

Tapes & DVD are all made only in NTSC

Tapes Available by request for all titles

>>>> CHECK PAGE 4 FOR NEW TITLES <<<<

Introducing Foot Sweeps to Aikido

This introduction is an amazing overview of a new idea that Karl Geis Hanshi has been working on for some time. It will open a new world for both students and teachers and will more than double the number of possibilities for self-defense while maintaining the basic principles and ideas of aikido. Volume One is the DVD that was released for those attending the clinic to study while learning these new ideas and Volume Two is further explanation and detail taught during the Houston Summer Clinic 2008.

by Karl E. Geis (2 DVD) # 4000 \$54.95

Adding Releases to Foot Sweeps

This is an additional overview of the idea that Karl Geis Hanshi is presenting. It opens additional ideas for both students and teachers and continues to increase the possibilities for self-defense while maintaining the basic principles and ideas of aikido. Volume One is the DVD that was released for those attending 2009 Summer Clinic to study while learning these new ideas and Volume Two is further explanation and detail taught during this clinic.

by Karl E. Geis (2 DVD) ~ 2½ hr # 4005 \$54.95

KUZUSHI: An Essence of (2 Volumes) Judo and Aikido by Karl E. Geis

Kuzushi (balance breaking) is an important key for martial arts. This DVD explains the importance of the first step in **both judo and aikido**.

Volume #1 primarily focuses on judo and Volume #2 is primarily aikido. However, explanations and demonstrations on both volumes overlap and are VERY valuable to both of these arts.

Not only an essence of martial arts techniques, Karl Geis Hanshi explains how understanding this approach can help in other parts of personal life.

This DVD is HIGHLY RECOMMENDED for both Judo and Aikido players

(1 DVD) ~ 2 hr #5201... \$44.95

The Ki Catcher Explore an Instant in Time by Karl E. Geis



By training the unconscious with elements of timing and movement, the "ki catcher" brings the concepts of ki to Reality as an instantaneous Transfer of energy that challenges the body's architectural structure. Although primarily a resource for aikido, some judo examples are used to clarify concepts.

Volume 2 is further explanation and demonstration of ideas which help in the understanding and application "ki catcher" concepts.

90+min (1 DVD) #2108...\$29.95

Arbitrary Steps and Important Thoughts for Randori

Something to look for, explore, learn and practice for better understandings in randori. It is very helpful for better movement, balance, and the timing of rise and fall which are among the most important parts of aikido.

by Karl E. Geis ~ 30 mins #2109...\$19.95

Sets & Subsets with opening thoughts and summary by Hanshi Karl E. Geis

Hanshi Karl E. Geis presents Henry Copeland, Clif Norgaard Ph.D., Nick Lowry, David Witt, Mark Facer, Victor Hart, Johnathan Nguyen, and Greg Henry. In the positions of uke and tori they explore and explain ideas for better understanding and approach to the Kihara Method Principles.

(1 DVD) ~2 hrs #2110..\$24.95

Houston Summer Clinic 2015 *NEW*

The Houston Summer Clinic 2015 was built on the memories of twelve instructors. It was put together with ideas that stood out for these instructors as important lessons they had learned from Karl Geis Hanshi and they wanted to keep these thoughts active and pass along these memories to help other students learn more about the Karl Geis Ryu.

(2 DVDs) ~ 1+ hr #2015...\$54.95

Grappling with Aikido

Karl Geis Hanshi brings "shrimping" and "bridge & roll" techniques together with basic aikido principles for ways to survive ground contact. This approach to grappling trains the student to outlast an aggressive attack and to wait for success rather than trying to win a competition. There is also Supplemental Volume that was given out as part of the Summer Houston Clinic 2010.

by Karl E. Geis (2 DVD) 3+ hr # 4006 + 4006-s \$54.95

See also PAGE #3 - "Basics for Using the Bridge-n-Roll and Shrimps" - #5407

23 KiHara Method Principles

Volume #1(chapter 1 index page) consists of explanations concerning the 23 KiHara Method Principles. This segment is important for understanding the new approach presented in the techniques on volumes 2 and 3.

