

# DR. WENG'S KUNG FU SCHOOL

## *Product Catalog*

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## Fundamentals of Shuai-chiao: The Ancient Fighting Art Textbook

Dr. Chi-hsiu Weng (9<sup>th</sup> degree black belt) presents the basic history, theory, techniques and applications of China's oldest martial art. This unique volume is the only source for reference on the brutally effective techniques that Master Weng used to become the two-time national champion.

All of the basic forms and applications are covered with textual descriptions and drawings. Dr. Weng also covers traditional approaching techniques, training methods and basic falls and the common mistakes to avoid.

## Fundamentals of Shuai-chiao: Companion Videotape

This videotape is an important companion to the "Fundamentals of Shuai-chiao" textbook. It provides the visual reference needed to perfect each technique and posture.

All basic forms and their applications are covered as well as , throwing techniques, critical hand techniques and approaching gestures, grabs & breaks, training with traditional Shuai-chiao equipment, training postures, warm-up exercises and falls.



## U.S.S.A. Ranking Requirements Videotapes Featuring Dr. Weng

### Volume I: Introduction to Shuai-chiao

This tape provides the background needed for any beginning Shuai-chiao student or for anyone interested in this ancient and brutally effective martial art. Dr. Chi-hsiu Weng (9<sup>th</sup> degree black belt) presents the history of Shuai-chiao, it's belt ranking system applications, safe landing methods and some self-defense techniques. This introductory tape gives you a comprehensive view of Shuai-chiao.

### Volume II: Green Belt Requirements

Basic forms and throws which are needed to get you to the green (5<sup>th</sup> Chieh) belt ranking. For each form and throw, Dr. Chi-hsiu Weng (9<sup>th</sup> degree black belt) demonstrates at full speed. He then follows up with a slower example; breaking the move down and explaining the critical details needed for perfect execution. Also included are two detailed self defense applications. The final section covers the first half of the Poem of Shuai-chiao from Grandmaster Ch'ang Tung-Sheng. This poem and it's demonstrated applications is the core reference for Shuai-chiao students around the world.

### Volume III: Green/Blue to Blue Belt Requirements

The first section of this tape covers the forms and throws needed to get you to the 4<sup>th</sup> Chieh (green-blue-green belt) ranking. The second section covers the forms and throws needed for the 3<sup>rd</sup> Chieh (blue belt) ranking.

For each form and throw, Dr. Chi-hsiu Weng (9<sup>th</sup> degree black belt) demonstrates at full speed. He then follows up with a slower example; breaking the move down and explaining the critical details needed for perfect execution. Both sections include detailed self defense applications.

The third section covers the second half of the Poem of Shuai-chiao from Grandmaster Ch'ang Tung-Sheng. This poem and it's demonstrated applications is the core reference for Shuai-chiao students around the world.

#### Volume IV: Blue/Purple to Black Belt Requirements

The first section of this tape covers the forms and throws needed to get you to the 2<sup>nd</sup> and 1<sup>st</sup> Chieh (blue-purple-bluebelt and purple belt) rankings. The second section covers the forms and throws needed for the 9<sup>th</sup> Teng (black belt) ranking.

For each form and throw, Dr. Chi-hsiu Weng (9<sup>th</sup> degree black belt) demonstrates at full speed. He then follows up with a slower example; breaking the move down and explaining the critical details needed for perfect execution. Both sections include detailed self defense applications. The final section covers the official Shuai-chiao tournament rules, along with a number of competition strategies.



### Ch'ang Style T'ai-Chi-ch'uan: Modified Short Form (Textbook)

Ch'ang style T'ai Chi is unusually dynamic and powerful. It combines the balance and softness of traditional T'ai Chi with the power and effectiveness of Shuai-chiao. Developed by one of the twentieth century's genuine martial arts legends, Ch'ang Tung Sheng, this form is perfect for anyone seeking better health, relief from stress, an introduction to martial arts, or T'ai Chi mastery.

Dr. Chi-hsiu Weng, senior student of the founder Ch'ang Tung Sheng, presents all the background material needed to learn this powerful form of T'ai Chi.

This important reference with Dr. Weng's 13 principles for the practice of T'ai Chi Ch'uan, highly effective training postures and basic exercises. The second half of the book covers the 30 core steps of the short form in detail and briefly lists the 107 steps of the long form. Also included are detailed self-defense applications of each core movement in the form. This book is used in universities as an accredited course.

### Ch'ang Style T'ai-Chi-ch'uan: Modified Short Form (Videotape)

This videotape is an important companion to the "Ch'ang Style T'ai Chi Ch'uan" textbook. It provides the visual reference needed to perfect each technique and posture. The second half of this videotape presents self-defense applications of each step in the form.

