

Tai Chi Arthritis (TCA) and Fall Prevention

Mike Potter: mlpotte@gmail.com URL: <http://rettop.com/TaiChiArthritisVideos.pdf> Site: <https://rettop.com>

Notes: The following sample videos are for Tai Chi for Arthritis and Fall Prevention.

The number after the title is how long the video is. If it says playlist there are multiple videos that generally break down the moves. The last few items on page 1 are TCA 1 and 2. The second page contains the website for Anne Bowers, a Vermont Tai Chi teacher in South Pomfret, VT, that Nina has recommended for some interesting videos and notes.

Tai Chi for Arthritis + Fall Prevention | FRONT AND BACK DEMO- 2:36

<https://youtu.be/JdCHq4pEOak?si=0Q6NCNNyhGtxsrqx>

Tai Chi for arthritis - back / Riny Gilissen - Ellen Olie- 6:26

<https://youtu.be/HMyCyL9Uen4?si=fPoiBHX9UBrgW8-3>

Sun style Tai Chi for Arthritis (TCA Part I) Steps 1 - 8 for the beginner. "Practice after Class" - 8:43

<https://youtu.be/JS8ZWhS-SKg?si=WLLZvg1vK3pk0n9k>

Tai Chi for Arthritis Video | Dr Paul Lam | Free Lesson and Introduction-49:07

https://youtu.be/tAOuEpa01j4?si=OASv_9iyOgPXVJU9

Tai Chi for Balance | Dr Paul Lam Tai Chi-12:52

https://youtu.be/0RN1e-_E5Nk?si=mO8RxX58A_rQhEFO

Tai Chi for Arthritis 1 & 2 - Front View (7 of 12)- 6.32mins

https://www.youtube.com/watch?v=YkMu70_lbd4

Tai Chi for Arthritis 1 & 2 - Back View (8 of 12)- 6:36

<https://www.youtube.com/watch?v=1mDBXLrn0SE&t=98s>

Tai Chi for Arthritis 1 & 2 front view; TCA1 and TCA2- 10:46

https://youtu.be/pp5lcJjn_j0?si=ZE8oXjY2TalgcCfc

Arthritis 1 & 2 Tai Chi for Health- 4:57

<https://www.youtube.com/watch?v=ZA9jV74F54g>

Arthritis 1 & 2 TaiChi for Health by MT Jennifer Chung - 6:15

<https://www.youtube.com/watch?v=ad8RmFnsakl>

Anne Bower Home Page: <https://annebower.studio/>

Fundamental Exercises, some instruction <https://vimeo.com/876578347>

Fall Prevention Tai Chi: Levels 1 and 2 <https://vimeo.com/756812905>

Fall Prevention Tai Chi: Level 1, front view <https://vimeo.com/847456421>

Fall Prevention Tai Chi: Level 2, “front view” <https://vimeo.com/883529147>

Fall Prevention Tai Chi: Level 3 with instructions <https://vimeo.com/794654738>

Sun Style short form: Level 3, for practice, no instructions <https://vimeo.com/856014886>

Sun 73 forms Tai Chi class recording <https://vimeo.com/756818062>

Sun 73 practice video: no instruction <https://vimeo.com/832737598>

Yang 24 forms Tai Chi class recording <https://vimeo.com/648246443>

Eight Pieces of Brocade—Anne’s way https://vimeo.com/894910268watch?v=YD_eZHeeGgw

Seated Tai Chi (Fall Prevention Form) <https://vimeo.com/811456059>

Seated Tai Chi: Recording of a “Skillbuilder” with other Tai Chi Vermont instructors, considering ways to use the seated form, teaching methods, variations, etc. <https://vimeo.com/868911312>