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URL: <http://rettop.com/TaiChiVideos-Yang10.pdf>

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Notes:

The following sample videos are for Yang 10. There are lots of other videos on youtube.

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. For example, Jenny Lu has multiple videos doing it from the front and back and breaking the moves into small pieces.

It seems(to me at least) that the Yang 8 vs Yang 10 depends whether they count the opening and closing moves.

Tai Chi Yang 10 Form

Tai Chi 10 Form ~ Complete Routine with narration- Ian Sinclair - 10:07

https://youtu.be/n_nfD5O15bk?si=A3a0GzImU6e8NM31

Yang Style Tai Chi 10 Form Front & Back Views everydaytaichi by ken Honolulu, Hawaii-11:14

<https://youtu.be/hHsRd7qnmJg?si=6938uUX9vCc5E0m5>

Two people mirror Tai Chi form 8- 3:53

<https://youtu.be/IH4JZ6aqCbA?si=OAlr9FB0GgeTbs0Y>

8 Forms Tai Chi Yang Style- Jenny Lu- playlist

https://www.youtube.com/playlist?list=PL9lt_VGnz2FhhUnxiBIxcrRnO5goySbe1

Beijing 10 step taijiquan by Master Faye Yip-3:30

https://youtu.be/v2RC0xcGoBI?si=-mL5JoeDP_alyG7I