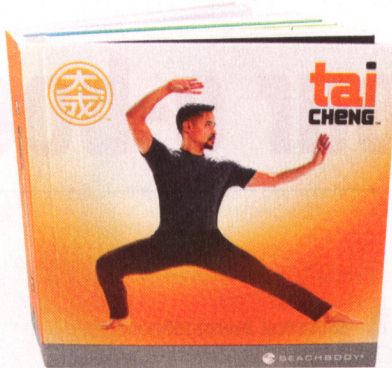
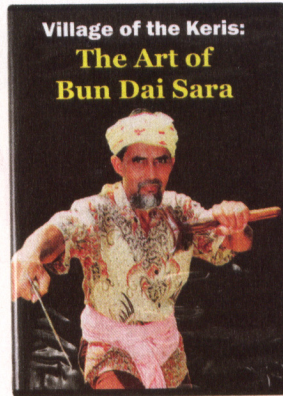


Village of the Keris >

This DVD, subtitled *The Art of Bun Dai Sara*, documents a trip through Thailand to a town where the fighting art of the *keris* (also spelled *kris*) dagger is the focus of life. The film was made by Vincent Giordano of New York Combat Arts, who was featured in the October 2011 *Black Belt*. 50 minutes, \$29.99, thaikeris.com

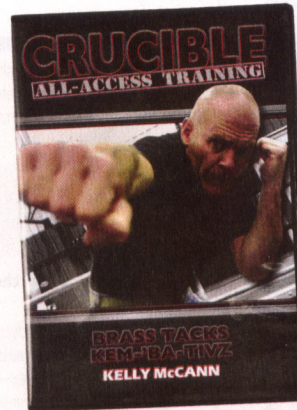


< Tai Cheng

Tai Cheng is a *tai chi*-based total-body workout system conceived by *Black Belt* contributing editor Dr. Mark Cheng. It includes 12 sequential DVDs plus an intro disc and a bonus disc. It also comes with two foam rollers, a tape measure, weighted gloves and exercise bands. (Thankfully, there are instructions, too.) The program continues to garner positive reviews on Twitter and Facebook. \$119.85, TaiCheng.com

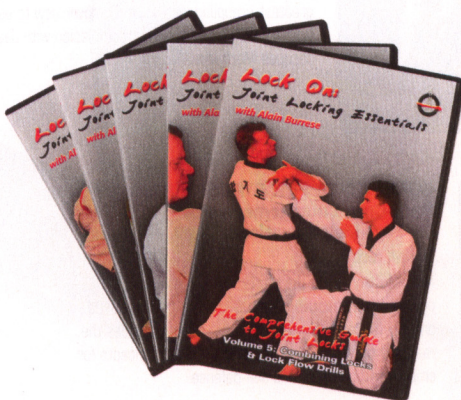
Crucible: All-Access Training >

The newest instructional DVD set from *Black Belt* contributing editor Kelly McCann is subtitled *Brass Tacks Kem-'Ba-Tivz*. As fans of his Mil-Spec column know, his focus is on the street and what you need to know to survive. Among the topics he covers are unarmed tactics, "bombproof" defense, avoidance, evasion, blocking and disruption. 140 minutes, \$59.95, paladin-press.com



< Lock On: Joint Locking Essentials

Frequent *Black Belt* writer Alain Burrese has compiled his knowledge of *hapkido* grappling in this five-volume DVD set. The individual titles succinctly describe the subject matter: *Wrist Locks* (90 minutes), *Arm Bars & Elbow Locks* (90 minutes), *Shoulder Locks* (90 minutes), *Finger Locks* (78 minutes) and *Combining Locks & Lock Flow Drills* (80 minutes). \$34.95 each, aikiproductions.com



Kettlebell Kickboxing: Scorcher Series >

Another entry from a *Black Belt* writer, this one comes from Dasha Libin Anderson, the brains behind our Fuel column. It focuses on her new system designed to fine-tune the female physique using martial arts and kettlebells. Each of the four DVDs presents a workout with a unique goal: *Power* (arms, glutes, inner thighs, obliques), *Strength* (total-body fat loss), *Longevity* (legs, midsection) and *Diversity* (abs, arms, glutes). \$59.95, kettlebellkickboxing.com

