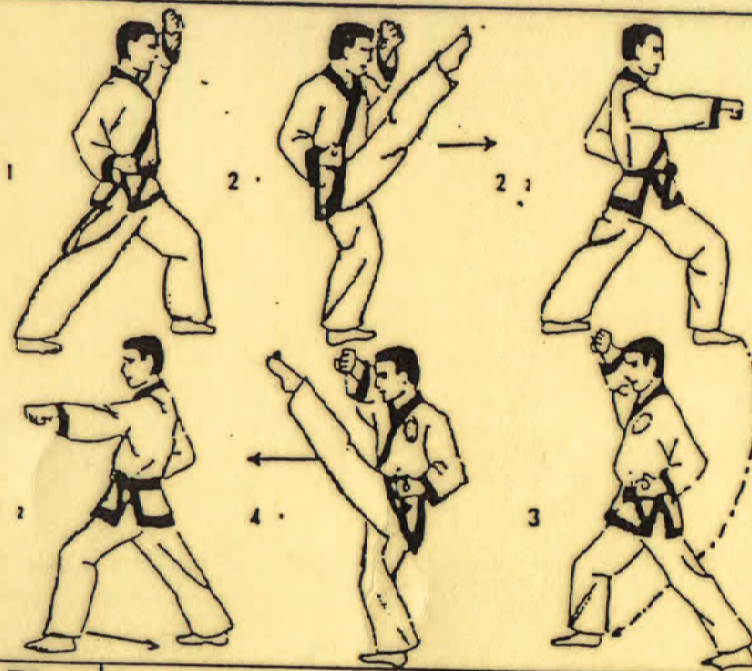
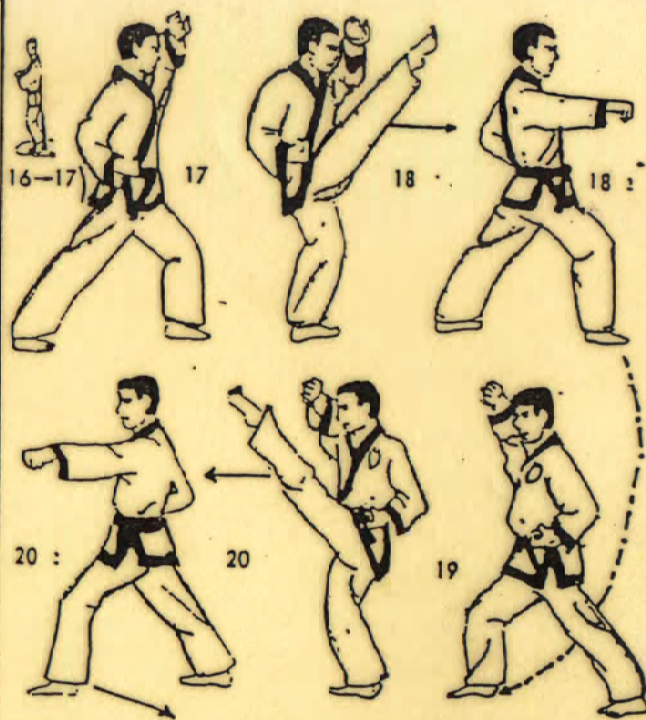


PAL-GWE 2

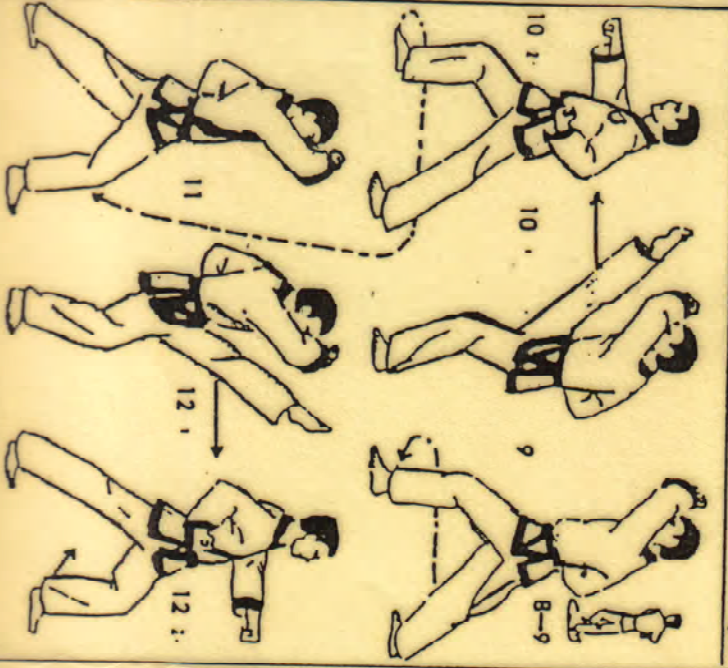
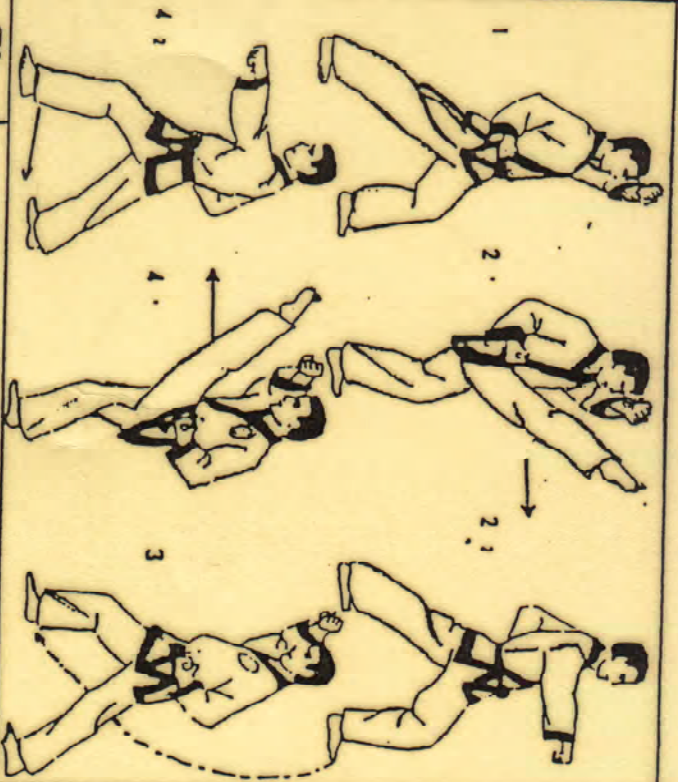


