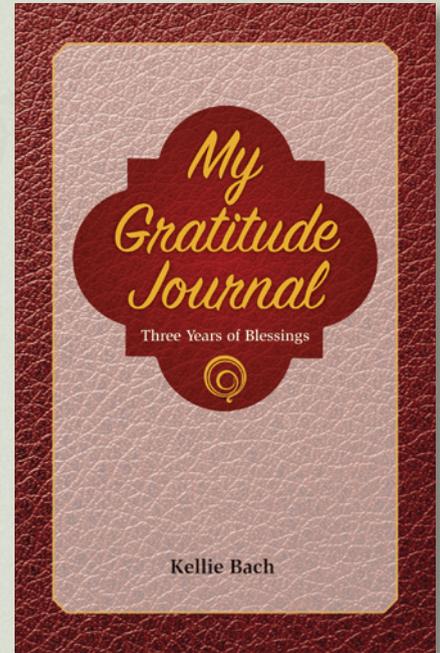
My Gratitude Journal is designed to cover three years, from the day you begin using it. It is a "user friendly" tool that helps you not only reflect on each day and acknowledge what you are grateful for but also allows you to reflect over the past years so you can see how you have grown and changed. There is a space for you to journal each day, and also to reflect on the same day years past. The journal also helps you remember less obvious things to be grateful for through the use of the unique icons displayed on each page.

Each month begins with a gratitude quote to inspire. You can start at any time during the year and just move forward from there, putting the year in the provided blank. If you miss a day on a given year, just leave that entry blank and move on.

Embrace a healthy mental lifestyle of love, light and gratitude. Let *My Gratitude Journal* be your partner.



Kellie Bach has been a statistician for over 20 years and for the past 12 years has been the owner and lead statistician at Analytic Solutions. Over a decade ago she was diagnosed with multiple sclerosis, which led to deep reflection and positive growth in her life. The diagnosis gave Kellie the motivation to become a certified health coach, substantially cleaning up her family's diet, and allowing her to help many others manage various health conditions and emotional struggles. Through her own process of recovery, Kellie developed a much deeper spiritual practice which has had a huge impact on slowing the progression of MS while enriching her and her family's lives in the process. Journaling about gratitude, she believes, is one of the cornerstones of her recovery and quality of life. She lives in suburban Philadelphia with her twin daughters and their pets.



Gratitude Thoughts

"Gratitude opens the door to... the power, the wisdom, the creativity of the universe." —*Deepak Chopra*

"When you are grateful, fear disappears and abundance appears." —*Anthony Robbins*

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." —*Buddha*



YIN – A Love Story

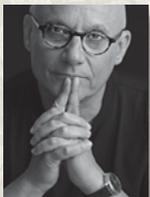
By Yunrou
\$16.95
5.25" x 8" Paperback
444 Pages

Black & White on Cream Paper
Published: October 22, 2015
Historical Fiction
ISBN: 978-1-943155-12-5
Rights: English Language

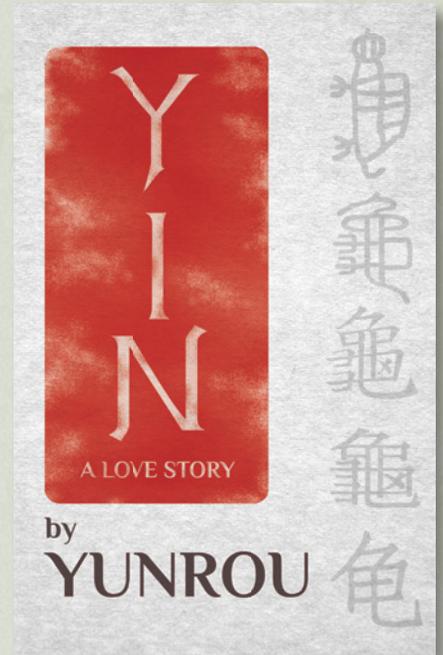
Traditional Chinese culture rests upon the shoulders of three great sages, Confucius, the Buddha, and Lao Tzu. *YIN* is the story of the latter, the most mysterious and least known of the heavenly trio, and his quest for a soul mate, a quest answered by a tortoise, a Galápagos giant to be precise, brought to him, as a tiny baby, from across the great Pacific.

A work of magical realism in the vein of Gabriel Garcia Márquez and David Mitchell, *YIN* chronicles the efforts of the great sage to create the woman of his dreams. It is a novel of idealism, frustration, persistence, unimaginable endurance, failure, tragedy, and triumph. Set alternately in current China's era of economic marvels and social change, and in the formative, ancient dynasty during which the seeds of today's great nation were sown, *YIN* entrances and enchants as a love story for the ages, yet also mines an ancient philosophy to offer readers both a different way of thinking and of looking at the world, and a recipe for social and environmental change.

Questioning the speed-and-greed consumerism of the USA, and challenging China to come back to its roots, it will be the first literary novel to be simultaneously published in both countries on November 1, 2015.



Yunrou is a Taoist monk born in America and ordained in China. The recipient of numerous honors and awards, he hosted the hit national public television show *Longevity Tai Chi*, is a highly respected martial arts master, teacher, and the author of more than a dozen critically acclaimed works of fiction and non-fiction. The launch of this novel—which is different in tone and concept from anything else that he's done—will be the first under his Taoist name.



"Anyone interested in Taoism will find much to rejoice in these pages."
—Daniele Bolelli, *The Drunken Taoist Podcast*

"Taoism, humor, mystery and a keen appreciation of Chinese life and thought are blended into an exhilarating cocktail." —Dennis O'Flaherty, author of *King of the Cracksmen*

"Yin is charming and profound."
—Adam Bellow, *Broadside Books*

"Yunrou has penned a delightful fantasy." —Guy Leekley, translator of *Tao Te Ching*

"Remarkably, Yunrou has created, in *Long Ears*, a plausible Chinese genius."
—Herb Borkland, author of *DOG\$*

"Yunrou has offered us the gift of a love story... an enjoyable and nourishing book." —Mitchell Doshin Cantor, *The Southern Palm Zen Group*



Following the Martial Path

Walther G. von Krenner
\$24.95
6" x 9" Paperback
259 Pages
86 Images

Black & White on Cream Paper
Published: December 5, 2016
ISBN: 978-1-943155-22-4
Rights: World

Following the Martial Path illuminates the lessons learned in the martial arts, which transcend techniques of attack and defense. It is a journey of self-discovery, originating in physical training and leading to the spiritual dimensions. Walther G. von Krenner, trained with numerous talented and famous martial arts practitioners, including Gene LaBelle, Hal Sharpe, Tohei Koichi, Takahashi Isao, and Aikido founder Ueshiba Morihei O-Sensei. Explaining good times and lessons in humility, *Following the Martial Path* is von Krenner's account of his martial art journey.

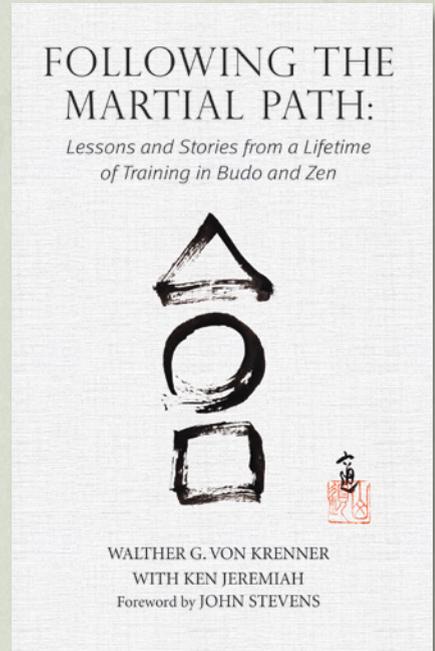
This book stresses the connection between Zen, art, and martial pursuits. Besides conveying the important lessons learned throughout decades, *Following the Martial Path* contains calligraphy, artwork, and invaluable photographs (of Aikido founder Ueshiba Morihei and others) that have never before been published. In addition, it contains lectures given by the founder of Aikido that have not previously been published.

"You have to forget about technique. The further you progress along the path, the fewer teachings there are. The true path is no path."
— O-Sensei Ueshiba Morihei



Walther G. Von Krenner has been practicing Aikido and other martial arts for more than half a century. He trained with Ueshiba Morihei and other well-known instructors, and has written several books about martial arts and East Asian art, including *Aikido Ground Fighting*. A Zen practitioner and accomplished artist, he currently resides in Kalispell, Montana, where he continues to train and teach.

Ken Jeremiah is a writer and translator who currently lives in Narragansett, Rhode Island.



"Walther's quest for the true meaning of Budo is presented in many tales throughout the book. Some are classical, others personal. Such tales are both entertaining and enlightening. Walther makes the key point that a martial artist should be an artist in the broadest sense: a student of literature and poetry, and (in his case) a practitioner of such disciplines as calligraphy, painting, shakuhachi playing, sword connoisseurship, and tea ceremony." — From foreword by John Stevens, author of *Abundant Peace*

"I cannot give this book enough praise. It is elegantly put together, and exemplifies one of the concepts presented in the book: Shibumi... a quality of serenity, introspection, modesty, formality, nobility, and reserve." — Jared Wilson, *Martial Thoughts*



Atemi: The Lightning & Thunder of Aikido

Walther von Krenner
\$24.95 USD
6" x 9" Paperback
226 Pages
152 Photographs

Black & White on White paper
Published: March 25, 2016
Martial Arts & Self-Defense
ISBN: 978-1-943155-19-4
Rights: World

Atemi: the Thunder and Lightning of Aikido is a revolutionary book that goes back to the source and shows the way striking should be incorporated into Aikido. It is the most comprehensive text on striking in Aikido, and it begins with the notion that strikes should not be disregarded in modern dojo. It explores the common (yet mistaken) notion of atemi as a secondary aspect of Aikido, and argues that such an idea is incorrect, since O-Sensei's own teachings reveal that striking is the very core of the art.

