



READY



# PAL-GWE 3

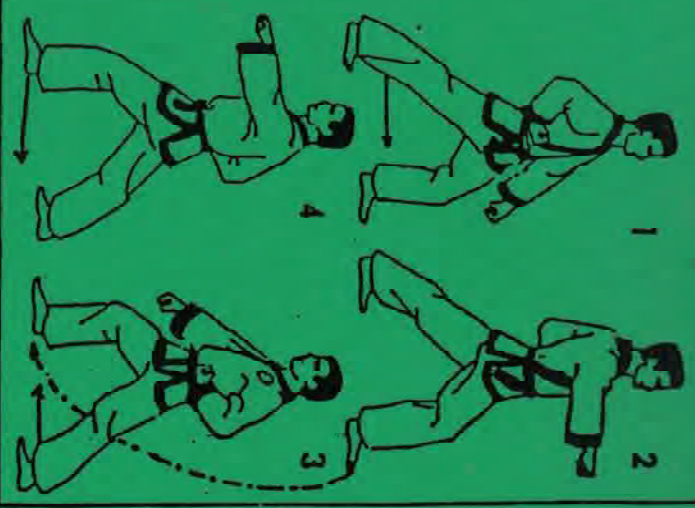


STOP

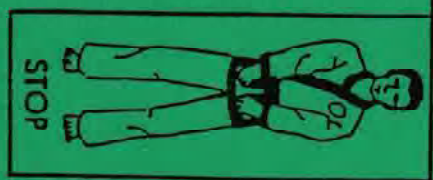
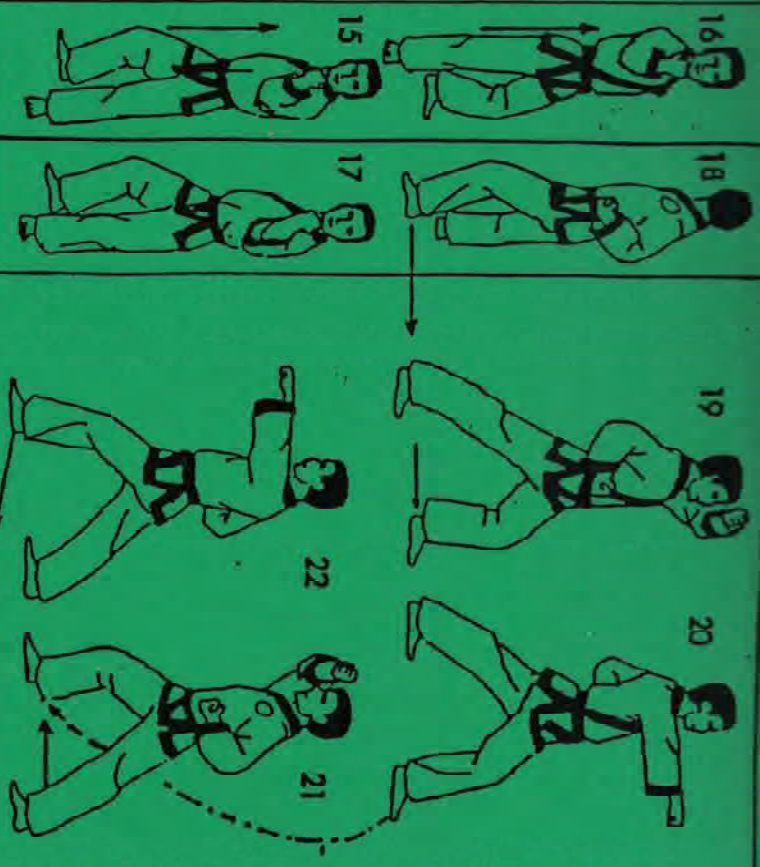
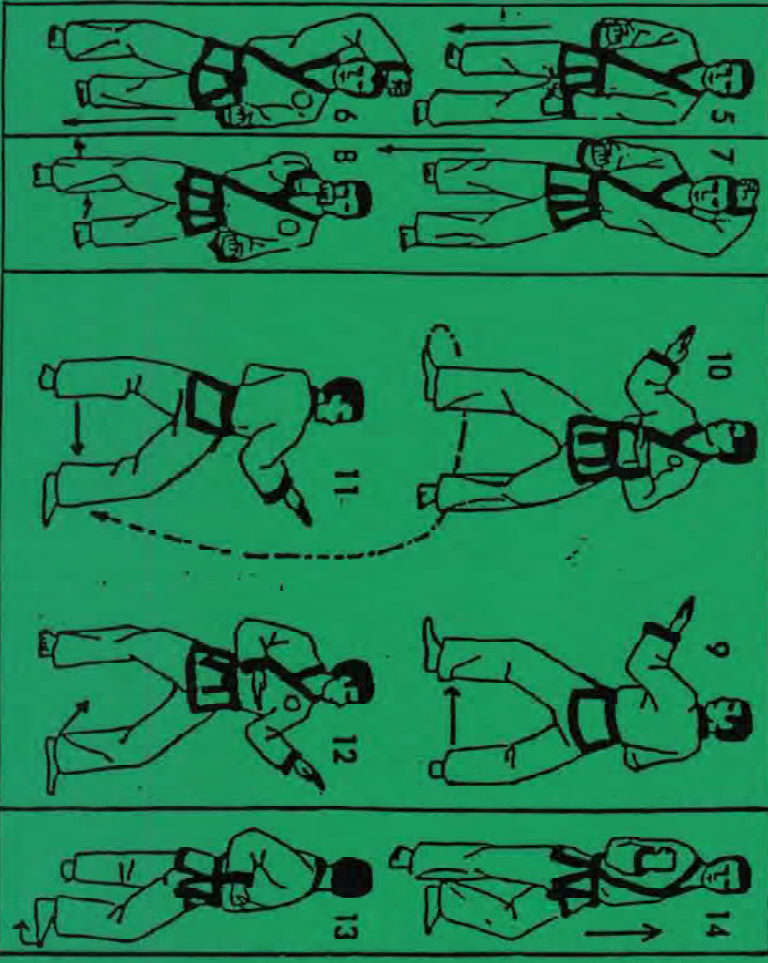
- 1. Low Block
- 2. Middle Punch
- 3. Low Block
- 4. Middle Punch
- 5. Low Block
- 6. High Block
- 7. High Block
- 8. High Punch and Yell
- 9. Knife-Hand Middle Block
- 10. Knife-Hand Middle Block
- 11. Knife-Hand Middle Block

