

Traditional Japanese Shotokan Karate



E/B Productions
762 E 7th St
St Paul, Minnesota 55106



Speed. Power.
Effective Self Defense.

Discover the World of Shotokan Karate

Sensei Joel Ertl and Sensei Anita Bendickson bring top level instruction in the art of traditional Japanese Shotokan Karate right into your living room. Discover what karate students from all over the world have discovered and start improving your karate today!

- Powerful and Impressive Performances by top level instructors Joel Ertl and Anita Bendickson
- Japan Karate Association style
- Easy to understand instruction
- Professionally Produced DVDs
- Money Back Guarantee

**Instructional DVDs
Basics, Kata, Sparring
& Self-Defense**

2015

***E/B Productions DVD Catalog
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Learn the Technique- Understand the Principle

Welcome to our 2015 catalog. Our DVDs feature Joel Ertl and Anita Bendickson. Together they have taught at their dojo, Midwest Karate Association of St Paul, since 1979. In addition, Joel is the Regional Director for the North Central Region of the AAKF, and both are members of the NCR Technical Committee.

World wide, Shotokan is the most practiced style of traditional karate. The reason for this popularity is obvious to anyone who takes a close look at the art. The tremendous power generated by the techniques of Shotokan make for very effective self-defense. The degree of effort and control necessary to generate these powerful techniques makes Shotokan one of the best forms of exercise available.

However, Shotokan karate is not easy to learn without proper instruction. It is filled with subtleties and small details that are extremely important to the art of Shotokan. We understand the difficulties involved in learning Shotokan, or any other form of traditional karate. Many students have limited training hours. Even those lucky enough to receive quality instruction may get frustrated because it can seem like too much to learn. Through our DVDs you will receive a level of instruction that is only available at the top Shotokan schools in the world.

Discover what karate-ka all over the world have found- quality instruction and the information you need to allow you to reach the next level of performance in your martial arts.

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E/B Productions Shotokan Karate

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We have many short articles on Shotokan, including its history and many of the top practitioners of the art.

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Photographs:

See action photographs of Sensei Ertl & Sensei Bendickson.

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Links:

Links to many other websites with information on Shotokan and other traditional styles of karate.

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The husband and wife team of Joel Ertl and Anita Bendickson are the owners of the Midwest Karate Association of St Paul. Since 1979, they have operated the dojo in affiliation with the Midwest Karate Association of Minneapolis and Sensei Robert Fusaro. They have a daughter, Meghan, who is also a black belt. Their instruction provides a family oriented blend of adult and children's classes and self defense programs.



Joel Ertl, 6th dan

Sensei Joel Ertl began training in Shotokan karate in 1973. His instructor is Master Robert Fusaro. Sensei Ertl received his 6th degree black belt from Master Hidetaka Nishiyama in 2004. Sensei Ertl has been teaching karate for the Midwest Karate Association on a full time basis since 1976. Since 1979 he has been the chief instructor for the Midwest Karate Association of St. Paul.

Sensei Ertl is currently the Regional Director for the North Central Region of the American Amateur Karate Federation (AAKF). He is also a qualified judge with the International Traditional Karate Federation (ITKF). While Sensei Ertl was still competing in tournaments, he was a prominent competitor. His many accomplishments include first place in Individual Kata at the 1989 AAKF National Tournament. Sensei Ertl was also a member of the Minnesota kumite team in 1983 which took first place in the AAKF National Tournament.

Anita Bendickson, 5th dan

Sensei Anita Bendickson began her karate training in 1975 under Master Robert Fusaro. She received her 5th degree black belt in 2007 from Master Hidetaka Nishiyama. Currently, Anita is a member of the North Central Region of the AAKF Board of Governors.



Along with her teaching duties at the Midwest Karate Association of St Paul, Sensei Bendickson also teaches many self defense courses around the Twin Cities area. Among these courses are accredited classes at the University of Minnesota, Macalester College and the University of Wisconsin in River Falls. Along with these classes, she is in constant demand for self defense workshops by area corporations (3M, for example), community groups and crime prevention programs.