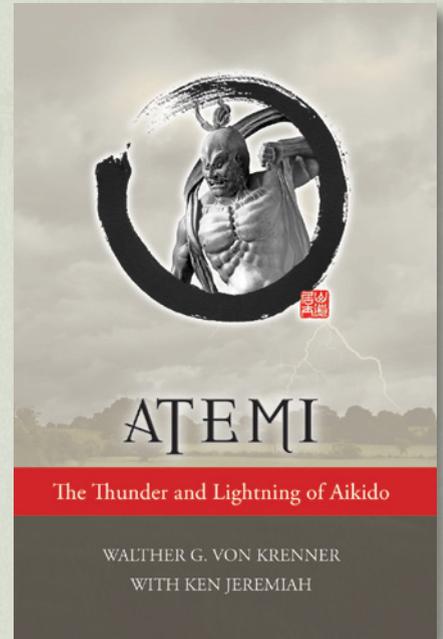
The authors describe through brilliant and specific examples and clear photographs, how atemi is used in Aikido pins and throws while still keeping with the physical philosophy of the art. The journey continues as they then demonstrate how Ueshiba Morihei and some of his most important students viewed atemi and technique as one, instead of separate aspects of the art.

The text is divided into three sections: Shodan (beginner's level), Chudan (intermediate level), and Jodan (advanced level). The final chapters suggest ways that O-Sensei taught his students how to develop internal power, which can be channeled into Aikido's powerful strikes. *Atemi: The Thunder and Lightning of Aikido* presents a thorough explanation of O-Sensei's teachings and suggests that many practitioners have only scratched the surface of the art's true nature.



Walther G. Von Krenner has been practicing Aikido and other martial arts for more than half a century. He trained with Ueshiba Morihei and other well-known instructors, and has written several books about martial arts and East Asian art, including *Aikido Ground Fighting*. A Zen practitioner and accomplished artist, he currently resides in Kalispell, Montana, where he continues to train and teach.

Ken Jeremiah is a writer and translator who currently lives in Narragansett, Rhode Island.



Atemi: the Thunder and Lightning of Aikido is a revolutionary book in that it goes back to the source and shows the way striking should be incorporated into Aikido. It is a book is for any serious student of Aikido who wants a fuller understanding of their art as the founder intended it: as a fully formed martial art."

—Jaredd Wilson, *Martial Thinking*

"Today Aikido has fallen into a "New Age" art, where going with the flow and allowing your partner to throw you is more important than mastering the dynamic movements O'Sensei envisioned. But this is not always the case and so I feel honored to publish this book by Walther von Krenner, a sensei I respect and admire, who is a standard bearer of the traditional Aikido of O'sensei." —Dr. Mark Wiley



Chanpuru

Garry Parker
\$19.95 USD
6" x 9" Paperback
184 Pages
140 Photographs

Black & White on White paper
Published: April 01, 2015
Martial Arts: Memoir
ISBN: 978-1-943155-05-7
Rights: World

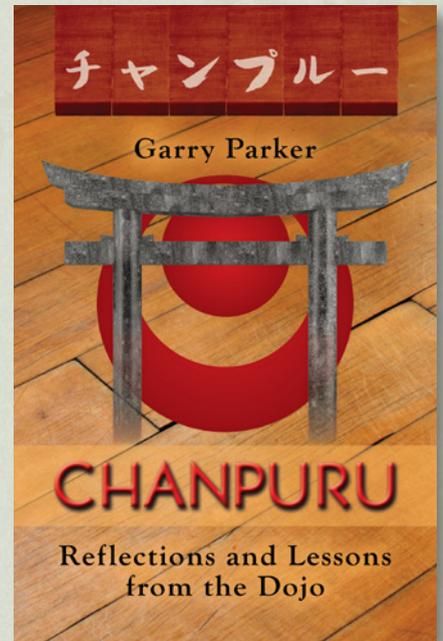
During the Ryukyu Kingdom of the 1600s the indigenous martial arts of Okinawa were blended with the fighting arts of Fujian, China, to formulate the birth of what would become the globally popular martial art known as Okinawan Karate. There were no tournaments, no politics, and no nonsense; only hard men that sacrificed time, sleep, and comfort to toughen their bodies and strengthen their spirit in pursuit of improving their odds at protecting themselves and their loved ones.

Chanpuru: Reflections and Lessons from the Dojo offers glimpses into the old ways of karate through the personal journey of Garry Parker, a modern day sensei, who learned traditional karate the old way on Okinawa. Parker invites the reader to come along on his journey to see how he gained entrance into a rapidly disappearing society of authentic Okinawan martial art traditions. A tradition honed for a century before air-conditioned schools, colored belts.

To offer deep insights into the many topics of karate, *Chanpuru* is divided into three parts. Part 1 is autobiographical, highlighting the reflections of Parker's personal journey in karate. Part 2 is filled with essays on topics relevant to the study and practice of karate, including lessons learned, advice, the author's personal thoughts and stories, and little nuggets of wisdom he's picked up along the way. Part 3 is dedicated to the legacy of the author's teacher, Takamiyagi Hiroshi, the founder of Goshukan-ryu, and pioneer of Wu Zhu Quan (Five Ancestor Boxing) on Okinawa. An exclusive interview, along with rare photos from Takamiyagi's personal collection, complete the book.



Garry Parker was born in Columbus, Georgia, and began training in Kodokan Judo in high school. After graduation, he enlisted in the United States Air Force, and was stationed at Kadena Air Base, Okinawa. Shortly after arrival in Okinawa, Parker enrolled in the Hamagawa Dojo, where he learned under the watchful eye of Takamiyagi Hiroshi, Hanshi. After separation from the Air Force, he was granted a visa and continued to live and train in Okinawa until 1996, when he moved back to Georgia. Parker received authorization to teach Goshukan-ryu in America, and opened the first branch Okinawa Goshukan-ryu Dojo outside of Okinawa in 1999.



"I am proud to see Parker become such a fine ambassador for Okinawan Karate." —Takamiyagi Hiroshi, Okinawa Goshukan-ryu Karate-do

"Fascinating and important lessons from a man who lived and trained in a place most people only every dream about." —Joe Swift, Tokyo Mushinkan Dojo

"The honesty that pervades from this book comes from the author's total immersion in Okinawan culture." —Gary Gabelhouse, Novelist

"A perfect book to snuggle up next to the fire with and reflect on life with a glass of wine or coffee." —Jake Burroughs, The Ground Never Misses



FMA Education

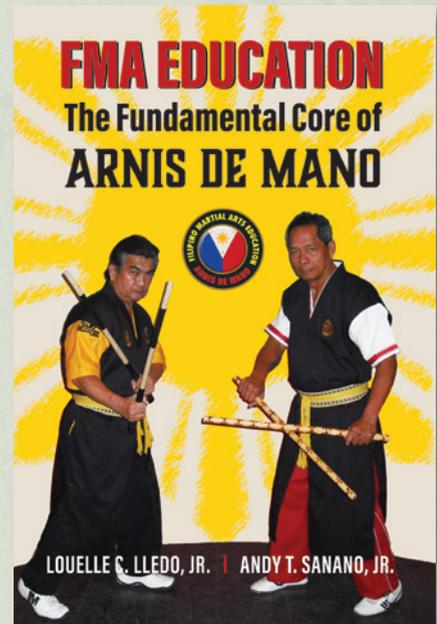
Louelle C. Lledo, Jr.
 Andy T. Sanano, Jr.
 \$32.95
 7" x 10" Paperback
 288 Pages

675 Photographs and
 Illustrations
 Black & White on White Paper
 Published: November 29, 2016
 ISBN: 978-1-943155-17-0

Research and development of authentic indigenous classical maneuvers within FMA training has given rise to the formation of this *FMA Education: The Fundamental Core of Arnis de Mano*. The basics and drills leading to skills are firmly rooted in a common language of biomechanics based upon anatomy, physiology and physics, and this is the foundation presented in this book.

FMA Education correlates the techniques of Filipino martial arts and creates a basic standard of fundamentals from which all FMA style can be built. Most important are the small set of “classical maneuvers” from which all techniques are based, and the two “basic strikes” from which all strikes derive.

With nearly 700 photos featured over 286 pages of text, this training manual merges the authors’ previous four handbooks into a single, newly expanded and comprehensive volume. The expectation of this book is to help develop the ability of teachers and students to present a consistent educational curriculum across all of the traditional systems and schools of FMA (Arnis/Eskrima) while understanding and respecting the variations among them.



“I commend Mataw Guro Lledo and Sanano for their dedication, vision and mission for creating an FMA Education platform. This book covers all areas of this program and offers depth of detail for beginners and teachers alike.” —Dr. Mark Wiley, Senior Adviser, Mataw Guro Association



Mataw Guro Louelle Lledo is grandmaster of Amara Arkanis Arnis, head of the Mataw Guro Association, and Senior Adviser to the United Fellowship of Martial Artists. Lledo is one of the best known and renowned

Filipino martial arts instructors in the world. Through years of martial arts experience he has created his own form of Filipino martial arts which he called Amara Arkanis. He is also the founder and head of the Mataw Guro Association, a group dedicated to ensuring the quality and propagation of quality Filipino martial art’s educators.



Mataw Guro Andy Sanano was born and raised in the Philippines, coming to the United States in his late teens. He served in the United States Air Force for over 20 years, which brought him to the Rapid City area in 1972.

Mataw Guro Andy Sanano has been training in the Martial Arts since 1961. He has more than 49 years’ experience in hand-to-hand combat and over 38 years in the instruction of martial arts. He is the Mataw Guro of the Filipino Martial Arts Education in USA. He is the Dakilang Guro (10th degree) of the Trecechamps Family tradition of Arnis De Mano and Awayan (Ah-wah-yahn) (the Arts of Fighting).