### Ch'ang Style T'ai-Chi-ch'uan: Long Form (Videotape)

Ch'ang style T'ai Chi is unusually dynamic and powerful. It combines the balance and softness of traditional T'ai Chi with the power and effectiveness of Shuai-chiao. Developed by one of the twentieth century's genuine martial arts legends, Ch'ang Tung Sheng, this form is perfect for anyone seeking better health, relief from stress, an introduction to martial arts, or T'ai Chi mastery.

Dr. Chi-hsiu Weng, senior student of the founder Ch'ang Tung Sheng, presents the 107 step Long Form.



### United States Shuai-chiao Association T-shirt

Get the official United States Shuai-Chiao Association T-shirt and show off your sport! We start with a durable Hanes Beefy-T and add the official U.S.S.A. logo on the back. The front has the Chinese characters for Shuai-Chiao.



### Shuai-chiao Jacket (Thin)

Approximate size chart (assuming a medium build)

<u>Size</u>	<u>Weight</u>
3	165-lbs. and under
4	165-lbs. – 190-lbs.
5	190-lbs. – 225-lbs.
6	225-lbs. and over

### Shuai-chiao Jacket (Heavy)

Traditional Shuai-Chiao Uniform Top – This thick weave cotton top has extra heavy-duty seams and construction to withstand the stresses of advanced sparring techniques that destroy lesser gear! Combining traditional Shuai-Chiao look and feel with outstanding fit and durability, this top has been certified by the U.S.S.A. for competition use. Pants and belt sold separately.

Approximate size chart (assuming a medium build)

<u>Size</u>	<u>Weight</u>
3	165-lbs. and under
4	165-lbs. – 190-lbs.
5	190-lbs. – 225-lbs.
6	225-lbs. and over



## Paris Video

The Parisvideos are available and ready to go! Jan-yu and Vincent Lai have spent many a sleepless night editing and re-editing the videos to provide excellent quality and content. The videos are a good chance to see new techniques used by various combatants, and what it takes to be a US Team member for those who are aspiring for international competition.

Qty.	Item	Price
<b>PRICING</b>		
_____	Fundamentals of Shuai-chiao (Text) .....	\$19.95
_____	Fundamentals of Shuai-chiao (Companion Video – 50 min) .....	\$39.95
_____	U.S.S.A. Ranking Requirements Videotapes Featuring Dr. Weng All 4 tapes .....	\$104.95
	Volume I: Introduction to Shuai-chiao .....	\$12.95
	Volume II: Green Belt Requirements .....	\$35.95
	Volume III: Green/Blue to Blue Belt Requirements .....	\$35.95
	Volume IV: Blue/Purple to Black Belt Requirements .....	\$35.95
	(For video conversion to PAL format, add \$10.00 to each tape)	
_____	Ch'ang Style T'ai-Chi-ch'uan Modified Short Form (Text) .....	\$15.95
_____	Ch'ang Style T'ai-Chi-ch'uan Modified Short Form (Video – 30 min) ...	\$32.95
_____	Ch'ang Style T'ai-Chi-ch'uan Long Form (Videotape – 25 min) .....	\$29.95
_____	Shuai-chiao Training Bags — Long Bag or Short Bag .....	\$25.00
_____	United States Shuai-chiao Association Collection Patch .....	\$5.00
_____	T-shirt (sizes: S – XL) .....	\$12.00
_____	Shuai-chiao Jacket (Thin — sizes: 2 – 6) .....	\$35.00
_____	Shuai-chiao Jacket (Heavy)	
	Size: 1 – 2 .....	\$40.00
	Size: 3 – 4 .....	\$85.00
	Size: 5 – 6 .....	\$90.00
	Size: 7 .....	\$100.00
_____	Paris Video .....	\$65.00
	<b>Subtotal</b> .....	_____

PLEASE CALL OR WRITE TO INQUIRE ABOUT UNLISTED PRODUCTS.

***Coming Soon: Shuai-chiao Intermediate Videotapes (self defense, San-shou, Training Methods), Hsing-I Book, Fundamentals of Shuai-chiao Intermediate Book.***

Subtotal from previous page ..... \_\_\_\_\_

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(add an additional \$10 for shipments outside US)

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- Yes, I would like to be on the official mailing list and receive information regarding upcoming events, new products.
- Yes, I would like to become a member of the United States Shuai-chiao Association, please send me an application.

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**Dr. Weng's Kung-fu School**

P.O. Box 1221 Cupertino, CA 95015  
(408)253-2619

**Website: [www.Shuai-chiao.org](http://www.Shuai-chiao.org)**

