

READY

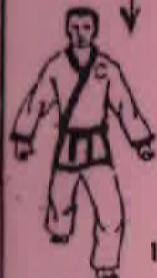


3(1)

# PAL-GWE 7



1. Spread Low Block
2. (1) Front Kick  
(2) Spread Middle Block : Palm In
3. (1) Front Kick -  
(2) Double-Fist High X Block
4. (1) Side Kick  
(2) Knife-Hand Middle Block
5. Outside Middle Block
6. Reverse High Punch
7. High Block
8. (1) Side Kick  
(2) Knife-Hand Low Block
9. Reverse Middle Punch
10. Outside Middle Block
11. Reverse High Punch
12. High Block
13. (1) Side Kick  
(2) Knife-Hand Low Block
14. Reverse Middle Punch
15. Double-Fist Low X Block
16. Double-Fist High X Block
17. Grab, High Punch and Yell
18. Low Block to the Front  
in Horseback Stance
19. Knife-Hand Strike
20. (1) Crescent Kick  
(2) Elbow Strike
21. High Side Block-Low Block  
in Horseback Stance
22. Knife-Hand Middle Block
23. Reverse Middle Punch and Yell



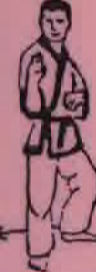
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4(1)



2(1)



4(2)



2(2)



9



8(2)



8(1)



6



5



3(1)



10



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13(1)



13(2)



14



16



15



20(1)



20(2)



18



21



17



22

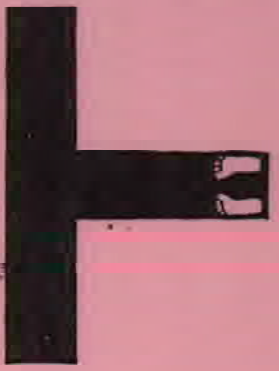


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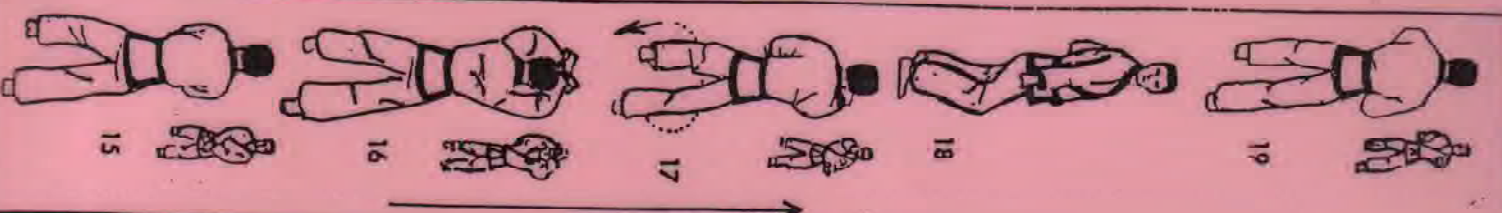
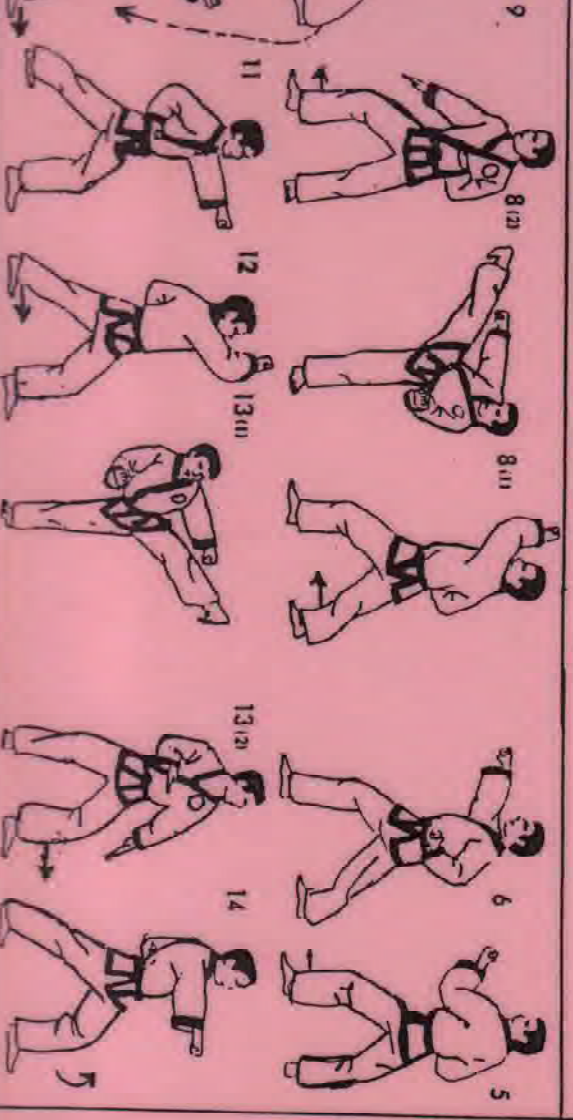


STOP

# PAL-GWE 7



1. Spread Low Block
2. (1) Front Kick  
(2) Spread Middle Block : Palm In
3. (1) Front Kick  
(2) Double-Fist High X Block
4. (1) Side Kick  
(2) Knife-Hand Middle Block
5. Outside Middle Block
6. Reverse High Punch
7. High Block
8. (1) Side Kick  
(2) Knife-Hand Low Block
9. Reverse Middle Punch
10. Outside Middle Block
11. Reverse High Punch
12. High Block
13. (1) Side Kick  
(2) Knife-Hand Low Block
14. Reverse Middle Punch
15. Double-Fist Low X Block
16. Double-Fist High X Block
17. Grab, High Punch and Yell
18. Low Block to the Front  
in Horseback Stance
19. Knife-Hand Strike
20. (1) Crescent Kick  
(2) Elbow Strike
21. High Side Block-Low Block  
in Horseback Stance
22. Knife-Hand Middle Block
23. Reverse Middle Punch and Yell



## PAL-GWE 7

1. Spread low block
2. Front snap kick, spread middle block
3. Front snap kick, double fist high X block
4. Side kick (right foot) & side punch. Double knife hand middle block (L stance)
5. Back leg  $\frac{3}{4}$  turn (L stance), outside middle block
6.  $\frac{1}{2}$  step over, reverse up punch
7. Up block
8. Side kick (right foot) & side punch. Double knife hand low block (L stance)
9.  $\frac{1}{2}$  step over, reverse middle punch
10. Front leg turn  $180^\circ$  (L stance), outside middle block
11.  $\frac{1}{2}$  step over, reverse up punch
12. Up block
13. Side kick (left foot) & side punch. Double knife hand low block (L stance)
14.  $\frac{1}{2}$  step over, reverse middle punch
15.  $\frac{1}{4}$  turn left, double fist low X block
16. Stay in place – double fist high X block
17. Grab (left hand over right), pulling towards you. Up punch (right fist). Yell (kiai)
18. Pivot  $360^\circ$  on left foot. Down block with right arm.
19.  $\frac{1}{4}$  turn left, knife hand strike with left hand to neck.
20. Crescent kick (right foot) into palm of left hand. Step down into Horse stance – elbow strike with right arm.
21. Slide half step to right (Horse stance). High side block-low block
22. Slide half step to right (L stance). Double knife hand middle block.
23. Pivot into front stance, double middle punch & yell (kiai)

Use front stance unless otherwise specified