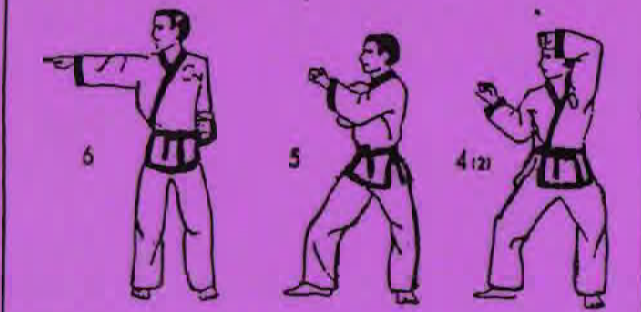
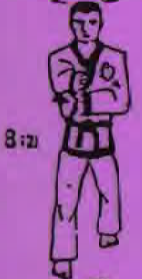
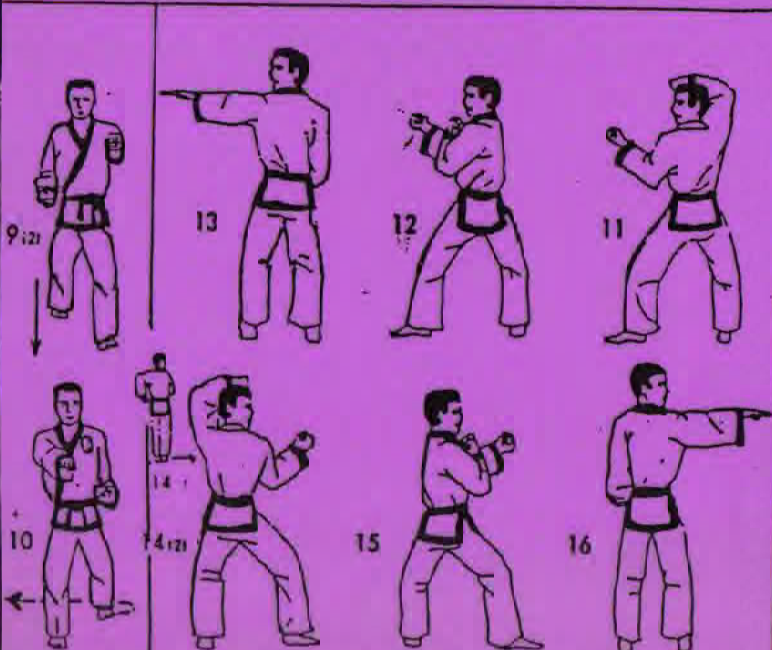




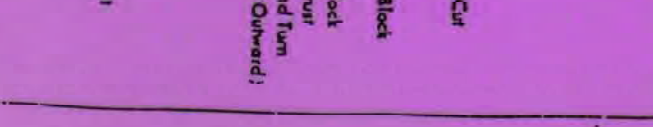
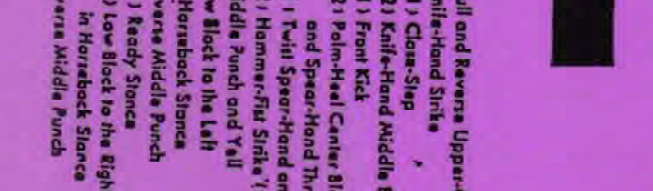
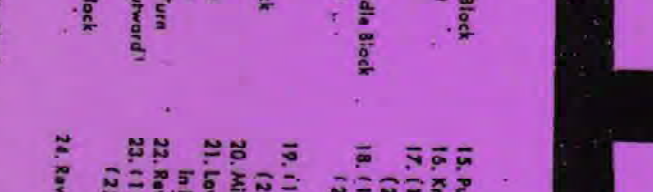
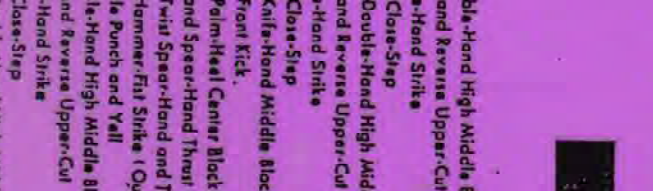
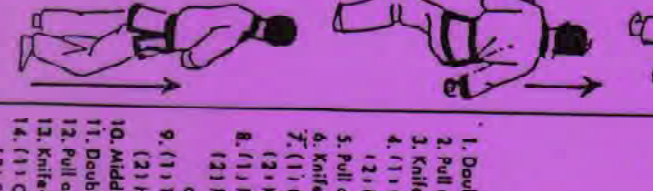
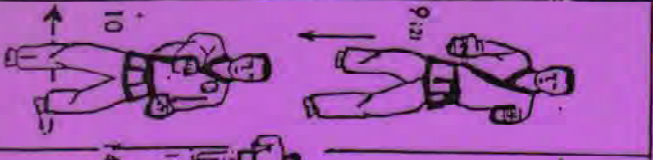
READY