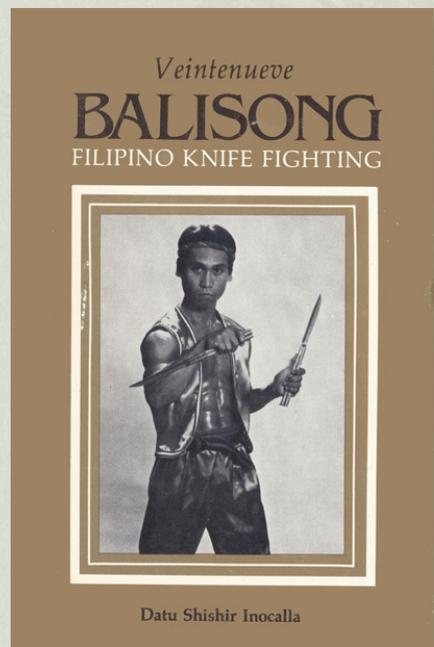
Veintenuve Balisong

Datu Shishir Inocalla \$14.95 5.5" x 8.5" Paperback 93 Pages 235 Photographs	Black & White on White Paper Published: 1984 by Modern Arnis Federation Rights: World
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Filipino martial arts have captured the imagination of martial artists, military and Hollywood. No weapon more so than the infamous Balisong or “butterfly knife” has become the lure of FMA. In this rare and out-of-print book, one of the first ever on the spiritual and physical aspects of Balisong, Datu Shishir Inocalla teaches the secrets of this ubiquitous weapons. Included are spiritual Orasyons, Salutation, and techniques of Abaniko, Saksak, Tusok, Balaraw, knife Throwing and Catching and Fighting techniques of Knife vs Knife and Empty-hand vs. knife.



Datu Shishir Inocalla is a pioneer of wellness and the creator of the BMST (body mind spirit training and living system). He is a grandmaster of Arnis Filipino Martial arts, and master of Tai Chi, Yoga, Meditation and natural healing. He was the Wellness trainer at the World HQ at David Leadbetter Golf Academy in Championsgate, Florida since 2003. He started martial arts training at age 8 and become a Yogic monk in India at age 15. He was persecuted for his spiritual belief and was detained in Tihar, Jail, India during 1975 Martial Law for 1 year at age 18. From 1980 he moved to Vancouver, BC. Canada where he started his holistic martial arts schools. He competed and won over 50 martial arts Championship and has been Featured in over 30 Films and TV. He became the action “Michealangelo” in the Ninja Turtles Movie and TV series. In 2011 he moved back to his ancestral land in Bicol province in Camarines Norte and started an Arnis Wellness self-sufficient farm.



“I especially admire Shishir Inocalla, an all-around Filipino martial artist, a balisong expert and a healer. I have encouraged and supervised him in the preparation of this book.”
—Professor Remy A. Presas

“Shishir Inocalla is a humble master, healer and teacher. This book is one of the few detailed works on the spiritual and physical aspects of the revered Balisong. A worthy addition to all martial art libraries.”
—Dr. Mark Wiley

Limited Stock.
 Grab Your Copy
 While They
 Last!



Mastering Eskrima Disarms

Mark V. Wiley
 \$29.95
 7" x 10" Paperback
 254 pages
 1,014 Photographs

Black & White on White Paper
 Published: February 13, 2013
 Martial Arts & Self-Defense
 ISBN: 978-1-943155-00-2
 Rights: World

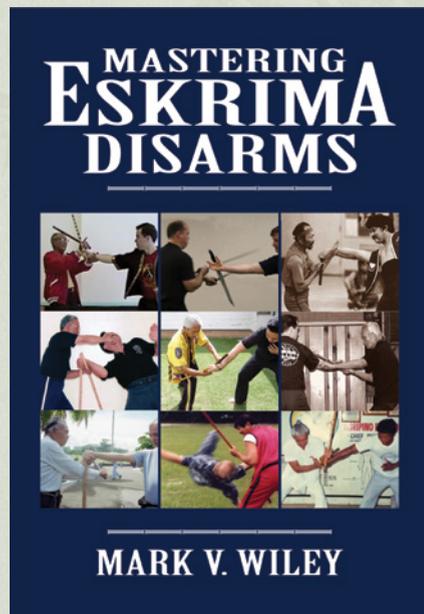
In *Mastering Eskrima Disarms* you will learn the disarming techniques of over 30 different styles of Eskrima, Kali, Arnis and Kabaroan, including 22 Supporting Structures and 9 Essential Principles of Effective Disarms, the 3 Ranges and 4 Modes of Engagement, 2 Positional Gates, 3 Joint Control Concepts, 5 Footwork Methods, and 5 Grip Release Concepts most essential to mastering Eskrima disarms. This masterful text contains 935 photographs illustrating 135 techniques from 33 styles of Filipino martial arts as demonstrated by dozens of its greatest legends.



Some of the styles featured include: Arnis Lanada, Arnis Tendencia, Babao Arnis, Bakbakan Kali, Balintawak Eskrima, Biñas Dynamic Arnis, Black Eagle Arnis Eskrima, D’Katipunan Arnis, DeCuerdas-Diestro Eskrima, Dekiti Tirsia Siradas Arnis, Del Mar Kali-Eskrima, Derobio Eskrima, Doce Pares Multi Style Eskrima, Eskabo Daan, Estalilla Kabaroan Eskrima, Garimot Arnis, Inayan Eskrima, Inosanto Kali, Integrated Eskrima, Kalis Ilustrisimo, Lameco Eskrima, Lapu-Lapu Arnis, Latosa Eskrima, Lightning Scientific Arnis, Modern Arnis, Moro-Moro Orabes Heneral, Pambuan Arnis, Rapid Arnis, San Miguel Eskrima, Sayas-Lastra Arnis, Sayoc Kali, Serrada Eskrima, Siete Palo Arnis, Vee Arnis Jitsu, and more...



Dr. Mark Wiley is an internationally renowned mind-body health practitioner, author, speaker and teacher. He holds doctorates in both Oriental and alternative medicine, a masters in health care management, has done research in eight countries and has developed a model of health and wellness grounded in a self-directed, self-cure approach.



“Mark V. Wiley has a deep understanding of Eskrima. One really must be at a certain level themselves in order to fully appreciate it!”
 —*Martial Arts Illustrated*

“Martial arts grandmaster, doctor of Oriental medicine, author and publisher, Mark V. Wiley is in a class of his own.” —*Masters Magazine*

“We highly recommend that anyone who is serious about Filipino martial arts read Master Mark Wiley’s works and keep them at hand.” —*British Council of Kali Eskrima Arnis Instructors*

“Thank you so very much GM Dr. Mark V. Wiley, for once again producing an essential and revolutionary book of knowledge.” —*World Serrada Escrima Federation*



The Secret Art of Derobio Escrima

Dan Medina
 \$24.95 USD
 7" x 10" Paperback
 160 pages
 871 Photographs

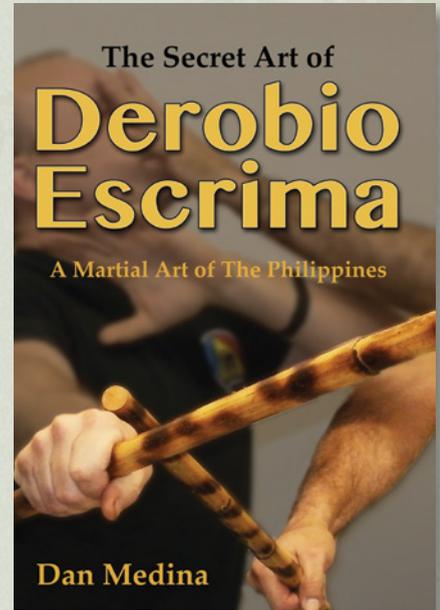
Black & White on White Paper
 Published: November 11, 2014
 Martial Arts & Self-Defense
 ISBN: 978-1-943155-04-0
 Rights: World

In *The Secret Art of Derobio Escrima* Grandmaster Dan Medina will take you on a journey into the lives and history of two of Leyte's Legendary Men. One was considered to be one of the Philippines most dangerous rebels, a leader of the Pulahan Movement and later a patriot. General Faustino Ablen (aka Papa Ablen). The other was his disciple, Grandmaster Braulio Tomada Pedo, who is not only be remembered for his kindness, physical and spiritual healing, but also for his great ability in Filipino martial arts. In this book Dan Medina sheds light into the deadliness of this bone and joint crushing art.

The Secret Art of Derobio Escrima is the first look into this amazing battle tested art of Derobio Escrima. Not only does it take you through the basics of Derobio Escrima, it also gives you a glimpse into inner workings of countering. This book is written with the student in mind and will take you beyond the basics. It's designed to walk you through the principles and theories behind striking, blocking, counter attacks and locks. Of great interest is the counter to counter movement of Derobio Escrima, which sets this art apart from other arts. It's like the standup grappling of the Filipino martial arts with weapons. It teaches you how to move with the opponent's force, taking and using their energy and flow against them. The stick locks which have made this system famous will make you want to jump out of your skin.



Dan Medina is the founder and Grand Master of Majapai Derobio and Rajah (6th Degree Red & White belt), Florida V.P. for Sphinx Karate & Arnis 63 Generals. From 2001 to present G.M. Medina has been inducted into the International Karate and Kickboxing Hall of Fame, Eastern USA International Blackbelt Hall of Fame, Action Martial Arts Magazine Hall of Honors and World Head of Family Sokeship Council hall of Fame. In 2014 Grandmaster Dan Medina has been nominated as a Legendary Figure in the Martial Arts by W.H.F.S.C as well as a Nomination to the Masters Hall of Fame.



"Medina's command of the style is total" —*Action Martial Arts Magazine*

"Medina has taken Derobio to new heights and created a totally new animal." —*Guro Richard Bustillo*

"The counter locks in Derobio are the most intricate I've ever seen." —*Guro Dan Inosanto*

"For a "secret" style [Medina's] heart is too big to hold back, and perhaps to a fault the book, *The Secret Art of Derobio Escrima*, is no different." —*Jake Burroughs, The Ground Never Misses*



Balintawak Eskrima

Samuel L. Buot, Sr.
\$32.95 USD
7" x 10" Paperback
260 Pages
700 Photographs

Black & White on White Paper
Published: February 26, 2015
Martial Arts & Self-Defense
ISBN: 978-1-943155-09-5
Rights: World

Eskrima stick fighting is indigenous to the Philippines and in the 1950s one of the most popular styles emerged: Balintawak. To appreciate Anciong Bacon's Balintawak Eskrima, you have to understand set-ups, anticipation, the art of outwitting through ruses and lures; economy and simplification of motion, sans lavish and squandered movements; effective strikes fused and bonded with speed, power, elegance and grace. That is the essence of Anciong's Balintawak and these are the methods Sam Buot explains and demonstrates in this book.