Now retired from competition, Sensei Bendickson has many tournament accomplishments. Among them are the AAKF national women's individual kata championship in 2001. She was also the women's kumite champion in 1982 and 1989. She has been a member of the national champion synchronized kata team many times. As a member of the USA team she competed in the 1983 ITKF World Tournament in Cairo, Egypt and again in 2000 in Bologna, Italy.



E/B Productions Shotokan Karate DVDs

This is what customers have to say:

I have run a traditional Japanese Karate dojo in San Jose for almost 50 years. In my search to find a dvd to help my students learn their kata better and faster (and motivate them to practice more at home), I reviewed every DVD I could find. The DVD "Heian 1 - 5" was the best, on many levels. I highly recommend it to all my students. It has sped up the progress of all my students who have bought it. I couldn't recommend it more.

[Jim Mather, California Karate Academy](#)

"Really high quality. Your skills and detailed step by step explanations are just excellent."

[N.B., Hamburg, Germany](#)

I wanted to thank you. A few years ago, I ordered a DVD while I was in Iraq, and you sent me 3 extra DVDs, thanking me for my service. I've never forgotten that kindness, and am gratefully ordering another, and letting you know that your DVDs are first rate and have really helped me improve my karate. I recommend them to all the people I know, and I want to thank you again for producing such a great product, as well as for your kindness and support. All the best to you and yours.

[Terry Schappert, US Army Special Forces,
Host of History Channel's series, "Warriors".](#)

This is an important product for the new student who is serious about Shotokan Karate. The demonstrations of the full katas, coupled with the breakdown of each segment of each kata, provide an excellent resource for the student. Since purchasing this product, my katas have improved dramatically and I am looking forward to progressing to the more advanced katas on subsequent DVDs once I have reached the appropriate skill level.

[ID New York](#)

I was impressed by both your kata, as well as the production standard. I thought the instructional value was high, one of the highest I have seen.

[G.M. London, England](#)

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For Your Information

Karate is just one of many different kinds of martial arts developed in the orient. Examples of other martial arts would be Judo, Kendo, Aikido, Kung fu and Tae Kwon Do. Karate originated in Okinawa, a small island located about halfway between Japan and China. Although the techniques of karate were probably influenced by the Chinese, the unique history of Okinawa was the main influence in the development of karate. Twice in Okinawa weapons were banned, first about 500 years ago and then again about 200 years ago. As a result of these bans the Okinawans were forced to develop methods of self-defense that did not require the use of weapons.

Karate was first introduced into Japan from Okinawa by Master Gichin Funakoshi when he was invited to demonstrate karate by the Ministry of Education in 1922. Funakoshi was so well received by the Japanese that he remained in Japan and further developed the art of karate. Funakoshi's dojo in Japan was called the "Shotokan". Shoto was Funakoshi's pen name when he wrote poetry, therefore "Shotokan" literally means "Funakoshi's Place". The style of karate that Funakoshi developed eventually adopted the name Shotokan because of where he taught it.

Even though the techniques of karate have not changed since Okinawa, the development of karate was greatly influenced in Japan by the existing martial arts and the Budo (way of the warrior). Because of this influence and its tremendous effect on the art, Shotokan is now rightly considered a Japanese style of karate.

The following organizations are those with which our school is affiliated and through which we personally gained our rank and most of our martial arts training and knowledge.

JAPAN KARATE ASSOCIATION

The Japan Karate Association (J.K.A.) is one of the world's oldest and largest karate organizations. The J.K.A. was founded in 1949 by Master Funakoshi and his top students for the purpose of developing karate techniques to their fullest potential, to develop qualified instructors, and to spread and systematize the teaching of karate-do worldwide. Until he passed away in 1989, the chief instructor for the J.K.A. was Master Masatoshi Nakayama.

