

Some Useful Arthritis YouTubes

Arthritis 12 form - Mike Soric (This is Part 1)

[Mike Soric Part 1](https://www.youtube.com/watch?v=liy6l7hYrow) or <https://www.youtube.com/watch?v=liy6l7hYrow>

Arthritis Forms Part 1 and 2 - Mike Soric (both Parts)

[Mike Soric Parts 1 & 2 \(combined\)](https://www.youtube.com/watch?v=Xb93PUzUAYA) or <https://www.youtube.com/watch?v=Xb93PUzUAYA>

Arthritis Forms Part 1 and 2 - Lao Shi Gladys Tam

(she is a little fast but the movements are named as they are performed)

[Parts 1 & 2 by Lao Shi Gladys Tam](https://www.youtube.com/watch?v=ZA9jV74F54g) or <https://www.youtube.com/watch?v=ZA9jV74F54g>