Volume #2 (chapters 2-9)covers Shomen-Ate through Ude-Hineri and historical progress by centering on Shomen-Ate.

Volume #3 (chapters 10-17)covers Jujitsu-Waki-Gatame through Hiki-Otoshi-Garuma with new techniques and new approach to historical techniques.

by Karl E. Geis ~ 2 hr (1 DVD) # 2200 \$49.95

Houston Winter Clinic 1999

These 2 DVDs are an improved upgrade of the three volume set that was titled - "KiHara Reflection: Thoughts on Randori". An additional hour of important information has been included for teaching tools.

This set is divided into 24 chapters and it is *recommended for teachers and/or advanced students* to learn and study one chapter at a time. These 2 DVDs are primarily intended for a better understanding how the Chains were developed and how Karl Geis Hanshi started to chain different techniques together in order to cover a wide variety of possibilities. There have been changes made in the sequences of techniques used in Chains since this clinic. However, it is important to understand how these things got started and how a good teacher puts his ideas together to benefit students in a powerful way with a great set of potentials and possibilities.

by Karl E. Geis 3+ hr (2 DVD) #2100...\$54.95

Let's Talk About Feet OKC Spring Clinic 2009

by Karl E. Geis

The classes that Mr. Geis taught at this clinic are a great set of lessons for a better understanding of balance, timing, rhythm, and control for both judo and aikido players. There are also thoughts giving positive ideas and overview about life off the mat.

(1 DVD) ~ 1+ hr #4101...\$24.95

We Are Uki Driven OKC Fall Clinic 2009

by Karl E. Geis

This group of classes is a remarkable explanation for one of the most important foundations of KiHara. Hanshi Karl Geis gives his ideas and builds on the thoughts of Shihans Chuck Caldwell, George Webber, and Will Gable in order to clarify one of the major differences within martial art training systems.

(1 DVD) ~ 1½ hr #4102...\$29.95

Fine Tuning the 23

by Karl E. Geis

2011 Summer Clinic teaches tori to operate in situations that are actually uki driven and are essential for understanding this newer approach to aikido. These lessons teach uki control and present a better understanding for distance, balance, timing, and control.

(2 DVD) 2½ hours #4007 - \$49.95

Twelve Winds by Karl E. Geis

This book by is a look at the philosophical and ethical side of the martial arts as it exists in the United States and in the Orient. This book is an important addition to the library of any serious martial artist.

\$14.95 + \$5.00 S&H when ordered separately



**10% off for 4 or more items
15% off for 8 or more**

GW Enterprises
(405)795-9150

4700 S. Choctaw Ave.
El Reno, OK 73036



Aikido

Tapes & DVD are all made only in NTSC

Tapes Available by request for all titles

>>>> CHECK PAGE 4 FOR NEW TITLES <<<<

Walking Tegatana No Kata (Hand Blade Forms)

Proper body movement makes up the basis for Tomikiryu Aikido and is essential for proper execution of all techniques. This DVD explains the key issues necessary to maintain balance, eliminate wasted motion, and move in a powerful efficient manner.

by Karl E. Geis (1 DVD) ~ 1 hr #0001 . . \$19.95

The Big Ten Owaza Ju Pon

Techniques of the Owaza Ju Pon are fundamentally different from the Ju Nana Hon Kata and understanding these differences is essential for proper execution.

by Karl E. Geis ~ 45 min #0004 . . . \$19.95

San Kata 3rd Advanced Kata by Karl E. Geis

Segment#1 covers traditional kneeling techniques, standing techniques, and defense against the knife. Segment#2 covers defense against the sword, defensive and offensive use of the jo staff, and sword against sword techniques.

