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

Site: <http://rettop.com>

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Notes:

The following sample videos are for Tai Chi for Arthritis and Fall Prevention, Yang 10 and Yang 24. 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 For Arthritis and Fall Prevention

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

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

Play List of videos on warm ups and variety of sections of form

https://youtube.com/playlist?list=PLlawGPHypZNVlQf_Ev3fMM4CCx8OgQFPc&si=kWL8wfl3tpBJ816n

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>

Warm ups

Tai Chi for Beginners | Qi Gong Warm Up | Dr Paul Lam Technique-5:11

<https://youtu.be/aFloElusLtQ?si=5yywrzX1NhsiPaou>

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 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=OAlr9FB0GqeTbs0Y>

8 Forms Tai Chi Yang Style- Jenny Lu- playlist

https://www.youtube.com/playlist?list=PL9It_VGnz2FhhUnxiBIXcrRnO5goySbe1

Yang Tai Chi 10 Form- Dr Andrew von Plitt- playlist

<https://www.youtube.com/playlist?list=PLAzIKxB72CMDJ5naV4DqrNZRRcPkujczZ>

Tai Chi 24 Form

Tai Chi Yang Style 24 Short Form by Open the door to Tai Chi- 4:06

<https://youtu.be/ZFVEzeXEgSs?si=xw2JnTOrP9fUflcF>

Two people mirror Tai Chi form 24- Sherry Tung - 6:30

https://youtu.be/--5C_5uMBsU?si=TF90ordupyKNfkwm

Tai Chi Yang Style_24 Form- Jenny Lu- playlist

https://www.youtube.com/watch?v=a1D8w4g0dnM&list=PL9It_VGnz2FhPnuP-7gokweVx5xiRm3eS&pp=iAQB