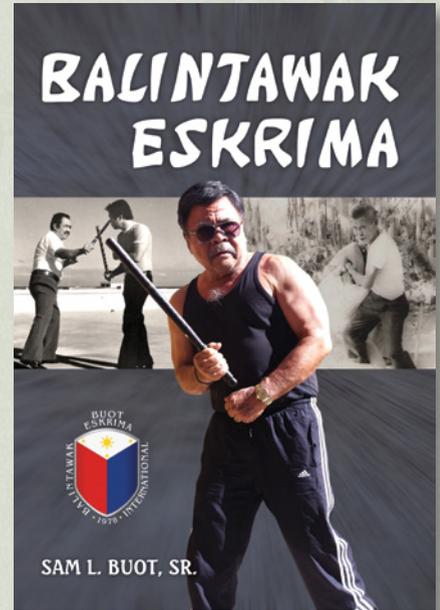


Written from the author's half-century of personal experience and hard-earned knowledge, Balintawak Eskrima presents the art from origin to modern times, as a fighting art, as cultural tradition and a means of personal development. Illustrated with nearly 700 historical and instructional photographs, this book is a must-have for all martial artists and those interested in the history of a people and their fight art.



Grandmaster Sam Buot is the eldest surviving student of Anciong Bacon's original Balintawak Eskrima group from Cebu, Philippines. He is a true enthusiast of Filipino martial arts and has served as unofficial historian of the Balintawak style, having studied under the tutelage of Grandmaster

Venancio Bacon, Jose Villasin, Teofilo Velez and Teddy Buot since the late 1950s. At 79, Sam is now retired and teaches eskrima in his backyard in Phoenix, Arizona



"This book is a treasure trove of knowledge and a book which will be considered one of the best, if not the best, book on Balintawak."
—FMA Informative

"Sam Buot's techniques and knowledge are direct from the masters. If there is anyone who can teach them to the world, it is Atty. Sam Buot." —GM Bobby Taboada

"Sam Buot takes the reader on a journey into the belly of Balintawak. His narrative style is honest and compelling. One of my favorite FMA books!" —Dr. Mark V. Wiley

"Tambuli Media has once again facilitated getting one of the foremost authorities on FMA, Sam Buot Sr., to sit down and write a comprehensive text... This is arguably one of the more important treatise Tambuli has published." —The Ground Never Misses



Lameco Eskrima

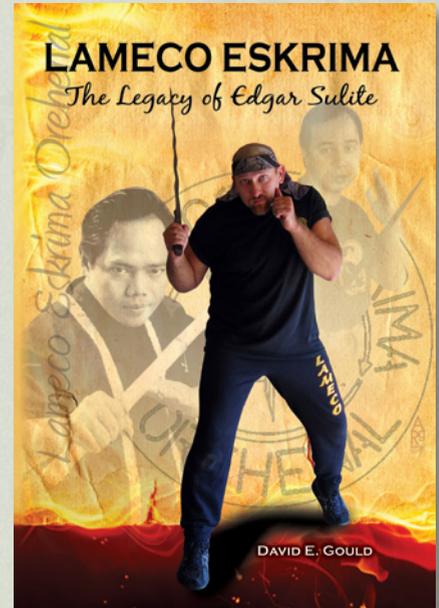
David E. Gould
 \$29.95
 7" x 10" Paperback
 292 pages
 645 Photographs

Black & White on White Paper
 Published: October 03, 2014
 Martial Arts & Self-Defense
 ISBN: 978-1-9431-5503-3
 Rights: World

In the art of Eskrima, few names resound like the late Edgar Sulite's. This young man from the Philippines sought out numerous masters, tested his skill in challenge matches, and developed a system called LAMECO (an acronym for Largo, Medio, Corto; the 3 fighting ranges of Eskrima). In this unique book, Sulite's "backyard" student and close friend Guro David E. Gould recounts the life, the art and the legend of Punong Guro Edgar G. Sulite and his Lameco Eskrima system.



Broke down into 10 distinct chapters, *Lameco Eskrima: The Legacy of Edgar G. Sulite*, shows the evolution of a fighter and his art, from the early years of training in Tacloban City and Ozamis City, with legendary masters to the founding of Lameco Eskrima and Sulite's meeting in Manila of such notable figures as Christopher Ricketts, Tony Diego and Tatang Ilustrisimo. Chapter 4 discusses the writing of Sulite's three classic books, his world tour and challenge matches. This is followed by chapters on Sulite's relocation to Los Angeles, the spread of his art internationally, and his invitation-only backyard class. The late Punong Guro used to say that one must try their best to get a collective understanding, a complete image of a person by looking into all available sources. This book, and these last chapters, provides such insights and exposure found nowhere else.



"As the founder of the Lameco style, Edgar Sulite's name and memory shall forever be remembered for all lifetimes. Here is one person who has shown unequaled, exemplary passion and dedication to his craft."

—Alexander Lim Co

"What makes Lameco Eskrima: The Legacy of Edgar Sulite so significant is that it is part biographical, part historical, part memorial, part instructional, and altogether an invaluable resource providing insight into the life and art of a great man."

—Mark V. Wiley



David E. Gould is best known for his association with Punong Guro Edgar G. Sulite and the Lameco Eskrima System. He was the last Instructor certified by Sulite and is one of the recognized Standard Bearers of the System appointed directly by Edgar Sulite in 1996. As well as being a long time private student of Sulite, Gould was also one of 25 exclusive handpicked members of PG Sulite's private "backyard" invitation only group which later became known as the "Sulite Orehenal Group". David E. Gould has conducted hundreds of Lameco Eskrima Seminars in numerous countries around the world

and also teaches Elite Military and Law Enforcement.



Eskrima Street Defense

Fernando "Bong" Abenir
 \$21.95
 6" x 9" Paperback
 142 pages
 269 Photographs

Black & White on White Paper
 Published: September 29, 2014
 Martial Arts & Self-Defense
 ISBN: 978-1-943155-01-9
 Rights: World

The only trouble with Filipino martial arts' worldwide popularity is commercialism. Too often clubs water-down or pad curriculums, trying to please students but also dangerously blurring the original arts' intended uses.



When applying Eskrima for street defense—as opposed to physical training or sport competition—simplicity is the key to survival. *Eskrima Street Defense* exposes all the gritty basics which reliably counter sudden violence in public places.

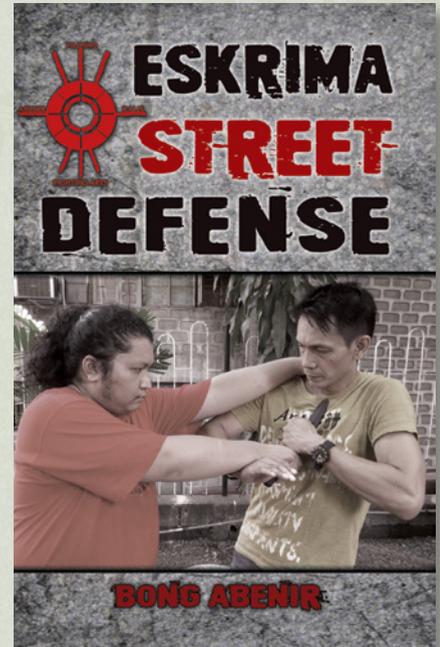
To ensure you can prevail against armed and unarmed assailants and multiple attackers, Bong Abenir reveals dozens of practical self-defense techniques in six major categories:

- | | |
|----------------|--------------------|
| Hand vs. Hand | Knife vs. Knife |
| Hand vs. Knife | Bolo vs. Bolo |
| Hand vs. Bolo | Improvised Weapons |

Starting with easy ways to stay aware of your surroundings in areas where attacks commonly occur, these proven fighting techniques are backed up with guiding principles necessary for success, as well as detailed explanations of the body's most vulnerable striking points, and specific rules for common-sense self-defense.



Fernando "Bong" Abenir is a Filipino martial arts instructor based in Manila, Philippines. In 2001 he began merging eskrima, silat, yaw-yan and kuntao systems through personal experience in live weapon sparring, personal street defense altercations, and trial-and-error to develop Abenir Kalis Filipino Fighting Art. He has written for *Rapid Journal*, is currently a regular contributor to the *Manila Times*, and appears on numerous TV sports and morning shows in the Philippines. Bong Abenir conducts seminars internationally and was invited to teach the Special Action Force of the Philippine National Police.



"This book, like street defense in general, is short and sweet and too the point. The focus is on safety, awareness, and how to survive on the street when you suddenly find yourself in a bad situation."

—Dr. Mark Wiley

"A no nonsense approach to the applications, incorporating fast powerful strikes with fast takedowns all the while utilizing his environment. All keys when speaking about true self defense." —*The Ground Never Misses*



Hakka Kei Lun Unicorn Boxing

Tyler R. Rea
\$24.95
50 min video

Formats: DVD
Rights: World

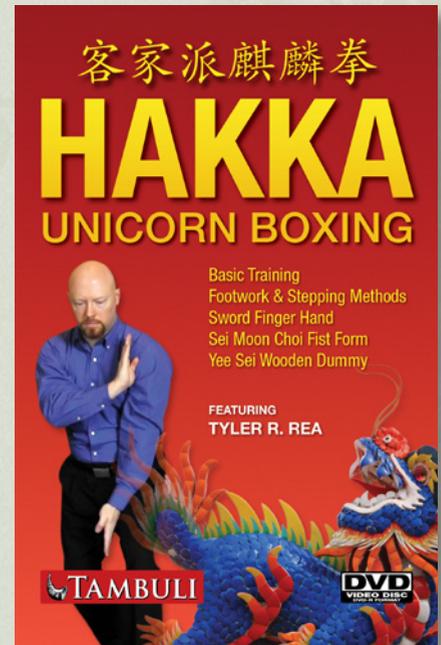
Hakka Kei Lun kung-fu (Unicorn Boxing) has had a profound influence on many Chinese and Southeast Asian martial arts. During the 1950s Hakka Kei Lun was taught in Hawaii by the Late Sifu Wong Kook Fot. So effective are its methods that the founders of modern Kenpo karate, Ed Parker and K.C. Chow, used the art to form part of Kenpo's core training. In this unique DVD, Tyler R. Rea teaches the fundamental details and training of the Kei Lun art.