PAL-GWE 4



- 1. Double-Hand High Middle Block
- 2. Pull and Reverse Upper-Cut
- 3. Knife-Hand Strike
- 4. (1) Close-Step
(2) Double-Hand High Middle Block
- 5. Pull and Reverse Upper-Cut
- 6. Knife-Hand Strike
- 7. (1) Close-Step
(2) Knife-Hand Middle Block
- 8. (1) Front Kick
(2) Palm-Heel Center Block and Spear-Hand Thrust
- 9. (1) Twist Spear-Hand and Turn
(2) Hammer-Fist Strike (Outward)
- 10. Middle Punch and Yell
- 11. Double-Hand High Middle Block
- 12. Pull and Reverse Upper-Cut
- 13. Knife-Hand Strike
- 14. (1) Close-Step
(2) Double-Hand High Middle Block
- 15. Pull and Reverse Upper-Cut
- 16. Knife-Hand Strike
- 17. (1) Close-Step
(2) Knife-Hand Middle Block
- 18. (1) Front Kick
(2) Palm-Heel Center Block and Spear-Hand Thrust
- 19. (1) Twist Spear-Hand and Turn
(2) Hammer-Fist Strike (Outward)
- 20. Middle Punch and Yell
- 21. Low Block to the Left in Horseback Stance
- 22. Reverse Middle Punch
- 23. (1) Ready Stance
(2) Low Block to the Right in Horseback Stance
- 24. Reverse Middle Punch



PAL-GWE 4



- 1. Double-Hand High Middle Block
- 2. Pull and Reverse Upper-Cut
- 3. Knife-Hand Strike
- 4. (1) Close-Step
- 5. Pull and Reverse Upper-Cut
- 6. Knife-Hand Strike
- 7. (1) Close-Step
- 8. (1) Knife-Hand Middle Block
- 9. (1) Front Kick
- 10. (2) Palm-Heel Center Block and Spear-Hand Thrust
- 11. (2) Twist Spear-Hand and Turn
- 12. (2) Hammer-Fist Strike (Outward)
- 13. (2) Middle Punch and Yell
- 14. (2) Double-Hand High Middle Block
- 15. (2) Pull and Reverse Upper-Cut
- 16. (2) Knife-Hand Strike
- 17. (2) Close-Step
- 18. (2) Double-Hand High Middle Block
- 19. (1) Front Kick
- 20. (2) Palm-Heel Center Block and Spear-Hand Thrust
- 21. (2) Twist Spear-Hand and Turn
- 22. (2) Hammer-Fist Strike (Outward)
- 23. (2) Middle Punch and Yell
- 24. (2) Low Block to the Left
- 25. (2) Reverse Middle Punch in Horseback Stance
- 26. (2) Ready Stance
- 27. (2) Low Block to the Right in Horseback Stance
- 28. (2) Reverse Middle Punch

PAL-GWE 4

- 1. ¼ left turn & C block**
- 2. Grab w/left hand, pull in and uppercut w/right**
- 3. Step back to ready stance, knife hand strike w/left hand**
- 4. Close step & C block**
- 5. Grab w/right hand, pull in and uppercut w/left**
- 6. Step back to ready stance, knife hand strike w/right hand**
- 7. Close step, move to left L stance, double knife hand middle block**
- 8. Front snap kick (right foot), heel palm center block (left), spear hand thrust (right)**
- 9. Pivot on right foot 360° while turning right palm down and to the back. Left horizontal hammerfist to opponent's temple.**
- 10. Middle punch and yell (kiai)**
- 11. Back leg ¾ turn into C block**
- 12. Grab w/left hand, pull in and uppercut w/right**
- 13. Step back to ready stance, knife hand strike w/left hand**
- 14. Close step – C block to your right**
- 15. Grab w/right hand, pull in and uppercut w/left**
- 16. Step back to ready stance, knife hand strike w/right**
- 17. Step w/left foot into L stance – double knife hand block**
- 18. Front snap kick (right foot), pressure block (left), spear hand thrust (right)**
- 19. Pull right hand back up to block across face while pivoting 360° left. Left horizontal hammerfist to opponent's temple.**
- 20. Step middle punch and yell (kiai)**
- 21. Back leg ¾ turn into horse stance. Left arm low side block**
- 22. Move into front stance w/left foot, reverse middle punch**
- 23. Step back to ready stance. Step out into horse stance w/right foot. Right arm low side block.**
- 24. Move into front stance w/right, double middle punch & yell (kiai).**

Front stance should be used unless otherwise specified.