(1 DVD) ~ 2 hrs #0005 . . . \$34.95

Two Presentations of Yon Kata:

different ways for **KIHARA** thoughts to explore rise and fall

Shihan David Witt
Shihan Nick Lowry
with a prologue by
Hanshi Karl E. Geis

In addition to Yon Kata, this is a set of lessons for teachers to study. The two presentations show different ways to approach clinic or dojo classes.

Shihan David Witt shows how ideas may be put together for the limited time of a clinic and Shihan Nick Lowry then shows how to apply these ideas to teaching in his Dojo.

(1 DVD) ~ 1 1/2 hr #1104 . . . \$24.95

Aikido: Basic Elements of Randori

This tape covers fundamental information about proper randori practice for both beginners and advanced students. Examples and additional instruction is shown in excerpts from the 1994 Winter Clinic.

by Karl E. Geis (1 DVD) ~ 1 hr #0009 . . \$19.95

Ukemi Basics of Falling

Ukemi (falling ways) is one of the most important things that any martial artist can learn. First, it provides the student with an important skill for safe participation and then gives the individual a measure of control in overcoming a basic human fear and contributes significantly to a general feeling of self-confidence.

by Karl E. Geis ~ 45 mins #0101 . . . \$19.95

Special combination of Ukemi + Advanced Rolling #0101 and #2105 together on 1 DVD #0105...\$34.95

Advanced Rolling Essentials for Safety and Survival

To understand Rolling correctly is one of the most important parts of martial arts and a wonderful basis for self-confidence.

by Karl E. Geis ~30 mins #2105...\$19.95

In Front, Behind and Down **THE LINE**

This DVD explores elements of movement in KiHara and self-defence. In addition to analyzing importance of THE LINE and the martial artist's relation to it, Karl Geis Hanshi examines centering, turning, and flowing in applications and the necessity of equilibrium in aikido and life.

by Karl E. Geis ~45 mins #2104...\$19.95

The Imperfect World and Tokui Waza

This approach of dealing with trouble stands out from other martial arts and teaches a remarkable way of handling problems. It also shows how the learning and understanding of all techniques helps in use of a personal Tokui Waza(favorite technique).

by Karl E. Geis ~30 mins #2106...\$19.95

Little Steps for BIG RESULTS and some additional thoughts to keep in mind

This lesson gives demonstration and explanation of the important principles to keep in mind while learning and practicing Tegatana No Kata. It is HIGHLY RECOMMENDED for both students and instructors in order to help develop a better understanding of movement, speed, and efficiency in every step taken.

by Karl E. Geis ~45 mins #2107...\$19.95

Release Forms Hanasu No Kata

Release forms can stand alone as techniques and are critical building blocks for other techniques. This DVD covers eight basic releases and two advanced releases. A short demonstration from Yon Kata is included for reference.

by Karl E. Geis (1 DVD) ~ 1 hr #0002 . . . \$19.95

17 Basic Forms Ju Nana Hon Kata

Volume One - explains Atemi Waza (striking techniques) and Hiji Waza (elbow techniques).
Volume Two - explains Tekubi Waza (wrist locks) and Uki Waza (floating techniques).

by Karl E. Geis (1 DVD) ~ 2 hrs #0003 . . . \$34.95

Yon Kata 4th Advanced Kata by Karl E. Geis

This Kata builds on the advanced release techniques that were covered in Hanasu No Kata (#0002) and is primarily concerned with timing. The advanced student will gain a higher level of understanding by internalizing this material.

~ 30 mins #0006 . . . \$19.95

Yon Kata & Go Kata #0145 . . \$34.95 #0006 and #0007 together on 1 DVD

Go Kata 5th Advanced Kata

Go Kata builds on Yon Kata and helps develop a deeper understanding of intricate movements and the dynamics of complex techniques.

by Karl E. Geis (1 DVD) ~ 1 hr #0007 . . . \$19.95

Roku Kata 6th Advanced Kata by Karl E. Geis

This builds on Go Kata and represent final kata of the original Tomiki Aikido system. There is little discussion of basic principle at this point. These segments are primarily demonstrations from different angles and slow motion clips so the student can achieve deeper understanding through personal exploration.

