

## Clips of Grace and the Royal Harbor Tai Chi Group Practicing and Fine Tuning Their Forms

20191027 - Tavares, Florida - 3 Minute Video Clip of a Warm Up Exercise while Practicing Tai Chi Forms is at <https://youtu.be/vwgJNiUYmPg>

20191027 - Tavares, Florida - 3 Minute Video Clip -2 of a Warm Up Exercise while Practicing Tai Chi Forms is at [https://youtu.be/d8\\_NW65s82w](https://youtu.be/d8_NW65s82w)

20191027 - Tavares, Florida - 6 Minute Tai Chi Practice in Royal Harbor is at <https://youtu.be/j8MTgz36x-U>

20191027 - Tavares, Florida - 6 Minute Tai Chi Practice, Group 1 Practices while Group 2 Critiques, in Royal Harbor is at <https://youtu.be/SJ74at8leE8>

20191027 - Tavares, Florida - 6 Minute Tai Chi Practice, Group 2 Practices while Group 1 Critiques, in Royal Harbor is at <https://youtu.be/xihtHQew2dk>

20191027 - Tavares, Florida - 6 Minute Tai Chi Practice in Royal Harbor Clip 2 is at <https://youtu.be/Eg6yZO7bRV0>

20190915 - Tavares, Florida - 3.5 Minute Video of Tai Chi Rehearsal in Royal Harbor is at [https://youtu.be/\\_YGa47D9qvQ](https://youtu.be/_YGa47D9qvQ)

20190915 - Tavares, Florida - 6 Minute Video of Tai Chi Practice in Royal Harbor is at <https://youtu.be/wNCHgRCofec>

20190825 - Tavares, Florida - 4.5 Minute Clip of Tai Chi Class Conducting Partial Tai Chi Set is at <https://youtu.be/Gy839J09Hc0>

20190825 - Tavares, Florida - 3.5 Minute Clip of Tai Chi Class Conducting Full Body Warm Up Walk is at [https://youtu.be/2ntZ\\_Q1QsT4](https://youtu.be/2ntZ_Q1QsT4)

20190825 - Tavares, Florida - 3.5 Minute Clip of Tai Chi Class Conducting Footwork Warm Up Walk is at <https://youtu.be/RR5wlw16v9E>

20190825 - Tavares, Florida - 6.5 Minute Clip of Tai Chi Class Conducting Warm Up Exercises is at <https://youtu.be/ljjmI0HoN7w>

20190818 - Tavares, Florida - 3.5 Minute Clip of Tai Chi Form Refinement Practice - MVI\_0599 is at <https://youtu.be/DS7sBAvEBeE>

20190818 - Tavares, Florida - 2.5 Minute Clip of Tai Chi Form Refinement Practice - MVI\_0598 is at [https://youtu.be/KN6tfAg5v\\_w](https://youtu.be/KN6tfAg5v_w)

20190818 - Tavares, Florida - 2 Minute Clip of Tai Chi Form Refinement Practice - MVI\_0590 is at <https://youtu.be/0MUx6HvGMLA>

20190818 - Tavares, Florida - 3 Minute Clip of Tai Chi Form Refinement Practice - MVI\_0589 is at <https://youtu.be/2y1vIPbRzVM>

20190811 - Tavares, Florida - 7 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms - Clip 5 is at <https://youtu.be/RSk1UxexrAc>

20190811 - Tavares, Florida - 3.5 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms - Clip 4 is at <https://youtu.be/1EHBWSNOASg>

20190811 - Tavares, Florida - 1 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms - Clip 3 is at [https://youtu.be/\\_jTdVQLFjL0](https://youtu.be/_jTdVQLFjL0)

20190811 - Tavares, Florida - 1 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms - Clip 2 is at <https://youtu.be/IDTFc2NqNW4>

20190811 - Tavares, Florida - 1 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms - Clip 1 is at <https://youtu.be/l3n9mr1Wpd4>

20190804 - Tavares, Florida - 12 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms is at <https://youtu.be/XT1ywngEfrs>

20190804 - Tavares, Florida - 7.5 Minute Clip of Tai Chi Class Players Fine Tuning Their Forms is at <https://youtu.be/NVPpoTUCji0>