

Ba Zhou
Eight Elbows
Mei Hua
Tanglang Form



ZOOMED

(And in Person—limit 6)

\$100 - \$50 (65+)

October 3, 10 3-4:30 PM (AK time)

Eight Elbows is an advanced form in the Plum Blossom Praying Mantis system. The focus is on short power and close range striking. While designated “high level” it can be a beneficial form to learn earlier on due to its ease of application in the heat of the moment. Elbow techniques—obviously—are emphasized.

(Taught by Da Shi Xiong Kevin Walle)

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