(1 DVD) ~ 2 hrs #0008 . . . \$29.95

25 Secrets by 25 Masters including Karl E. Geis

This is a collection of thoughts and ideas from the Houston Summer Clinic '04 with a prologue and instruction given by Hanshi Karl E. Geis and additional high rank teachers.

(2 DVD) 2+ hrs #2111 . . . \$24.95

Power of Ma-ai & Centering the Hand

This is a collection of thoughts from the 2004 Spring Clinic in Oklahoma City. Hanshi Geis covers more ideas to keep in mind for better understanding of movement and relations between uke and tori.

by Karl E Geis (1 DVD) ~1 hr #2112..\$19.95

CHAINS 1-2 by Karl E Geis

Chain 1 covers basic overall ideas and things such as being relaxed and moving slow. Chain 2 includes thoughts for randori about mass, movement, and the line. This was made from the 2005 Houston Summer Clinic.

~ 1 1/2 hr (1 DVD) #2113 . . . \$29.95

Delivering Power Beyond the Final Step

Beyond the Final Step explores the dynamic execution of throws in movement of the center of gravity and timing of the steps. These central issues of true throwing techniques are lessons showing a variety of conditions in the underlying principles.

by Karl E Geis (1 DVD) ~ 1 hr #2120 . . . \$19.95

Randori Secrets: an Essence of Aikido

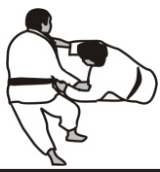
Randori Secrets are an amazing series of lessons which include: elements of offense and defense, balance and instability, grip function, reactive throwing, and hand change. These lessons are all necessary tools for students to achieve higher levels of randori skills.

by Karl E Geis (1 DVD) +1 hr. #2121 - 24.95



10% off for 4 or more items
15% off for 8 or more

GW Enterprises 4700 S. Choctaw Ave.
(405)795-9150 El Reno, OK 73036



Judo

Tapes & DVD are all made only in NTSC

Tapes Available
by request for all titles

>>>> **CHECK PAGE 4 FOR NEW TITLES** <<<<

KUZUSHI: An Essence of Judo and Aikido (2 Volumes) by Karl E. Geis

Kuzushi (balance breaking) is an important key for martial arts. This DVD explains the importance of the first step in **both judo and aikido**.

Volume #1 primarily focuses on judo and Volume #2 is primarily aikido. However, explanations and demonstrations on both volumes overlap and are VERY valuable to both of these arts.

Not only an essence of martial arts techniques, Karl Geis Hanshi explains how understanding this approach can help in other parts of personal life.

This DVD is HIGHLY RECOMMENDED for both Judo and Aikido players

(1 DVD) ~ 2 hr **#5201... \$44.95**

A Circle of Throws: Advanced Judo Training Methods for Combinations of Techniques

A Circle of Throws presents a unifying method for training complementary throwing techniques, and provides the student with a powerful strategy for the development of advanced throwing skill. Beyond this remarkable examination of combining groups of throws, this is also a valuable collection of technical explanations and additional insights for ALL players to keep in mind all of the time. ~ 45 mins

The Supplemental Volume presents judo training methods of the highest level and addresses specific questions for applying the circle to randori. A tremendous collection of thoughts, and ideas to learn while working on a *Circle of Throws*. ~ 1 hr

by Karl E. Geis (1 DVD) **#5401... \$34.95**

Judo: Basic Elements of Ashi-Waza Vol.1 by Karl E. Geis

This instruction covers fundamentals for five basic foot sweeps: Osoto-gari, Hiza-guruma, Deashi-harai, Ouchi-gari, and Kouchi-gari. This study is highly recommended for all judo students. ~ 45 mins **#0201... \$19.95**

Judo: Basic Elements of Ashi-Waza Vol.2 by Karl E. Geis

This instruction continues with more advanced concepts of foot sweeps. This study is recommended for advanced judo students and instructors. ~ 45 mins **#0202... \$19.95**

