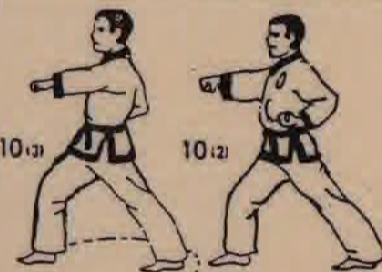
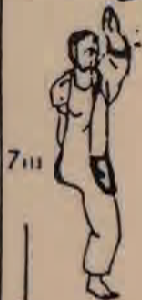
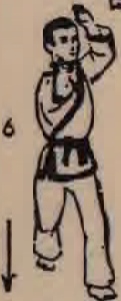
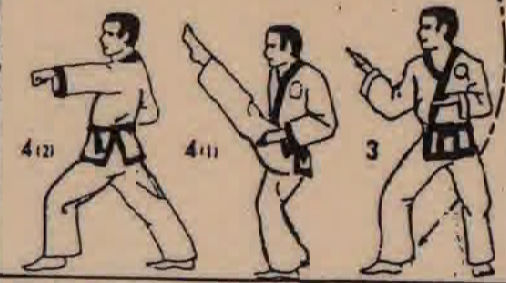
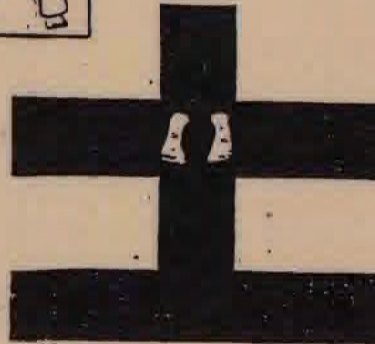




READY



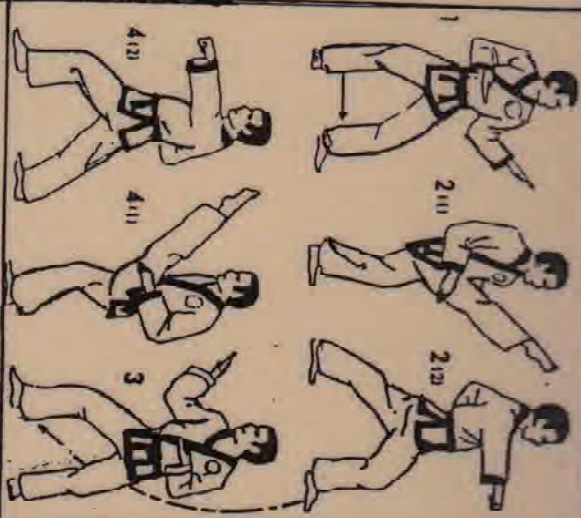
PAL-GWE 6



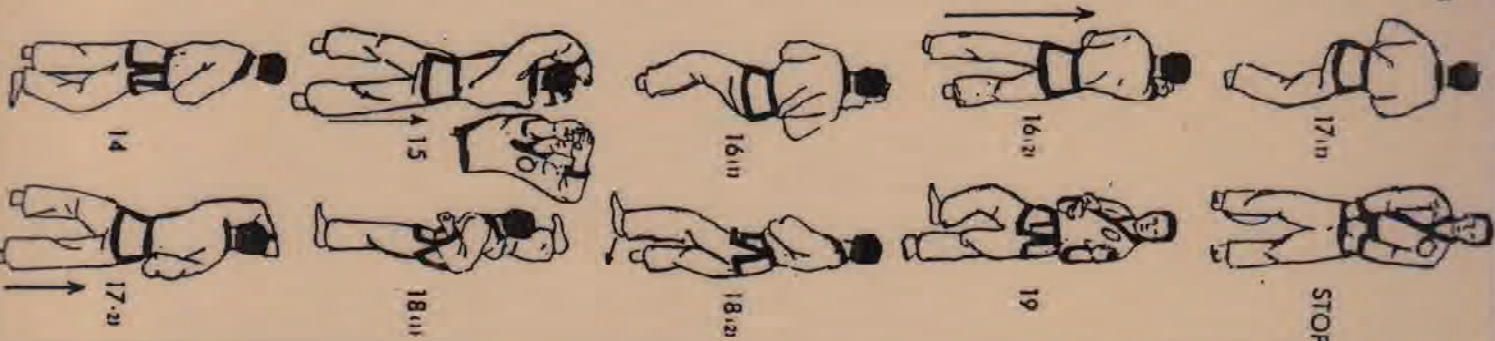
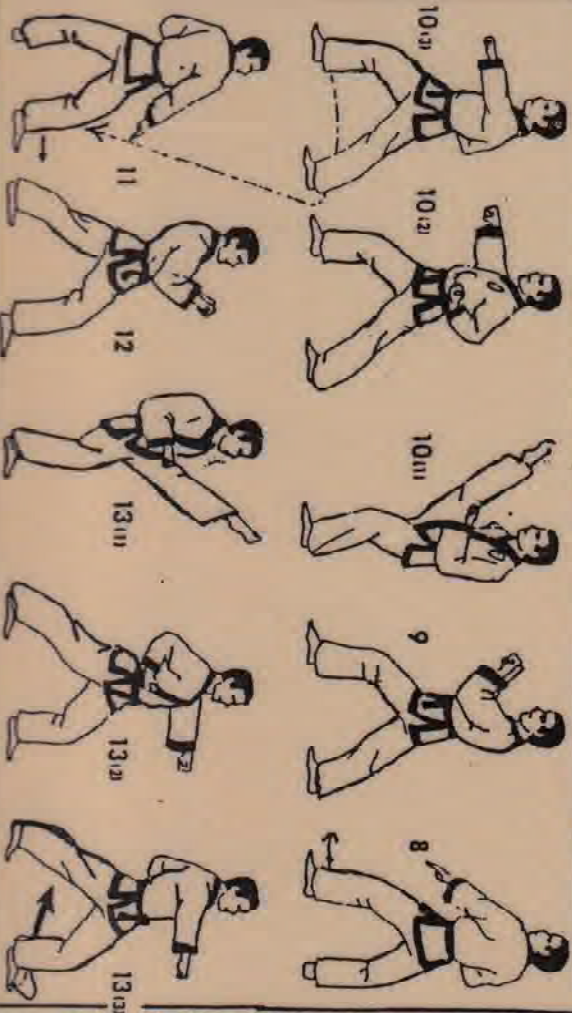
STOP