This video teaches 4 unique areas of Unicorn Boxing, including its signature striking fists, first Hei Gong (Qigong) tendon strengthening exercises, and training details of the Sei Moon Choi fist form. Next is the 5-basic footwork and stepping methods and directional step changes. Following this is 4 Sao Fot training methods for developing Unicorn Boxing's signature hand, Gim Jee Sao (Sword Fingers Hand), including 4 exercises. Next is the Sei Moon Choi (The 4 Gates Fist) with all details of application. Finally, the fundamental Dummy Techniques, Entry Methods, and Bridging Skills of Hakka Unicorn Boxing are taught.

Hakka Unicorn Boxing is quite rare so this DVD may be the only place to really get deep instructional content on this system.



Tyler R. Rea has practiced martial arts for over 30 years and has received international acclaim for his training manuals and videos. Sifu Rea specializes in the study of Chinese and Southeast Asian Martial arts with an extreme focus on the Martial systems of the Hakka people. He is recognized as a leading scholar in the history of traditional Chinese systems and in the comparative study of systems from around the world. In addition to his martial endeavors, Rea has professional experience in the fields of Advertising, Publishing, Digital media and video production spanning 28 years. This unique combination of skills allow him to provide exceptional quality in the books and videos he produces, making him a highly sought-after contributor in the martial arts community. He has also applied these skills extensively in the fields of healthcare, advertising, and marketing, and for nonprofit organizations. Rea is Tambuli Media's video editor.



This DVD is a collection of 5 Unicorn Training Programs:

- 1) Basic Training;
- 2) Footwork & Stepping Methods;
- 3) Sword Finger Hand;
- 4) Sei Moon Choi Fist Form; and
- 5) Yee Sei Mook Jong (Unicorn Wooden Dummy) Training.



Fundamental Iron Skills

Dr. Dale Dugas
\$29.95 USD
6" x 9" Paperback
170 Pages
190 Photographs

Black & White on White paper
Published: August 31, 2015
Sports: Martial Arts
ISBN: 978-1-943155-11-8
Rights: World

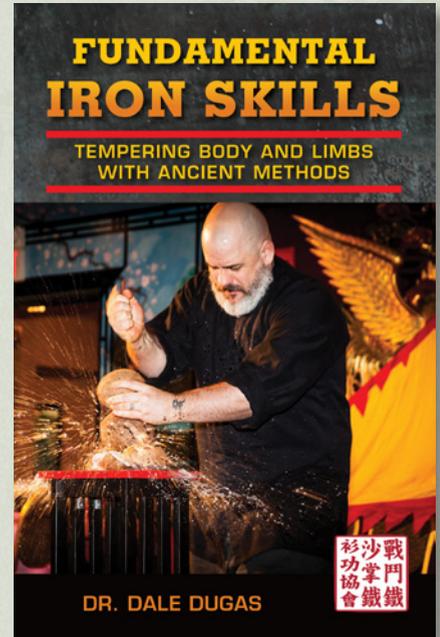
Do you want hard arms for blocking and striking? This upcoming book from Dr. Dale Dugas AP DOM will cover different methods of Iron Palm training from Chinese and Chinese/Okinawan martial arts systems. Some of the topics discussed: the myths versus the reality of Iron Skills training. The different ways you can set up your training area. Stands versus tables and how stability is important. Training Bags versus open medium training as well as a complete method of safely training Iron Palm from beginning to the intermediate level will be examined. Herbal Medications internal and external will be discussed in detail and a formula for Iron Palm Training Liniment (Dit Da Jow) will be included in Chinese as well as Pin Yin for you to bring to a Chinese herbalist to fill.

In this book, you will learn how to train the arms in order for them to become like diamond using ancient and modern methods of development. Solo training, partner training and the use of auxiliary training equipment will show you how to develop your arms to the max! Rest and recovery and how not to over train and avoid training setbacks will be discussed. Safe and sane training very much unlike the silliness you see in Kung Fu movies!

This book will teach you how to strengthen the entire arm from the shoulder down to the finger tips. Classical methods of claw training/finger strengthening will show you how you can create hands that do not tire easy. Hand Health, injuries, medicinal training aids will be presented with nothing held back.



Dr. Dugas has over 35 years of training in Chinese, Okinawan and Japanese martial arts, including Uechi-ryu Karate, Judo/Jujitsu, Jook Lum Tong Long Pai/Southern Mantis, Shuai Jiao, Xingyiquan, Baguazhang, Taijiquan and Internal/External Qigong systems. He began his martial arts journey as a young teenager and has traveled extensively to train privately and publicly in both Chinese martial arts and traditional Chinese medicinal systems. He is a highly trained proponent of traditional Dit Da Ke (Chinese trauma medicine) as well as Tieh Sha Zhang Gong (Iron Palm) and Tieh Be Shan Gong (Iron Vest). He teaches publicly and privately and treats patients in Tampa, Florida.



"The myth of iron palm training has finally met its match in Dale Dugas' comprehensive book. No secrets! No mystical mumbo jumbo! Making this a manual for all serious practitioners of iron skills." — *Dr. Mark Wiley*

"In the old days, a potential student would abandon their lives and travel miles to find a man like Dale Dugas. Luckily for the reader, in your hands you have much of Dale's wisdom, without ever leaving your home." — *Sifu David Ross*

"Dale Dugas... (offers) many tips, herbal formulas, some applications, lots of lore and insight into this key corner of Kung Fu training." — *Ted Mancuso, Plum Pub's KaiMen Blog*



The Way of Ngo Cho Kun Kung Fu

Alexander Lim Co
\$21.95
6" x 9" Paperback
216 pages
200 Photographs

Black & White on Cream Paper
Originally Published in 1983
First Tambuli Reprint June 10, 2017
ISBN: 978-1-943155-25-5
Rights: World

This is the first authoritative book on the art of the Ngo Cho Kun (Five Ancestors Fist), depicting its early history, development, and its embodying principles and techniques like the basic fist set "Sam Chien" (Three Battles) the advanced form "In Tin Tat" (Entwining Kick), and a complete listing of all Ngo Cho Kun solo empty-hand forms.

This book is a must for all practitioners of this style as well as other kung-fu enthusiasts. It was written under the able supervision of second-generation Grandmaster Tan Ka Hong from the original Chinese text. Great efforts have been exerted to arrive at the roots of the style.

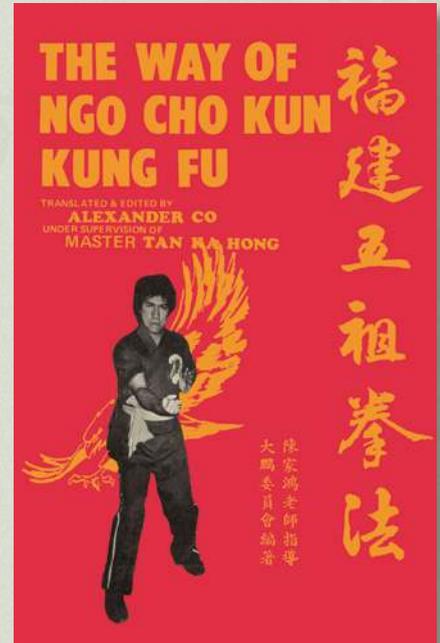
This book offers more than 200 photographs and illustrations and aims to bring the more than 150 years of Ngo Cho tradition within your reach. It was written in both English and Chinese, lending ample touch to its authenticity, and so as to reach a wider range of kung-fu aficionados.

Translated and edited by Mr. Alexander Lim Co, with the full cooperation of the members of the Beng Kiam Athletic Club (the oldest kung-fu school in the Philippines), this book promises to bring you the authentic forms of Ngo Cho Kung-fu.



Alexander Co is the Advising Grandmaster of The American Beng Hong Athletic Association. He has served as Chairman of the Philippine-Chinese Beng Kiam Athletic Association and the Tsing Hua Ngo Cho Kung-fu Center and as Vice-chairman of the Hsin-I Society of Internal Arts. In addition

to dozens of articles featured in magazines Co has written three books and filmed a series of instructional videos on Ngo Cho Kun and North Prayig Mantis.



"The Way of Ngo Cho Kung Fu is one of the first books in English on the rare art of Fukien Five Ancestor Boxing. Out of print for over 30 years, this faithful reissue keeps the dual Chinese-English format and serves as a historical reference for every Ngo Cho Kun practitioner." —Dr. Mark V. Wiley, International Beng Hong Athletic Association



Quanzhou Taizuquan

The Fujian Art of Emperor Fist Kung-Fu

Zhou Kun Min
\$32.95
7" x 10" Paperback
276 pages
524 Photographs

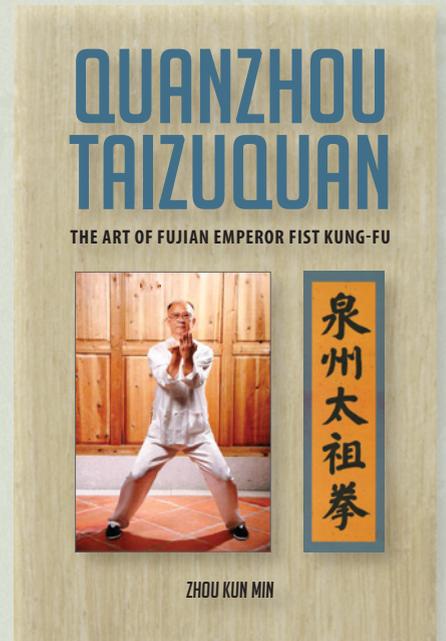
Black & White on White Paper
Published: July 1, 2017
Martial Arts & Self-Defense
ISBN: 9978-1-943155-26-2
Rights: World

Quanzhou Taizuquan is an important treatise on the martial arts of Fujian Province, China. Though it delves deep into the history and preserved cannon of Emperor Fist or “Grand Ancestor Boxing” (Taizuquan, Tai Cho Kun), the book is also a parallel look at Five Ancestor Fist (Ngo Cho Kun, Wuzuquan). Written by celebrated master and historian Zhou Kun Min, the book details the origins and development of Taizuquan and Wuzuquan through the centuries, often shedding new light on previously accepted dogma.

