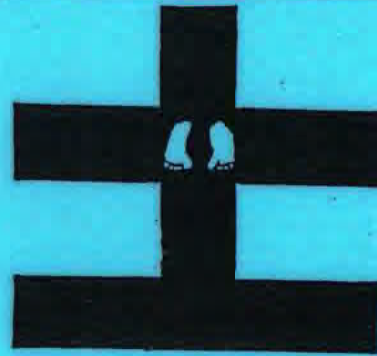
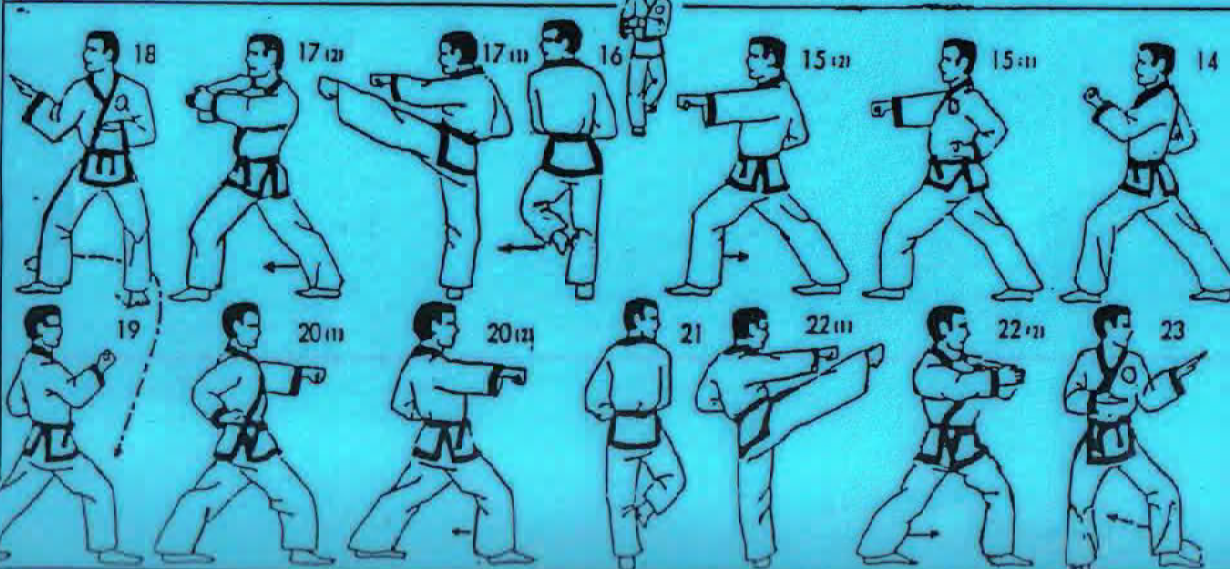


PAL-GWE 5



1. Scissors Block
2. Knife-Hand Low Block
3. Knife-Hand Middle Block
4. Palm-Heel Center Block
5. Middle Punch
6. Knife-Hand Low Block
7. Knife-Hand Middle Block
8. Palm-Heel Center Block
9. Middle Punch
10. Scissors Block
11. Double-Hand Middle Block
12. Double-Hand Middle Block
13. Palm-Heel Center Block and Spear-Hand Thrust and Yell

14. Outside Middle Block
15. 1 - Middle Punch
12 - Middle Punch
16. Crane Stance
17. 1 - Side Kick
2 - Elbow Strike
18. Knife-Hand Middle Block
19. Outside Middle Block
20. 1 - Middle Punch
12 - Middle Punch
21. Crane Stance
22. 1 - Side Kick
2 - Elbow Strike
23. Knife-Hand Middle Block
24. Scissors Block
25. Double-Hand Low Block 'Palm Down'
26. Double-Hand Low Block 'Palm Down'
27. Middle Punch and Yell
28. Knife-Hand Low Block
29. Knife-Hand Middle Block
30. Palm-Heel Center Block
31. Middle Punch
32. Knife-Hand Low Block
33. Knife-Hand Middle Block
34. Palm-Heel Center Block
35. Middle Punch