AMERICAN AMATEUR KARATE FEDERATION

The American Amateur Karate Federation (A.A.K.F.) is the United States representative of the International Traditional Karate Federation (I.T.K.F.). Both of these organizations were founded by Master Hidetaka Nishiyama. Open to all styles, the A.A.K.F. supervises amateur karate in the United States, publishes standardized rules, develops qualified judges, and organizes tournaments on regional and national levels. The A.A.K.F. also controls ranking standards for the J.K.A. of the United States.

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Visa, Mastercard, Discover & American Express are accepted for foreign orders. Be sure to include the credit card number and expiration date. We also accept foreign money orders (U.S. funds only).

DVDs are available in NTSC only (the video format used in the United States). If you have a multi-system player and television (or a properly setup computer) you will be able to play the DVDs. Also, our DVDs are "region free", and will work in any country in the world.

About our Money Back Guarantee:

There is no risk when you buy any of our DVDs. If you are not satisfied for any reason, simply return them to us within 10 days of when you received them. We will promptly refund your money- no questions asked.

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Shotokan Kata Series

For hundreds of years self-defense techniques have been handed down from teacher to student through the practice of kata. Now, through the SHOTOKAN

KATA series you can learn traditional kata as taught by the Japan Karate Association. This series presents the katas of Shotokan with careful attention to detail. Each kata is demonstrated slowly move by move. The most difficult sequences are demonstrated close-up from a number of angles.

Heian Kata 1-5

These important katas are presented in a way that is easy to understand. You can actually learn the Heian katas by practicing along with the instruction provided.

Heian Kata 1-5 includes all five katas: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan and Heian Godan. Each kata is demonstrated several times, both slowly and with speed. The kata is also demonstrated with the help of computer graphics to help you visualize the "embusen" (performance line). The verbal explanations of the close ups make it easy for the student to follow along with each kata. The applications to each kata are also included.

The Heian katas are essential for the beginner and intermediate student. *Heian Kata 1-5* will help prepare the student to learn the more advanced katas of Shotokan.
(80 Minutes)

H1-5dvd: Heian Kata DVD.....\$29.95

Tekki Shodan

Tekki Shodan is a kata which is particularly useful for developing self-defense against attackers at a close range. Tekki Shodan is required by the Japan Karate Association for the rank of brown belt (3rd kyu).

Tekki Shodan presents the kata with many different views, closeups, and angles. Included are detailed explanations of each action in the kata as well as tips to help you avoid common mistakes. Traditional kata applications and practical self-defense applications of the kata are demonstrated. (65 Minutes)

TEKdvd: Tekki Shodan DVD.....\$29.95

Advanced Shotokan Kata, Volume One

Presents the katas that are typically practiced at the levels of brown belt and the lower levels of black belt. These katas are also useful for any student that has a good understanding of the Heian katas.

- Bassai-Dai:** Learn to turn a disadvantage into an advantage. This kata emphasizes strong hip rotation, U punches, lifting actions.
- Jion:** This powerful kata is very good for large and tall karate-ka.
- Kanku-Dai:** The Heian katas are largely based on this kata. Many sequences are useful to defend against several attackers at once.
- Empi:** Practices quick changes of direction. Very good for smaller karate-ka.
- Tekki Shodan:** Shows an overview of the kata presented in the DVD "Tekki Shodan".

Advanced Shotokan Kata, Volume One gives a detailed presentation of these kata. The applications to these katas are covered in the Shotokan Kata Applications series.
(74 Minutes)

AK1dvd: Advanced Shotokan Kata, Volume One DVD.....\$29.95

Advanced Shotokan Kata, Volume Two

Advanced Shotokan Kata, Volume Two presents six of the most difficult katas in the Shotokan style of karate.

- Tekki Nidan, Sandan:** These two katas are more advanced versions of Tekki Shodan.
- Gankaku:** This kata develops balance. Emphasizes side kicks and strong blocks.
- Hangetsu:** A very dynamic kata. Develops muscular power and internal strength.
- Jitte:** Practices defenses against the long staff. Uses many open hand actions.
- Sochin:** A very powerful kata. Teaches strong attacks and in-close fighting.