#0200 ... \$34.95 (BOTH VOLUMES ON 1 DVD)

Fugakukai Grappling: Basic Elements of Grappling by Karl E. Geis **#0301 . #0302 . #0303 . #0304**

\$14.95 EACH (FOR SINGLE DVDS)

#0300 ... \$49.95 (ALL 4 VOLUMES ON 1 DVD)

#0301 - Shihan Geis presents a unique and powerful program based on the Kodokan system of grappling. This tape is the first volume in a series on the fundamentals of this system. This tape is recommended for students of both judo and aikido. ~ 30 mins

#0302 - This is the second tape in the Grappling Series and continues the information about fundamental techniques of ground work. This tape is recommended for all judo and aikido students. ~ 30 mins

#0303 - This is the third tape in the Grappling Series and builds on the information in the previous tapes. This tape begins to cover the fundamental aspects of attacking from the bottom position with the attacker between your legs. This tape is recommended for all judo and advanced aikido students. ~ 30 mins

#0304 - This is the fourth tape in the Grappling Series and continues the information about fundamental techniques of ground work. This tape begins to cover basic hold downs, their relationship to each other, and transitions between them. This tape is recommended for all judo and advanced aikido students. ~ 45 mins

Goshin Jutsu No Kata as taught by Shihan Tsunako Miyake

In this tape Shihan Tsunako Miyake, Kodokan Goshin Jutsu No Kata Champion, teaches this kata as developed by Prof. Kenji Tomiki for the Kodokan. ~ 1 hr (1 DVD) **#0251... \$34.95**

Some Effective Variations of Judo

Shihan Zdenek Matl has a very remarkable and talented approach to judo techniques and applications. He also combines these ideas to flow smoothly from the throw to a hold on the mat.

by Zdenek Matl (1 DVD) ~1 hr **#5075... \$24.95**

Basic Elements of Turnovers

Gary Berliner (6th Dan Judo, National & International Medalist, and International Referee) teaches fundamentals of basic judo turnovers. ~ 35 mins (1 DVD) **#0351... \$19.95**

Another Path to Ashi Waza by Clif Norgaard

Shihan Norgaard presents some thoughts on creating different off balances and ideas to use the blending and timing of aikido in judo. He explores and teaches new paths for six techniques: 1.Sasae Tsuru Komi Ashi 2.Kouchi Gari 3.Harai Tsuru Komi Ashi 4.Ouchi Gari 5.Tai Otoshi 6.Uchi Mata. ~ 45 mins **#5051... \$24.95**

A Moment of Reality in Judo exploring concepts of kuzushi and throwing

This is an extrapolation of kuzushi and throwing. It is a collection of high level judo concepts including the transmission of power, the principle of ju, the importance of relaxed movement, and the lines of off-balance. by Karl E. Geis ~ 45 mins **#5402... \$24.95**

Basic Elements of Judo by Karl E. Geis

Some of the Essential Points in Kata Presentation
These are some of the most important things to understand and apply, not just in kata. These points are also used in ALL of judo practice and performance. This information is valuable to many other martial arts besides judo and aikido. (1 DVD) ~ 1 hr **#5403... \$24.95**

MORE Basic Elements of Judo

This continues the masterful exposition of Nage No Kata and helps in learning key principles of judo throws. These throws are the second group of the kata and apply to a full understanding, not just for kata. These principles apply to all of judo practice and performance.

Together these films (5403+5404) are very thorough discussion of judo kata. by Karl E. Geis (1 DVD) ~ 1 hr **#5404... \$24.95**

Essential Training Principles and Entering Into Throws by Karl E. Geis

These subjects came together at the OKC Spring Clinic '04. The first one covers five important ways to approach both learning and how to practice techniques and the second covers correct ways to enter into judo throws. (1 DVD) ~ 1 hr **#5405 - \$24.95**

Developing Your Own Strategy by Karl E. Geis

This will help a judo player to develop throwing strategy into an attack that overwhelms uke/opponent. It is a key for presenting throws in ways that keep people from being able to anticipate or having a meaningful "defense."