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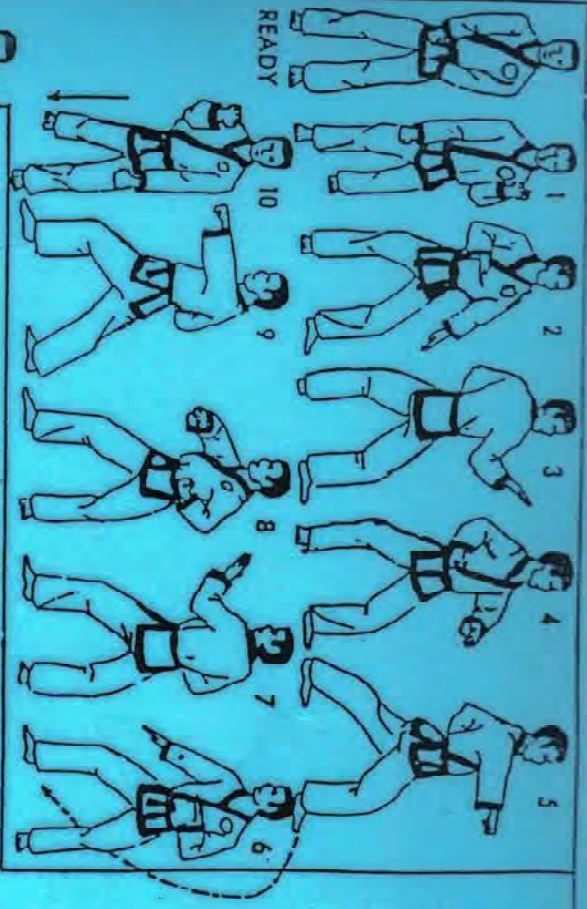
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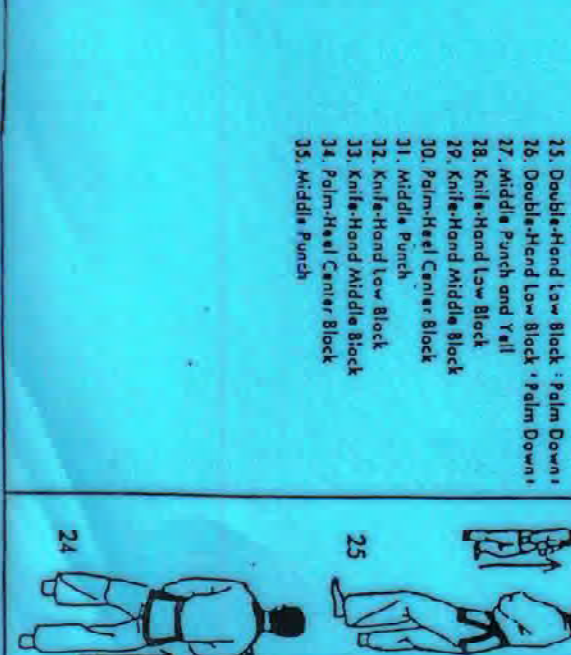
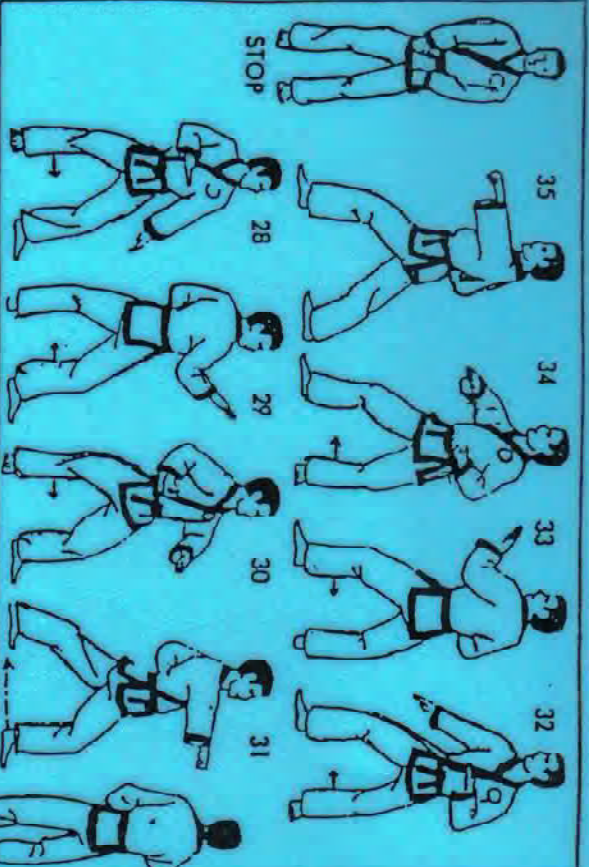
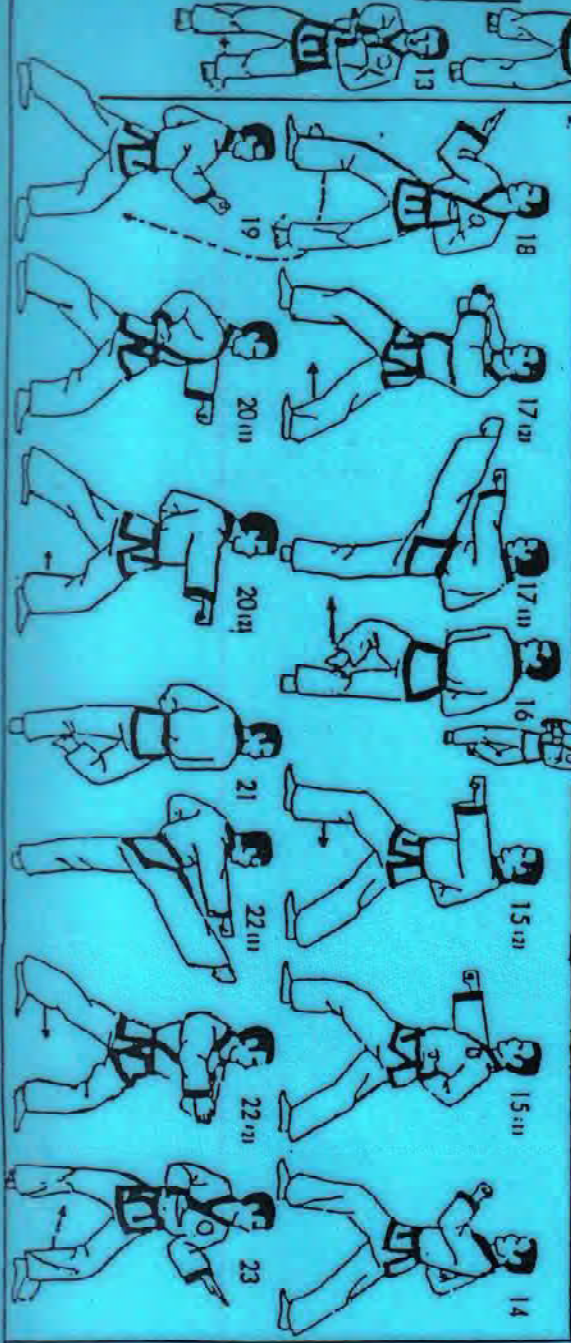
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PAL-GWE 5