The katas are demonstrated by Sensei Ertl. The applications to these katas are covered in the Shotokan Kata Applications series. (72 Minutes)

AK2dvd: Advanced Shotokan Kata, Volume Two DVD.....\$29.95

Advanced Shotokan Kata, Volume Three

Advanced Shotokan Kata, Volume Three demonstrates the katas Unsu and Chinte. These very advanced kata are presented in careful detail, including the applications of the techniques in each kata.

Unsu, demonstrated by Sensei Ertl, contains constantly changing and flowing movements of the hands throughout the kata, including hand techniques such as one finger strikes, palm heel strikes, open hand and bent wrist blocks. An understanding of these techniques will provide effective self-defense responses in a wide variety of situations.

Chinte, demonstrated by Sensei Bendickson, is a versatile kata featuring techniques which are effective without requiring a great deal of strength. This is developed mainly through the variety of hand positions used to deliver strikes to vulnerable targets. Because less power is required to be effective with many of these techniques, this kata is useful for smaller people and women.
(68 minutes)

AK3dvd: Advanced Shotokan Kata, Volume Three DVD.....\$29.95

Advanced Shotokan Kata, Volume Four

Advanced Shotokan Kata, Volume Four continues with Nijushi-Ho and Kanku-Sho. Included are detailed breakdowns and applications of the sequences in each kata.

Nijushi-Ho, presented by Sensei Bendickson, demonstrates the smooth buildup of internal strength and impressive release of power that can be developed by the advanced karate-ka. This can be seen throughout the kata, especially in slow actions utilizing grabbing blocks followed by explosive counter-attacks, such as thrust kicks and punches.

Kanku-Sho is demonstrated by Sensei Ertl. This kata allows the karate-ka the opportunity to develop mobility with its many sliding actions and two very difficult jumps. The subtle changes in distance are useful practice for all aspects of karate training but are especially useful for kumite practice.
(64 minutes)

AK4dvd: Advanced Shotokan Kata, Volume Four DVD\$29.95



Advanced Shotokan Kata, Volume Five

Advanced Shotokan Kata, Volume Five demonstrates two very difficult and advanced katas. Gojushiho-Sho and Bassai-Sho are each presented in detail, including closeups from all angles with demonstrations both slow and with speed. The applications to the movements are also included.

Gojushiho-Sho, presented by Sensei Ertl, is a long kata with that includes 70 movements. The many changes of angles and direction, along with the flowing changes in rhythm make Gojushiho-Sho a valuable kata for the advanced karate-ka.

Bassai-Sho is demonstrated by Sensei Bendickson. This kata is a more advanced version of Bassai-Dai. Bassai-Sho features a variety of defenses against the long staff (Bo) as well as several leg hooking techniques.
(95 minutes)

AK5dvd: Advanced Shotokan Kata, Volume Five DVD.....\$29.95

Advanced Shotokan Kata, Volume Six

Advanced Shotokan Kata, Volume Six presents Gojushiho-Dai, Meikyo, Wankan and Jiin. In addition to the detailed breakdown of these katas, the applications to many of the sequences are presented.

Gojushiho-Dai (Demonstrated by Sensei Ertl): This kata is very similar to gojushiho-sho, presented in Advanced Shotokan Kata, Volume Five. The two katas contain similar sequences. The variations between these kata often lead to different applications. By studying both katas, the karate-ka will learn how a modification in a movement can lead to alternate applications.

Meikyo (Demonstrated by Sensei Ertl): This kata features techniques that are strong and bold, but at the same time demonstrate agility and quickness. Meikyo contains sequences that are used in both in-close fighting as well as long range combat.

Wankan (Demonstrated by Sensei Bendickson): Wankan is relatively short and appears to be a simple kata. In spite of it's relative simplicity, the karate-ka performing this kata must move with boldness and a determination to press onward against the opponent. Wankan's unusual strategies make it worthy of serious study for the advanced karate-ka.