- 12. Knife-Hand Middle Block
- 13. Outside Middle Block
- 14. Outside Middle Block
- 15. Inside Middle Block
- 16. Inside Middle Block
- 17. Inside Middle Block
- 18. Outside Middle Block
- 19. High Block
- 20. High Punch
- 21. High Block
- 22. High Punch and Yell





# PAL-GWE 3



1. Low Block
2. Middle Punch
3. Low Block
4. Middle Punch
5. Low Block
6. High Block
7. High Block
8. High Punch and Yell
9. Knife-Hand Middle Block
10. Knife-Hand Middle Block
11. Knife-Hand Middle Block

12. Knife-Hand Middle Block
13. Outside Middle Block
14. Outside Middle Block
15. Inside Middle Block
16. Inside Middle Block
17. Inside Middle Block
18. Outside Middle Block
19. High Block
20. High Punch
21. High Block
22. High Punch and Yell



## ***PAL-GWE 3***

- 1. ¼ left turn & down block**
- 2. Middle punch**
- 3. Front leg 180° turn & down block**
- 4. Middle punch**
- 5. ¼ left turn & down block**
- 6. Up block**
- 7. Up block**
- 8. Up punch & yell (kiai)**
- 9. Back leg ¾ turn & double knife block (L stance)**
- 10. Double knife hand middle block (L stance)**
- 11. Front leg 180° turn & double knife block (L stance)**
- 12. Double knife block (L stance)**
- 13. ¼ left turn & outside middle block (L stance)**
- 14. Pivot 180° & outside middle block (L stance)**
- 15. Step back in L stance – inside middle block**
- 16. Step back in L stance – inside middle block**
- 17. Step back in L stance – inside middle block**
- 18. Pivot 180° & outside middle block (L stance)**
- 19. Back leg ¾ turn, up block**
- 20. Up punch**
- 21. Front leg 180° turn – up block**
- 22. Up punch, reverse middle punch & yell (kiai)**

Front stance should be used unless otherwise specified.