Result = ???????? & 00111000 = 00???000

Looking at the truth table for the above:

```
Bit Bit Bit
 5  4  3  Result
-------------------
 0  0  0   0
 0  0  1   8
 0  1  0   16
 0  1  1   24
 1  0  0   32
 1  0  1   40
 1  1  0   48
 1  1  1   56
```

To reduce the variable to a number 0-7, just divide the result by 8 (since the least significant bit is 3, and 2^3 is 8). This can then be used to access a table of index lengths (i.e. LengthTable[Result/8]) so that the appropriate move is made.