To use the video tag in HTML, you can follow these steps:

1. Create a new HTML file or open an existing one in a code editor.
2. In the body of the HTML file, add the video tag using the following syntax:

```
<video src="video_filename.mp4" controls>
   Your browser does not support the video tag.
</video>
```

3. Replace “video_filename.mp4” with the filename and path of your video file.
4. Add any additional attributes to the video tag that you need, such as width, height, autoplay, loop, and poster, depending on your requirements.
5. Save the HTML file and open it in a web browser.

Here’s an explanation of the attributes used in the example:

- src – This attribute specifies the URL or path to the video file.
- controls – This attribute displays the default video controls (play, pause, volume, etc.).
- width and height – These attributes specify the dimensions of the video player.
- autoplay – This attribute automatically starts playing the video when the page loads.
- loop – This attribute causes the video to loop continuously.
- poster – This attribute specifies an image to be displayed as the video’s thumbnail before it starts playing.

Note that not all browsers support all of these attributes, and some may have different default behaviors for the video tag. It’s always a good idea to test your video in multiple browsers to ensure that it works correctly.

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