- 1. Scissors Block
- 2. Knife-Hand Low Block
- 3. Knife-Hand Middle Block
- 4. Palm-Heel Center Block
- 5. Middle Punch
- 6. Knife-Hand Low Block
- 7. Knife-Hand Middle Block
- 8. Palm-Heel Center Block
- 9. Middle Punch
- 10. Scissors Block
- 11. Double-Hand Middle Block
- 12. Double-Hand Middle Block
- 13. Palm-Heel Center Block and Spear-Hand Throat and Yell

- 14. Outside Middle Block
- 15. 11 - Middle Punch
- 16. Crane Stance
- 17. 11 - Side Kick
- 18. Knife-Hand Middle Block
- 19. Outside Middle Block
- 20. 11 - Middle Punch
- 21. Crane Stance
- 22. 11 - Side Kick
- 23. Knife-Hand Middle Block
- 24. Scissors Block
- 25. Double-Hand Low Block - Palm Down
- 26. Double-Hand Low Block - Palm Down
- 27. Middle Punch and Yell
- 28. Knife-Hand Low Block
- 29. Knife-Hand Middle Block
- 30. Palm-Heel Center Block
- 31. Middle Punch
- 32. Knife-Hand Low Block
- 33. Knife-Hand Middle Block
- 34. Palm-Heel Center Block
- 35. Middle Punch

STOP

PAL-GWE 5

1. Step back with left foot into scissors block
2. ¼ turn left, double knife hand low block (L stance)
3. Double knife hand middle block (L stance)
4. Step back with right foot (L stance). Heel palm center block
5. Middle punch
6. Front leg 180° turn (L stance). Double knife hand low block.
7. Double knife hand middle block (L stance)
8. Step back with left foot (L stance). Heel palm center block
9. Middle punch
10. ¼ turn left, scissors block.
11. Double hand middle block
12. Double hand middle block
13. Heel palm center block(left), spear hand (right) and yell (kiai)
14. Back leg ¾ turn, outside middle block
15. Stay in place – double middle punch
16. Pull left foot up into crane stance
17. Side kick & side punch. Elbow strike
18. Double knife hand middle block
19. Front leg 180° turn (L stance). Outside middle block
20. Stay in place – double middle punch
21. Pull right foot up into crane stance
22. Side kick & side punch. Elbow strike
23. Double knife hand middle block (L stance)
24. ¼ left turn, scissors block
25. Double hand low block (L stance)
26. Double hand low block (L stance)
27. Middle punch and yell (Kiai)
28. Back leg ¾ turn (L stance). Knife hand low block
29. Double knife hand middle block (L stance)
30. Step back with right foot (L stance). Heel palm center block
31. Middle punch
32. Front leg 180° turn (L stance). Double knife hand low block
33. Knife hand middle block (L stance)
34. Step back with left foot (L stance). Heel palm center block
35. Double middle punch & yell (kiai)

Front stance should be used unless otherwise specified.