Complementing the invaluable historical content are deeply detailed chapter discussions on Qi Energy, Body Mechanics, Stances, Fist Methods, Partner Training, Five Element Defenses, weapons, several fist forms and applications. This volume is the only English translated edition of the Chinese classic book by one of the most respected masters in Fujian province.



Zhou Kun Min was born in Quanzhou City in Fujian province. In 1961 he started to train at the Quanzhou Wushu Research Society, and in 1963 he joined the Xiamen University Wushu Team, where he was trained by the celebrated martial arts masters of the Minnan area, including Master Dai Huo Yan, Lin Qi Yan, and Lin Du Ying. In due course, Master Zhou was appointed Chairman of the Quanzhou City Wushu Association and Deputy Chairman of the Fujian Province Wushu Association. In 2005, he was appointed 10th Chairman of the International Southern Shaolin Wuzuquan Fellowship General Association.



“Master Zhou Kun Min has written one of the most important books on Southern Fist Kung-fu, with particular focus on the Emperor Fist and Five Ancestor Fist systems. A must have for all practitioners of Fujian martial arts.”
— Dr. Mark Wiley

“I have known Mr. Zhou for almost thirty years and consider his knowledge and skill beyond approach. His endless energy to expose the world to this fascinating art is phenomenal.”
— Sifu John Graham

“The publication of this book marks the beginning of a new and exciting era for Taizuquan that, so far outside of Mainland China—indeed, outside of Fujian—has not yet happened.”
—Sifu Simon T. Lailey



The Bible of Ngo Cho Kun

Yu Chiok Sam, Alexander Co
\$29.95 USD
7" x 10" Paperback
244 Pages
725 Photographs

Black & White on White Paper
Published: April 17, 2014
Martial Arts & Self-Defense
ISBN: 978-1-943155-08-8
Rights: World

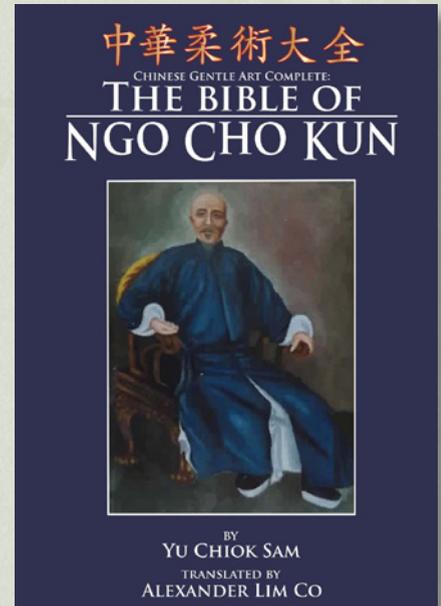
In *Chinese Gentle Art Complete*, Alexander Lim Co pours scholarship and more than 50 years' experience in Ngo Cho into the first-ever illustrated publication, and English-language translation, of this historical book on Fukien Five Ancestor Boxing. Long held as the "Bible of Ngo Cho Kun," this treatise on Five Ancestor Fist Kung-Fu has been a treasured keepsake among lineage holders of the style. Originally published in China 1917 by Yu Chiok Sam, one of the "Ngo Cho Ten Tigers," or leading disciples of the art's founder Chua Giok Beng, the book saw only a limited print run. It has been out of print for over 90 years!

This special Tambuli Media edition presents all of the original Chinese text in 244 pages, along with a new Foreword, Prefaces, an Appendix and precise English translation illustrated with over 725 clear photographs demonstrating techniques and training methods. Contents include:

- Single Short-Hand and Long-Hand Techniques
- Double Short-Hand and Long-Hand Techniques
- Kneeling and Evading Techniques
- Nine-Section Brocades
- Nine-Rotary Methods
- 18 Scholars Methods
- Solo and Partner Fighting Drills
- 38 Solo Empty-Hand Forms
- Six Weapon Art Categories



Alexander Co is the Advising Grandmaster of The American Beng Hong Athletic Association. He has served as Chairman of the Philippine-Chinese Beng Kiam Athletic Association and the Tsing Hua Ngo Cho Kung-fu Center and as Vice-chairman of the Hsin-I Society of Internal Arts. In addition to dozens of articles featured in magazines Co has written three books and filmed a series of instructional videos on Ngo Cho Kun and North Prayig Mantis.



"I congratulate Sifu Alex Co for translating this rare and important book. All practitioners of Ngo Cho should have this at their side!"
—GM Benito Tan, Philippine-Chinese Beng Kiam Athletic Association

"Not only is Ngo Cho Kun rarely seen in print format, it is rarely openly taught here in the West. This translation is an absolute gem for Chinese martial arts enthusiasts the world over. A welcomed addition to the martial collectors shelf."
—The Ground Never Misses

"Any student interested in this style, or the development of the southern martial arts more generally, will want to have a copy of this manual on their bookshelf." — Ben Judkins, "Kung-fu Tea"



Kong Han Ngo Cho

Henry Lo and Daniel Kun
\$39.95 USD
7" x 10" Paperback
480 Pages
1,317 Photographs

Black & White on White Paper
Published: March 30, 2016
Martial Arts & Self-Defense
ISBN: 978-1-943155-16-3
Rights: World

Ngo Cho Kun, also known as Wu Zu Quan or Five Ancestor Fist kung-fu, is one of the most popular styles of Southern Fist in China. Currently, it is the official style of the Southern Shaolin Temple in Quanzhou, China. The founder of this dynamic art, Chua Giok Beng, had 10 disciples, each developing his own branch of the system. This book presents the core training of the Kong Han Athletic Association branch of Dr. Lo Yan Chui, passed down and currently headed worldwide by Sigong Henry Lo, and in Canada by Sifu Daniel Kun.

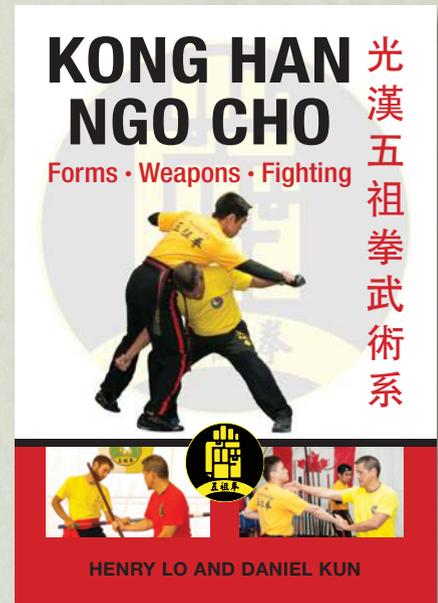
Kong Han Ngo Cho: Forms, Weapons and Fighting begins with a historical presentation of the development of the various lines of Ngo Cho—each with a different focus on the representative systems of Tai Cho, Crane, Monkey, Monk, and Damo. The book then delves into the fundamental training that sets the basis for mastery of this style. Empty hand techniques, internal organ qigong exercises, solo forms, two man forms, training sets, fighting applications, weapon forms and applications, and full-contact lei-tai competition training are all presented in this comprehensive volume.



Henry Lo was born in 1961 and started training in Ngo Cho Kun in 1971. In 1995, after the passing of his father Grandmaster Dr. Lo King Hui, Henry became the Headmaster of Dr. Lo Yan Chui Memorial Institute of Kong Han Martial Art Club, Philippines. That same year he also won second place in full contact sparring at the International San Shou Tournament at Zhengzhou, China.



Daniel Kun started training in 1975 at the Kong Han Martial Arts Club. From 1977-79 Daniel successfully became the national open style martial arts full contact champion of the Philippines with a record of 9 wins, 0 losses. In 1995 Daniel Kun and his family migrated to Canada and in 2002 he started the Canada Kong Han Ngo Cho Kun Kung-Fu Assn. Daniel is active in international and local events and is an active member and supporter of Kong Han main club in the Philippines.



"A most welcome addition to the sparse reference materials on the Fukien art of Ngô Chó Kùn. I congratulate Sigong Henry Lo and Sifu Daniel Kun on a job well done."
—Grandmaster Alex Co, Beng Kiam Athletic Club

"Kong Han Ngo Cho covers a lot of ground—most notably Kong Han's curriculum up to O-Duan—making this a most valuable resources on this dynamic art." —Dr. Mark Wiley, International Beng Hong Athletic Association



Structure of Wing Chun

Alan Orr
\$32.95 USD
7" x 10" Paperback
280 Pages
235 Photos

Black & White on White Paper
Published: December 24, 2015
Martial Arts & Self-Defense
ISBN: 978-1-943155-15-6
Rights: World

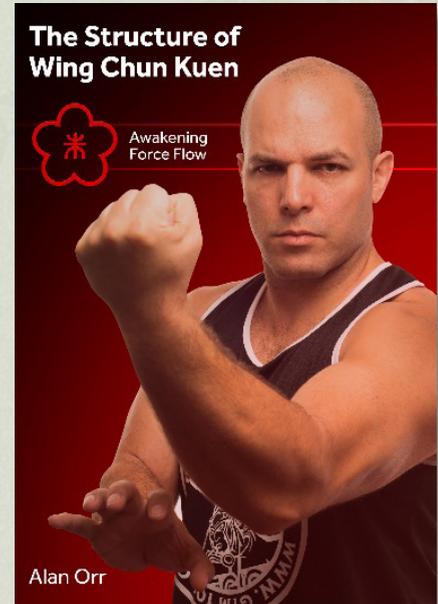
Wing Chun is a principle- and concept-based martial art. To master Wing Chun one must first gain mastery of the internal body structure, energy generation, and issuance of proper force in his own movements and, more importantly, in controlling an aggressive opponent. *The Structure of Wing Chun* teaches this very method in great detail.

In this impressive volume, modern Wing Chun master Alan Orr introduces the essence of the Chu Sau Li Wing Chun system and its role in the structural development of Wing Chun. It shows this best by comparing the physical body structure of other Wing Chun systems and looks at the historical development of the art in connection to its use of body structures. This important aspect alone will help the reader fully understand the way different arts effect human physical movement to produce and control power.