FRONT VIEW

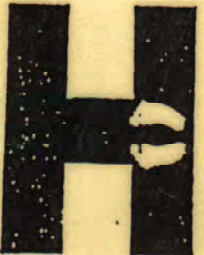
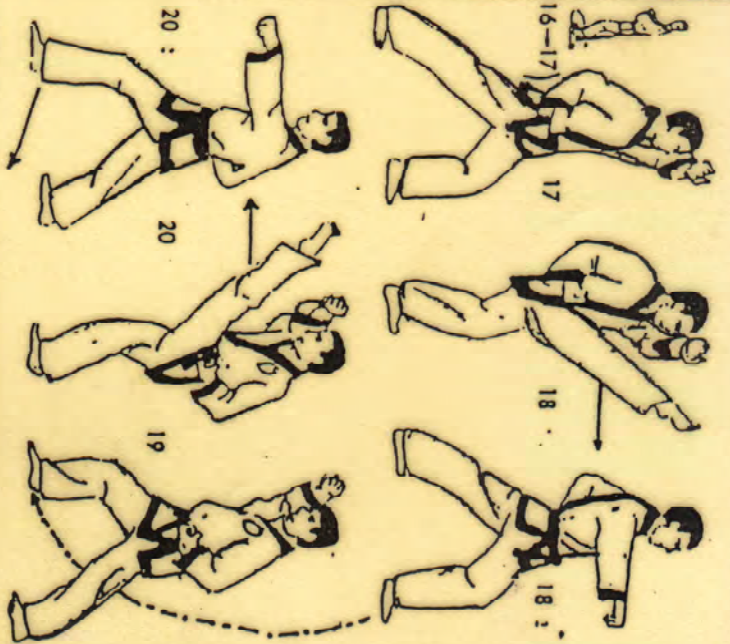


- STOP
- 1. High Block
 - 2. (1) Front Kick (2) Middle Punch
 - 3. High Block
 - 4. (1) Front Kick (2) Middle Punch
 - 5. Knife-Hand Low Block
 - 6. Knife-Hand Middle Block
 - 7. High Block
 - 8. Middle Punch and Yell
 - 9. High Block
 - 10. (1) Front Kick (2) Middle Punch
 - 11. High Block
 - 12. (1) Front Kick (2) Middle Punch
 - 13. Double-Hand Low Block (Palm Down)
 - 14. Double-Hand Middle Block
 - 15. Inside Middle Block
 - 16. Middle Punch and Yell
 - 17. High Block
 - 18. (1) Front Kick (2) Middle Punch
 - 19. High Block
 - 20. (1) Front Kick (2) Middle Punch

PAL-GWE 2



FRONT VIEW



- 1. High Block
- 2. (1) Front Kick
- 3. High Block
- 4. (1) Front Kick
- 5. Knife-Hand Low Block
- 6. Knife-Hand Middle Block
- 7. High Block
- 8. Middle Punch and Yell
- 9. High Block
- 10. (1) Front Kick
- 11. Middle Punch
- 12. High Block
- 13. Double-Hand Low Block (Palm Down)
- 14. Double-Hand Middle Block
- 15. Inside Middle Block
- 16. Middle Punch and Yell
- 17. High Block
- 18. (1) Front Kick
- 19. Middle Punch
- 20. (1) Front Kick
- (2) Middle Punch

PAL-GWE 2

- 1. ¼ left turn & up block**
- 2. Front snap kick & middle punch**
- 3. Front leg 180 degree turn & up block**
- 4. Front snap kick & middle punch**
- 5. ¼ left turn & double knife down block (L stance)**
- 6. Double knife middle block (L stance)**
- 7. Up block**
- 8. Middle punch & yell (kiai)**
- 9. Back leg ¾ turn & up block**
- 10. Front snap kick & middle punch**
- 11. Front leg 180 degree turn & up block**
- 12. Front snap kick & middle punch**
- 13. ¼ left turn & double hand down block (L stance)**
- 14. Reinforced outside middle block (L stance)**
- 15. Inside middle block (L stance)**
- 16. Middle punch & yell**
- 17. Back leg ¾ turn & up block**
- 18. Front snap kick & middle punch**
- 19. Front leg 180 degree turn & up block**
- 20. Front snap kick & double middle punch (kiai)**

Front stance should be used unless otherwise specified.