(see also *Circle of Throws* -#5401) ~ 1 hr **#5406... \$24.95**

Basics for Using the Bridge-n-Roll and Shrimps

This video presents essential skills for effective grappling on the mat or in the street. It covers several concepts and dynamic drills that are crucial for the development of technical skills which are applicable in both the dojo and also in the real world. by Karl E. Geis ~ 1 hr **#5407... \$24.95**

See also PAGE #1 - GRAPPLING WITH AIKIDO - #4006

Creating the Moment of Attack

This presents a unique and powerful strategy for tori to create and control uki's attack using ashi-waza and tachi-waza elements and applications of movement and kuzushi. by Karl E Geis +45 mins **#5408... \$24.95**

Exploring Itsutsu No Kata The Study and Teaching of New Ideas

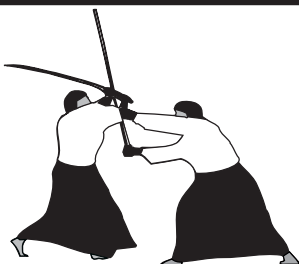
Karl Geis Hanshi shows how to thoroughly develop an important point found in Itsutsu No Kata. The idea was originally presented by Ashley Isaac at a 2009 Houston Clinic. Then Mr. Geis shows how teachers should explore and understand the amount of information that is involved and how teachers should present a complete idea to students in order for them to have a better chance to learn more. by Karl E Geis ~80 mins (1 DVD) **#5065... \$24.95**



10% off for 4 or more items
15% off for 8 or more

GW Enterprises 4700 S. Choctaw Ave.
(405)795-9150 El Reno, OK 73036

Jodo



**Tapes & DVD are all
made only in NTSC**

**Tapes Available
by request for all titles**

Shindo Muso Ryu

as taught by **Shihan Tsunako Miyake**

This set was compiled from a week long clinic in the summer of 1992. Prof. Tsunako Miyake and her assistant demonstrate The Ancient Kata and teach eight of the twelve Shindo Muso Ryu katas. **These tapes have historical importance and dedicated jodo practitioners are encouraged to study them.**

(2 DVD) ~2 hrs #0451 \$49.95

Secrets of the Stick: Essential Elements of Jodo

These secrets are a collection of the principles necessary for successful use of the jodo. Hanshi Karl Geis shows how important these elements are for accurate and powerful control of the stick.

by Karl E Geis ~1 ½ hrs #3403 . . . \$19.95 (1 DVD)

Shindo Muso Ryu Basic Elements of Jodo by Karl E. Geis

First it covers safety, basic commands, warmup drills, and basic strikes. Then it covers bokken handling and paired strikes for training sessions.

(1 DVD) ~1½ hr #0400v1 \$24.95

Shindo Muso Ryu Jodo Seitei No Kata by Karl E. Geis

This covers 6 of the katas taught by Fugakukai International Association

1. Tsuke Zue 2. Suigetsu 3. Hissage 4. Shamen 5. Sakan 6. Monomi.

(1 DVD) ~45 mins #0400v2 . . . \$19.95

as a 2 DVD set

#0400 . . . \$39.95

Understanding the Principles of JODO

This set of 2 DVDs were built from the Houston Summer Clinic 2013. Together they provide information for promotion to shodan. DVD-1 is primarily safety, put away, and strikes. DVD-2 is primarily 4 kata, faster pick ups, controlling movement, and another put away. There is a lot of additional information on both DVDs that will be valuable to both beginners and instructors.

by Karl E. Geis (2 DVD) >2½ hrs #0404 . . . \$49.95

**We will try to help keep things as up to date as possible
by posting NEW information in this area**



**10% off for 4 or more items
15% off for 8 or more**

GW Enterprises 4700 S. Choctaw Ave.
(405)795-9150 El Reno, OK 73036