Insightful and deep, *The Structure of Wing Chun* follows the story of Alan Orr and his quest to learn martial arts as part of his path to personal growth and development. It explores highs and lows of learning and his search for understanding of both the internal and physical aspects of Wing Chun. It then delves deep into the structure, core, and training of this dynamic martial art. The Six Core Elements of Wing Chun have become essential learning to master the Wing Chun and in this book Alan shows the teachings of Robert Chu and Hendrik Santo which have helped him to master Wing Chun and produce successful full-contact competition fighters. *The Structure of Wing Chun* is a blueprint for a deeper understanding of the art.



Alan Orr is world renowned martial arts teacher, regarded as a modern Wing Chun master. He has been featured on the cover on Martial Arts Illustrated magazine twice, has written hundreds of articles, and is the editor of MMA Uncaged magazine. Alan has traveled the world to find and train with best martial art and healing teachers and today he himself teaches martial arts, fitness, and healing in multiple countries. In addition to martial arts, Alan is a qualified Acupuncturist, master practitioner of Tui Na, a practitioner of NLP and CST, and a holistic personal trainer.



"Alan Orr walks his talk. This book is without doubt one of the few books on Wing Chun out there that I highly recommend." —Sifu Sergio Pascal Ladarola

"This book fills a need at this critical transition point in Wing Chun Kuen. It serves as an important reference for practitioners who need to grow while facing the reality of martial art practice." —Sifu Hendrik Santo

"I am honored to have Alan Orr uphold our family's martial arts and medicine. I can think of no individual more capable to do such a task and shoulder such a responsibility." —Sifu Robert Chu



Fut Sao Wing Chun

James Cama
\$21.95 USD
6" x 9" Paperback
128 Pages
584 Photographs

Black & White on White Paper
Published: August 15, 2014
Martial Arts & Self-Defense
ISBN: 978-1-943155-02-6
Rights: World

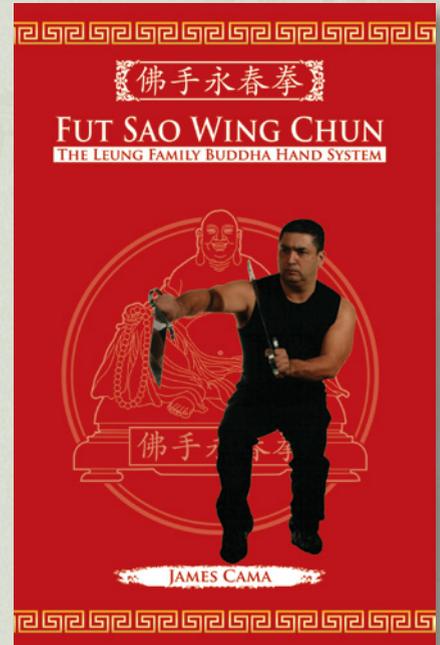
Wing Chun is one of the most popular martial arts in the world. It was made famous by Bruce Lee and his master, Yip Man. The most practiced form of Wing Chun is the Hong Kong version, which is streamlined and compact. However, older systems survive in China and one of them is the obscure art known as Fut Sao (Buddha Hand) Wing Chun. Fut Sao Wing Chun was brought to America in 1961 by Grandmaster Henry Leung, (Hong Lei, Chi Man), who learned the whole system under Great Master Gao Jhi Fut Sao. The system was passed down in America to Master Leung's one disciple, Sifu James Cama. In this book Cama sets out, for the first time, the outline of the Fut Sao system of Wing Chun Kuen.



This book is special because, for the first time ever, the Fut Sao Siu Lin Tao and its two-man set are revealed. The Hei Gung set and meditation visualization practice are also detailed. The gem of the art is its internal practices which are rarely seen in Wing Chun. Chapters included: forms training, weapons, training enhancement devices, sensitivity training and internal training.



James Cama began his martial arts training in karate at the age of 7. He studied Fut Sao Buddha Hand Wing Chun under Grandmaster Henry Leung and became a closed door disciple eventually became the first student to finish the whole Fut Sao Wing Chun system and to become certified to teach the art. In fear of the art becoming extinct and with G.M. Leung's blessing, Sifu Cama has decided to open the gate and teach the art publicly. His book, *Fut Sao Buddha Hand Wing Chun*, is one way he is spreading the art to the world.



"All martial artists can find value in reading through the 8 Peerless Actions and the 4 Principles section. It provides a context by which to filter your practice allowing a student the capacity to add depth to their art."
—Chicago Fut Sao Wing Chun Association

"James Cama... shows a taste of the self defense aspects that Wing Chun has to offer. A wonderful source of the movements to any student of the art."
—The Ground Never Misses

"I found Fut Sao Wing Chun to be a very interesting and educational read... All in all, I believe this book accomplishes what the author intended, which is to present a great introduction of Fut Sao Wing Chun, and beyond that, this book is a fitting tribute to a Wing Chun brother who will be greatly missed." —Tony Massengill, *Wing Chun Illustrated*



Wisdom of Taiji Masters

Nigel Sutton
\$21.95 USD
6" x 9" Paperback
176 Pages
78 Photographs

Black & White on White paper
Published: July 24, 2014
Martial Arts & Self-Defense
ISBN: 978-1-943155-06-4
Rights: World

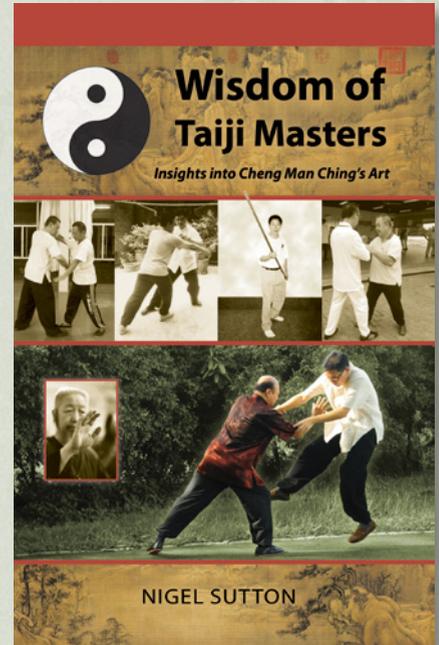
In this ground-breaking book, author Nigel Sutton presents the wisdom, skill and experience of contemporary masters of Cheng Man Ching's Taijiquan as practiced in Malaysia and Singapore. Included are full discussions on training, teaching, Taiji principles, weapons, push hands, sparring, challenge matches, mind-body-spirit development, and stories of the late Master Cheng. Two generations of revered masters discuss Cheng's art in detail, including: Lau Kim Hong, Lee Bei Lei, Zhou Mu Tu, Ho Ah San, Tan Ching Ning, Dr. Fong Fung Tong, Wu Chiang Hsing and Koh Ah Tee.



These eight teachers describe their experience which made this art, in 30 short years, the premier fighting style of Taijiquan in Southeast Asia. The masters discuss their experience with Taiji fighting, challenges and applications. This is balanced with discussions of Nei Gong or internal strength training, which is seemingly "lost" amongst Cheng's students in the West. Well known in the West for its role in the New Age movement, this is the first book to openly expose the reality of Cheng style Taijiquan as a fighting art in the words of leading masters from the lineage.



Nigel Sutton is a martial artist with more than 40 years of experience who has spent the last two decades living, training and teaching in Southeast Asia. The author of a number of books on the Asian martial traditions and a lineage initiate in many of these systems, Nigel continues to research, through practice and participant observation, the martial traditions of the region. Working from his foundational knowledge and experience of the taijiquan of Cheng Man Ching Nigel has broadened the scope of his studies to include other Chinese martial arts, multiple styles of silat, traditional Filipino Eskrima (Eskrima De Campo JDC-IO) and Thailand's Krabi Krabong.



"Nigel Sutton has done us a great favor in compiling this book... heartily recommended."

—*Be Not Defeated by the Rain*

"This is the best Taiji book I have ever read! Why? It contains fighting data. Buy and read the book. It's a keeper!" —*Dan Anderson, World Karate Champion*

"Here is a treasure, a resource of proven and practical wisdom which inspires and instructs how to proceed to the highest levels."

—*Goodreads.com*

"Sutton's interviews with these masters offer broad and deep insights into the multi-faceted art of Tàì Jí Quán."

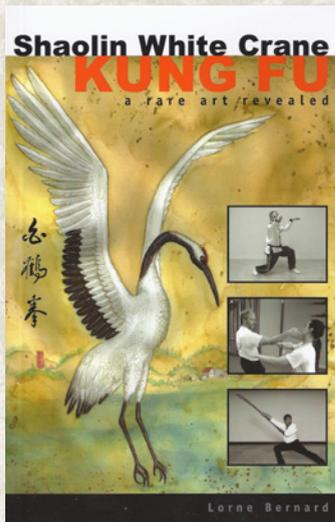
—*Journal of Chinese Martial Arts*

"From the first interview I was completely gripped... There's plenty of food for reflection in this book."

—*Ancient to Future*



White Crane Kung-fu Collection



White Crane is an interesting style particularly for those who are researching the origins of karate. It is also a style strongly represented in Taiwan and Southeast Asia. In addition, there are some very interesting parallels involved in the relationship between White Crane and Wing Chun and Ngo Cho Kun. Flying Crane is famous for its quick footwork, sophisticated hand techniques, and pressure point strikes. It is a complete no nonsense martial art which practices both empty hand and with more than 18 different traditional weapons.

Shaolin White Crane Kung-fu

Book – \$35.00

This classic book by Lorne Bernard includes: An historical overview of Southern China's Fujian province martial arts legacy. This classic book by Lorne Bernard contains 745 photos in 268 pages, and features: a detailed history of White Crane; two person practice forms; street situations and real fighting combinations; traditional conditioning methods; and an overview of weaponry associated with this southern kung-fu system.



Lorne Bernard has dedicated his life to the mastery, preservation and propagation of authentic traditional Chinese martial arts, most especially the Flying Crane branch of Fujian White Crane kung-fu. He has studied intensively since the early 1980s with the top flying crane masters—most especially, Lee Joo-Chian.