Jiin (Demonstrated by Sensei Ertl and Sensei Bendickson): The kata Jiin is rarely practiced in Shotokan karate, mainly because it is not considered part of the kata curriculum of the Japan Karate Association. However, there is much curiosity among Shotokan practitioners about this kata, and therefore we present it here for those wishing to learn it.
(110 minutes)

AK6dvd: Advanced Shotokan Kata, Volume Six DVD.....\$29.95

Kata Application Series

The purpose of this series is not to teach the katas, but to give meaning to the movements. At least two possible applications for each sequence are demonstrated. By studying this series, the karate-ka will develop a useful and practical understanding of the applications to movements of these katas.

For the beginning student, the information presented will serve as a starting point in his or her understanding of the kata applications. For the experienced karate-ka, this series may lead to new interpretations of the movements.

Shotokan Kata Applications, Volume One

Shotokan Kata Applications, Volume One will help you to understand the self-defense principles of Bassai-dai and Empi.

Bassai-Dai: This kata contains a wide variety of movements. The techniques employed, such as knee strikes, grabs and low kicks, make this a very practical kata for self-defense.

Empi: This kata includes some very unusual features, such as rapid up and down movements and quick changes of direction. Empi is ideally suited for a small person. A larger person, however, can also learn much about self-defense from the principles developed by Empi.

This is an important companion to Advanced Shotokan Kata, Volume One, which covers the technical details and form of these katas. (70 Minutes)

KA1dvd: Shotokan Kata Applications, Volume One DVD \$29.95

Shotokan Kata Applications, Volume Two

Shotokan Kata Applications, Volume Two presents the applications of Kanku-dai and Tekki Nidan.

Kanku-Dai: This kata is a versatile kata. Although many of these sequences are similar to the Heian Katas, Kanku-dai takes them a step further. Many of the combinations are applicable in a variety of different situations without modification.

Tekki Nidan: This kata emphasizes the use of close range techniques against such attacks as bear hugs and grabbing attacks. Tekki Nidan is a contrast to the approach used in Kanku-dai, making both katas useful for the karate-ka to study.

We also recommend Advanced Shotokan Kata, Volume One which covers the technical details of Kanku-dai and Advanced Shotokan Kata, Volume Two which covers Tekki Nidan. (63 Minutes)

KA2dvd: Shotokan Kata Applications, Volume Two DVD \$29.95

Shotokan Kata Applications, Volume Three

Shotokan Kata Applications, Volume Three presents the applications of Gankaku and Jion.

Gankaku: This kata provides self-defense applications for many situations, including defense against attacks from the rear. Gankaku also helps to develop self-defense responses in situations where the defenders balance is less than ideal.

Jion: This is a powerful kata that is ideally suited for a larger karate-ka. Jion allows the karate-ka to develop self-defense applications that are based on very direct striking and stomping actions.

We also recommend Advanced Shotokan Kata, Volume One which covers the technical details of Jion and Advanced Shotokan Kata, Volume Two which covers Gankaku. (77 Minutes)

KA3dvd: Shotokan Kata Applications, Volume Three DVD \$29.95



"Essential Basics" Series"

With this series you will learn the ideal form and structure of basic karate techniques. Advanced concepts from creating speed and force to practical applications are covered in detail. By studying this series you will understand the inner workings of any traditional style of karate. This series is a must for any serious student wishing to develop their karate technique to the fullest potential.

Essential Basics, Volume One

Overview of Basic Techniques

Essential Basics, Volume One is ideal for beginners. You will learn the most natural form and movement necessary to develop strong and powerful techniques. Also, by learning proper form right from the start you will reduce the risk of injuring yourself from practicing incorrectly. Beginners and advanced students alike will benefit from the attention to detail and excellent demonstrations of the techniques.

Essential Basics, Volume One outlines the most important concepts involved in making karate techniques powerful and effective. Each technique is demonstrated, broken down and explained in detail. After each technique the important points are reviewed. Also presented is a section on proper stretching and warm-ups.

