**Resources for Joint Replacement Class**

Total Knee Replacement Surgery Part 2011 (Pensacola, FL)

<https://www.youtube.com/watch?v=vJGJJOA1Me0&t=8s>

The world’s best parkour and freerunning

<https://www.youtube.com/watch?v=NX7QNWEGcNI>

Spiral to Floor Robert Spencer

<https://www.youtube.com/watch?v=MwWDNCJo6-8&t=304s>

Kate Reyes Graham Technique Solo

<https://www.youtube.com/watch?v=HViGAvqw1k8>

Two Bagua Masters Fighting: Pa Ka Combat

<https://www.youtube.com/watch?v=Y-NUZ-6KZms&t=70s>

Bagua Zhag 16 Palms Changes

<https://www.youtube.com/watch?v=BlBH5n8mLmU>

Lahore Bhangra Dance

<https://www.youtube.com/watch?v=BlBH5n8mLmU>