White Crane Kung-fu

DVD Series – \$39.95 each

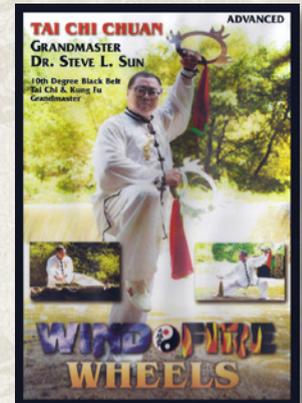
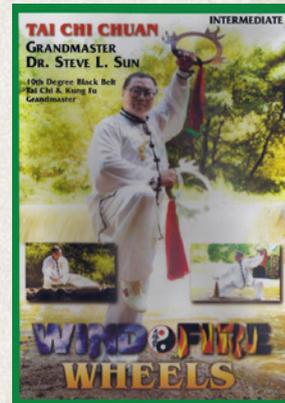
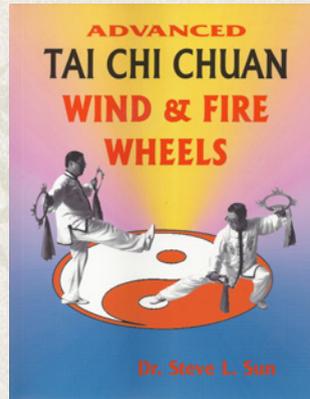
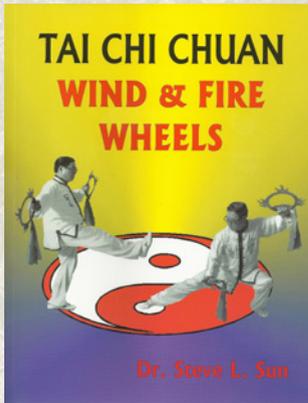
This DVD series presents historical evidence, texts and photographs and features the 4th-generation heir to the Flying Crane Kung-fu system, Grandmaster Lee Joo-Chian, demonstrating the Flying Crane's fundamental forms, stances, strikes and applications. The goal of this DVD series is to preserve, protect, and promote an incredibly sophisticated and rare, 200 year old martial arts system. This is the first time the Flying Crane is shown to the outside world.



Lee Joo-Chian is the 4th-generation heir of the Flying Crane branch of Fujian White Crane kung-fu. This branch was created by his great grandfather who learned the art directly from its founder Fang Chi-Niang. As an inheritor of a rich family tradition, he is an expert.



Tai Chi Chuan: Wind & Fire Wheels Collection



Feng Huo Lun, or the Wind & Fire Wheels, are one of the most extraordinary weapons in the Tai Chi curriculum. As such they are not well-known or well-understood. These “last remaining stock” books and DVDs by the late Dr. Steve L. Sun, are hard to find and limited in stock. Grandmaster Sun was the founder of the Siu Lum Studio and Martial Arts Academy in Havertown, PA. He was inducted into the USA WKF Hall of Fame in 2000, where he received the “Outstanding Grand Master” award. He earned a PhD in Environmental Engineering from the University of Pennsylvania and was also a practitioner of Oriental medicine. Grab your copies today while supplies last!

Tai Chi Chuan Wind & Fire Wheels – Book Vol. 1

8" x 10" paperback – \$24.95

This rare and limited edition book by the late Dr. Steve L. Sun is a rebirth of a unique and extraordinary Tai Chi weapon. This limited run book, a collector's item, contains 765 photos in 376 pages of stances, power training, endurance and spiritual training, exercises, three forms, and self-defense applications.

Advanced Tai Chi Chuan Wind & Fire Wheels – Book Vol. 2

8" x 10" paperback – \$39.95

This rare and limited edition book by the late Dr. Steve L. Sun is a rebirth of a unique and extraordinary Tai Chi weapon. This limited run book, a collector's item, contains 1,265 photos in 476 pages of stances, power training, endurance and spiritual training, internal qi circulation, health improvement, three advanced weapon forms, and self-defense applications.

“The writing in this book is profound, logical and scientific.” —*Dr. Yang Jwing Ming*

“Dr. Sun has significantly enhanced the value of Tai Chi in developing internal strength.” —*Sifu Jou Tsung Hwa*

Intermediate Wind & Fire Wheels – DVD Vol. 1

\$44.99

This rare DVD by the late Grandmaster Dr. Steve L. Sun contains 10 Qigong warm up exercises, 16 techniques with the Wind & Fire Wheels, and step-by-step instruction of the “Intermediate Form.”

Advanced Wind & Fire Wheels – DVD Vol. 2

\$44.99

This rare DVD by the late Grandmaster Dr. Steve L. Sun contains 10 Qigong warm up exercises, 20 techniques with the Wind & Fire Wheels, and step-by-step instruction of the “Advanced Form.”



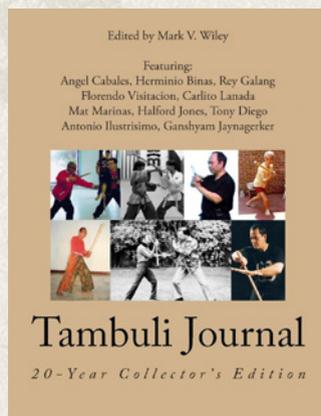
Special Souvenir Publications

Tambuli Journal

20th Anniversary Edition

\$9.99

20 Years ago saw the publication of *Tambuli: Journal of the Filipino Warrior Art's Association*. Although the publication only had three issues, it was a milestone in the exposure of Filipino martial arts in the West. It also marked the original research material that Mark V. Wiley collected and later published in his groundbreaking book, *Filipino Martial Culture*.



This 57-page, **20th Anniversary Edition**, includes all three original issues, with a number of the photographs re-scanned and placed for clarity, in addition to additional photographs of the diverse collections of masters who made up the journal's Advisory and Mentor Boards. These include such luminaries as Leo Giron, Ramiro Estalilla, Gilbert Tenio, Toby Tobosa, Dionisio Canete, Herminio Binas and Onofre Escorpizo.

Tambuli Journal includes stories featuring Angel Cabales, Florendo Visitacion, Herminio Binas, Antonio Diego, Antonio Ilustrisimo, Carlito Landa and Sri Ganshyam Jaynagerker, and the arts of Cabales Serrada Escrima, Binas Dynamic Arnis, Vee Arnis-Jitsu, Kuntaw-Lima-Lima, Kalis Ilustrisimo, Hagibis, Pananandata Balisong, and more. So much information, so many styles and so much support packed into three mere issues. This collection is finally available after 20 years!

Beng Hong Ngo Cho

15th Anniversary Publication

\$12.95

Published
October 10, 2013

This collector's item is the 15 Year Souvenir Publication of the American Beng Hong Athletic Association of Orthodox Ngo Cho Kun – Five Ancestor Fist Kung-Fu. Ngo Cho Kun (Wu Zu Quan) is the southern Chinese Fukien martial art of Five Ancestor Fist Kung-Fu. While very popular in China and Southeast Asia, the art is quite rare in the West, especially in North America.



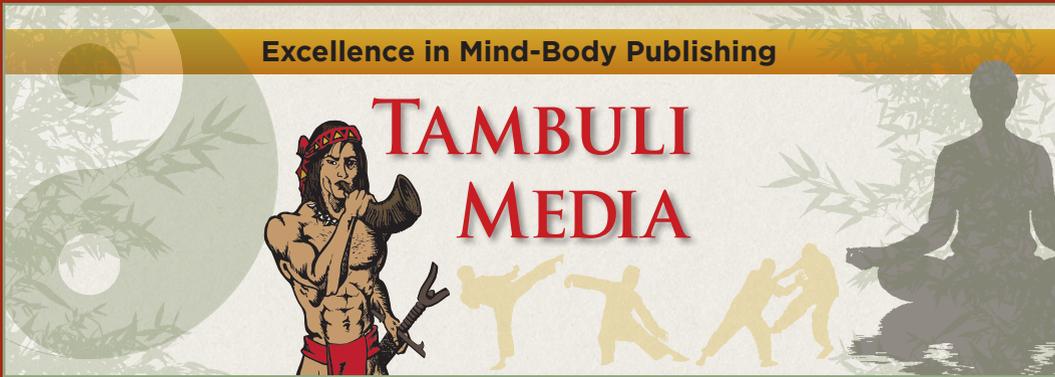
The American Beng Hong Athletic Association is the brother club of the Philippine-Chinese Beng Kiam Athletic Association, the oldest Kung-Fu club in the Philippines. Beng Hong holds an unbroken transmission line in the art from its founder, Sijo Chua Giok Beng, down five generations.

It is our vision that Beng Hong is able to make this dynamic art available to a wider audience of practitioners who seek traditional Chinese martial arts that contain a robust training curriculum with depth of knowledge. The Souvenir Publication offer one more keyhole through which to view this rare art and to review how it continues to be spread around the world.

Check our website for more details: www.TambuliMedia.com



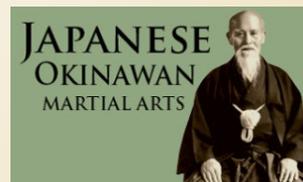
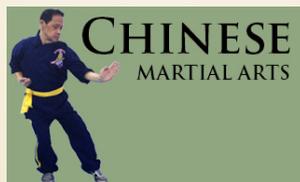
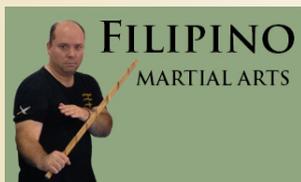
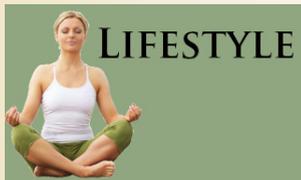
Excellence in Mind-Body Publishing



Welcome to **Tambuli Media**, publisher of quality books and digital media on lifestyle, health, fitness, and traditional martial arts.

Our Vision is to see mind-body practices once again playing an integral role in the lives of people who pursue a journey of personal development to improve their lives and inspire others.

Our Mission is to partner with the highest caliber subject-matter experts to bring you quality content that is in-depth, professional, actionable and comprehensive in nature. We welcome you to join our Tambuli Family and to spend time on our site reading articles, watching videos, downloading content, and ordering products. Join one or more of our Email Lists to stay in touch and receive "Members Only" content, invitations to private webinars, and discount codes on new releases and bundled merchandise.



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