

Art of the 8 Limbs Form

The *Art of the 8 Limbs Form* is for body conditioning. The form engages the shoulders, arms, abdomen, thighs, and legs at all times, and loosens the hips.

There are two variations of the *Art of the 8 Limbs Form*. One being stationary in stance and the other switching from left-leading to right-leading defensive stance.

The first variation is *stationary* and is practiced in the wide-legged stance while starting with the “*lateral shoulder raise*” position. This variation allows the upper body to move freely from left to right, forward and backward while keeping the lower body stationary. This is primarily use balance and to loosen up the hips for better mobility.

The second variation is *freeing up the movements* and also starts out in the wide-legged stance starting with the “*lateral shoulder raise*” position then moving into the left-leading defensive stance when performing the strikes. After a certain number of strikes the practitioner then turns to the right and performs the same strikes in the right-leading defensive stance, and then returning back into left-leading defensive stance while transitioning freely and smoothly into the next strike. This I call “*Freeing your movements.*”

The overall goal of the Art of the 8 Limbs Form is to constantly move the energy from strike to strike freely and smoothly without losing momentum.

The Art of the 8 Limbs Form is performed with the following strikes in the following order:

Art of the 8 Limbs Variation #1: Stationary

- Lateral Shoulder Raise = 10 Counts (*Mentally, emotional, physically getting ready to enter the 8 Limbs Form*)
- Elbow Twists = 10 Counts
- Inside Outside Elbow = 10 Counts
- Up/Upper Cut Elbow = 10 Counts
- Inside Elbow = 10 Counts
- Outside Elbow = 10 Counts
- Down/the “Hammer” Elbow = 10 Counts
- Lateral Shoulder Raise = 10 Counts (*Assess, reset, and transition into punching*)
- Cross, Cross = 10 Counts
- Long Hook = 10 Counts
- Upper Cut = 10 Counts
- Overhand/Haymaker/ “Scoop the Ice Cream” = 10 Counts
- Lateral Shoulder Raise = 10 Counts (*Mentally, emotional, and physically getting ready to exit the 8 Limbs Form*)

- Gassho Stance (*hands coming together in front of the heart and bowing in respect to and for yourself*).

Art of the 8 Limbs Variation #2: Freeing the movements (left & right leading)

- Lateral Shoulder Raise = 10 Counts (*Mentally, emotional, physically getting ready to enter the 8 Limbs Form*)
- Elbow Twists = 10 Counts
- Inside Outside Elbow with Elbow Cross = 10 Counts
- Up/Upper Cut Elbow = 10 Counts
- Inside Elbow = 10 Counts
- Outside Elbow = 10 Counts
- Down/the “Hammer” Elbow = 10 Counts
- Lateral Shoulder Raise = 10 Counts (*Assess, reset, and transition into punching*)
- Cross, Jab = 10 Counts
- Long Hook = 10 Counts
- Upper Cut = 10 Counts
- Overhand/Haymaker/ “Scoop the Ice Cream” = 10 Counts
- Lateral Shoulder Raise = 10 Counts (*Mentally, emotional, and physically getting ready to exit the 8 Limbs Form*)
- Gassho Stance (*hands coming together in front of the heart and bowing in respect to yourself for freely, effortlessly, and smoothly completing the Art of the 8 Limbs Form*).