Includes: Step-in punch, triple punch, lunge punch, reverse punch, downward block, rising block, outside block, inside block, knifehand block, elbow strike, backfist strike, front kick, side snap, side thrust, roundhouse, back thrust kick. (80 minutes)

EBV1dvd: Essential Basics, Volume One DVD \$29.95

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Essential Basics, Volume Two

Body Dynamics- Fundamental Concepts of Arm Techniques

Essential Basics, Volume Two teaches the principles of body dynamics and how to create the most powerful arm and hand techniques possible. You will gain a better understanding of the internal workings of traditional karate techniques.

The methods used to develop momentum through the use of shifting, rotation, hip vibration, lifting and dropping are covered. You will then be shown how to convert momentum into force through the use of snapping or focusing. Many sample techniques and practice drills for self-training are included.

Traditional kumite and practical self-defense examples are included to show how these body dynamics apply in real situations. Some of the self-defense situations covered include bear-hugs, choke holds and wrist releases. (110 Minutes)

EBV2dvd: Essential Basics, Volume Two DVD \$29.95

Essential Basics, Volume Three

Kicking Techniques

Are your leg techniques as good as you would like them to be? With **Essential Basics, Volume Three** you will learn the dynamics necessary to deliver fast, powerful kicks and sweeps that are effective and practical.

Essential Basics, Volume Three shows you how to use natural movement to develop good balance so you can maintain control over your body and create momentum. This momentum is converted into force by using snapping and thrusting actions. Front snap, side snap, roundhouse, side thrust, front thrust and back thrust kicks are broken down in detail using principles which are easily applied to all kicking techniques. Practice drills for self-training are presented to help you develop a better understanding of these actions.

Sweeps are used in traditional karate to create openings by upsetting your opponent's balance. **Essential Basics, Volume Three** shows you how to deliver sweeps with the control necessary to be effective. Also included are useful combinations of kicks and sweeps for use in practical situations. (110 Minutes)

EBV3dvd: Essential Basics, Volume Three DVD \$29.95

Testing Requirements

This series presents the test requirements used by the JKA International of the U.S. and the American Amateur Karate Federation. The exact testing requirements may vary among the various organizations but those shown here are typical of most Shotokan Karate organizations.

Please note: We do not issue rank, or give examinations, through our production company. If you wish to be tested, you will need to become affiliated with an organization (such as the A.A.K.F) and follow their guidelines for taking the exam.

JKA Test Requirements, Volume One

JKA Karate Test Requirements, Volume One presents the requirements for the ranks of 9th through 4th kyu. This guide takes you through the requirements for each level, showing the techniques performed at full speed and at the correct tempo for testing. Each test consists of three parts: kihon (basics), kumite (sparring), and kata (Heian 1-5). Also included is advice on the proper attitude for testing and on how to take the actual test. (50 Minutes)

TV1dvd: JKA Test Requirements, Volume One DVD \$29.95

JKA Test Requirements, Volume Two

JKA Karate Test Requirements, Volume Two covers the requirements for the levels of 3rd kyu through Nidan. Each sequence in the basics is shown from four different views and the major points of each technique are explained. The techniques are demonstrated slowly and with speed. For kumite, the most common defenses are demonstrated. Nidan level free sparring is demonstrated. The katas Tekki Shodan, Bassai Dai, Kanku Dai, Jion and Empi are demonstrated slowly and with speed. (90 Minutes)

TV2dvd: JKA Test Requirements, Volume Two DVD \$29.95

Traditional Non-Contact Sparring

In traditional karate it is important to learn sparring in a systematic and controlled method. The Sparring Concepts & Training Methods series details the concepts of distance, footwork and timing which, along with proper form for the techniques, are necessary to be successful at traditional non-contact sparring.

Sparring Concepts & Training Methods, Volume One

Sparring Concepts & Training Methods, Vol One takes the student through the different levels of kumite necessary to become proficient in sparring (kumite) as taught in Shotokan Karate. It begins with Sambon kumite (3 step sparring) and Gohan kumite (5 step sparring), then takes the student through Ippon kumite (formal 1 step sparring) and Jiyu Ippon kumite (semi-free sparring). The final section presents a basic introduction to free sparring.