1. Knife-Hand Middle Block
2. (1) Front Kick
(2) Middle Punch
3. Knife-Hand Middle Block
4. (1) Front Kick
(2) Middle Punch
5. Low Block
6. Left Knife-Hand High Block and Right Knife-Hand Strike
7. (1) Front Kick
(2) Back-Fist Strike in Cross Stance and Yell
8. Knife-Hand Low Block
9. Spread Middle Block (Palm Down)
10. (1) Front Kick
(2) Middle Punch
(3) Middle Punch
11. Knife-Hand Low Block
12. Spread Middle Block (Palm Down)
13. (1) Front Kick
(2) Middle Punch
(3) Middle Punch
14. Knife-Hand Middle Block
15. Left Knife-Hand High Block and Right Palm-Heel Strike
16. (1) Front Kick
(2) Back-Fist Strike and Yell
17. (1) Front Kick
(2) High Block
18. (1) Side Kick
(2) Knife-Hand Middle Block
19. Knife-Hand Middle Block

READY



PAL-GWE 6



STOP

- 1. Knife-Hand Middle Block
- 2. (1) Front Kick
- 2. (2) Middle Punch
- 3. Knife-Hand Middle Block
- 4. (1) Front Kick
- 4. (2) Middle Punch
- 5. Low Block
- 6. Left Knife-Hand High Block and Right Knife-Hand Strike
- 7. (1) Front Kick
- 7. (2) Back-Fist Strike in Cross Stance and Yell
- 8. Knife-Hand Low Block
- 9. Spread Middle Block (Palm Down)
- 10. (1) Front Kick
- 10. (2) Middle Punch
- 10. (3) Middle Punch
- 11. Knife-Hand Low Block
- 12. Spread Middle Block (Palm Down)
- 13. (1) Front Kick
- 13. (2) Middle Punch
- 13. (3) Middle Punch
- 14. Knife-Hand Middle Block
- 15. Left Knife-Hand High Block and Right Palm-Heel Strike
- 16. (1) Front Kick
- 16. (2) Back-Fist Strike and Yell
- 17. (1) Front Kick
- 17. (2) High Block
- 18. (1) Side Kick
- 18. (2) Knife-Hand Middle Block
- 19. Knife-Hand Middle Block

PAL-GWE 6

1. $\frac{1}{4}$ turn left (L stance). Double knife hand middle block
2. Front snap kick, middle punch
3. Front leg 180° turn (L stance). Double knife hand middle block
4. Front snap kick, middle punch
5. $\frac{1}{4}$ left turn, down block
6. Stay in place. Knife hand high block w/left hand, knife hand strike w/right hand to neck
7. Front snap kick, back fist strike (cross stance) and yell (kiai)
8. Back leg $\frac{3}{4}$ turn (L stance). Knife hand low block
9. Pivot on ball of right foot and step forward $\frac{1}{2}$ step with left. Spread middle block
10. Front snap kick, double middle punch
11. Front leg 180° degree turn. Knife hand low block
12. Pivot on ball of left foot and step forward $\frac{1}{2}$ step with right. Spread middle block
13. Front snap kick, double middle punch
14. $\frac{1}{4}$ left turn (L stance). Double knife hand middle block
15. Pivot on ball of right foot and step forward $\frac{1}{2}$ step with left. Knife hand high block with left hand and high heel palm strike with right hand.
16. Front snap kick, back fist strike and yell (kiai)
17. Front snap kick, up block
18. Side kick & side punch. Double knife hand middle block
19. Shift left foot into about face (L stance). Knife hand middle block
20. $\frac{1}{2}$ step, double middle punch and yell (kiai).

Front stance should be used unless otherwise specified