Sparring Concepts & Training Methods, Vol One explains in detail the important points necessary to understand basic kumite. Also included are many examples of each type of kumite to give the student a better idea of how these concepts apply in a variety of situations. (70 Minutes)

SP1dvd: Sparring Concepts, Volume One DVD \$29.95

Sparring Concepts & Training Methods, Volume Two

Sparring Concepts & Training Methods, Volume Two teaches free sparring strategies used in traditional non-contact Japanese Shotokan karate. You will learn offensive and defensive strategies that can be put to use in your own free sparring. The detailed instruction presents many concepts such as distance, footwork and timing. Also included are many training drills to help you develop better skills and confidence in free sparring.

Sparring Concepts & Training Methods, Volume Two includes a special guest appearance by Michael Fusaro, 4th Degree Black Belt, one of the leading instructors in the Upper Midwest. Sensei Joel Ertl and Sensei Michael Fusaro demonstrate several sample free sparring matches with black belts from Midwest Karate Association of St Paul. (65 Minutes)

SP2dvd: Sparring Concepts, Volume Two DVD \$29.95

Scenarios in Self-Defense

This DVD is useful for both the martial artist and non-martial artist. The physical aspects of self-defense and, more importantly, how to handle encounters before they become physical are covered. Scenarios in Self-Defense DVD makes a wonderful gift for a friend or loved one.

The presenters are Anita Bendickson and Mary Brandl. Mary is a 4th degree black belt with the Midwest Karate Association. Mary and Anita have worked together since 1981 to develop the course presented here.

Scenarios in Self-Defense DVD

This DVD includes three different sections on Practical Self-Defense. Each section focuses on a different aspect of practical self-defense. **Scenarios in Self-Defense DVD** is useful to anyone regardless of martial arts experience.

Your Early Options: Your martial arts skills teach you to handle physical confrontations but do you know how to handle a situation before it becomes physical? This section explores ways of avoiding or defusing potentially dangerous situations early. Distance, body language and assertive verbal responses are tools used to teach you to handle confrontations. Learn to handle a situation before it becomes an emergency.

When An Acquaintance Becomes An Assailant: Statistics show that a large percentage of attackers are known to the victim before the crime. Dealing with acquaintance situations can be very difficult. This section helps you sort out the confusion and conflicting emotions associated with acquaintance situations. Learn to trust your feelings and act early when in uncomfortable circumstances with acquaintance situations.

Practical Physical Resistance: There are times when physical self-defense is your only option. While there is no guarantee that a physical response will always work, it is important that you have information to make effective choices. This section is not about winning, it is about escaping. Increasing your options for getting away safely will help you feel more comfortable in a sometimes dangerous world.

(102 minutes)

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Yoga DVD Series

The "Beginner Yoga" DVD series presents a basic introduction to Hatha Yoga taught by Anita Bendickson. Each DVD in this series teaches Yoga in a class format that you can follow along with.

For the Shotokan Karate practitioner, this DVD presents an excellent program to develop the flexibility necessary for good karate technique. As all Shotokan students know, the key to good technique is proper form. This is also true in stretching. By following along with the "Beginner Yoga" DVD, you will learn the form necessary for an effective stretching routine.

Anita completed the Yoga study program through the Yoga Center of Minneapolis and is a registered Yoga Teacher with the Yoga Alliance. She currently teaches Yoga classes at the Midwest Karate Assn of St Paul, Minnesota. Her approach to teaching yoga is exceptionally detailed, helping her students learn to work within, and go beyond any limitations they may have. She is always seeking a deeper understanding of Yoga, and strives to bring this knowledge to her students.

Beginner Yoga by Anita Bendickson (2 Disk set)

This two DVD set presents beginner Hatha Yoga instruction, with an emphasis on increasing flexibility. Anita gently guides you through poses suitable for all levels, but especially for those just beginning to learn yoga.

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