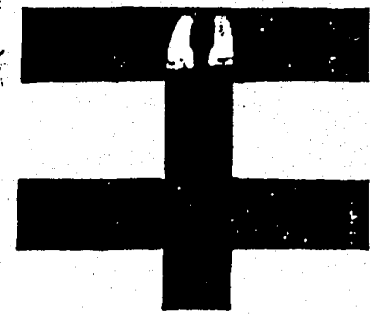
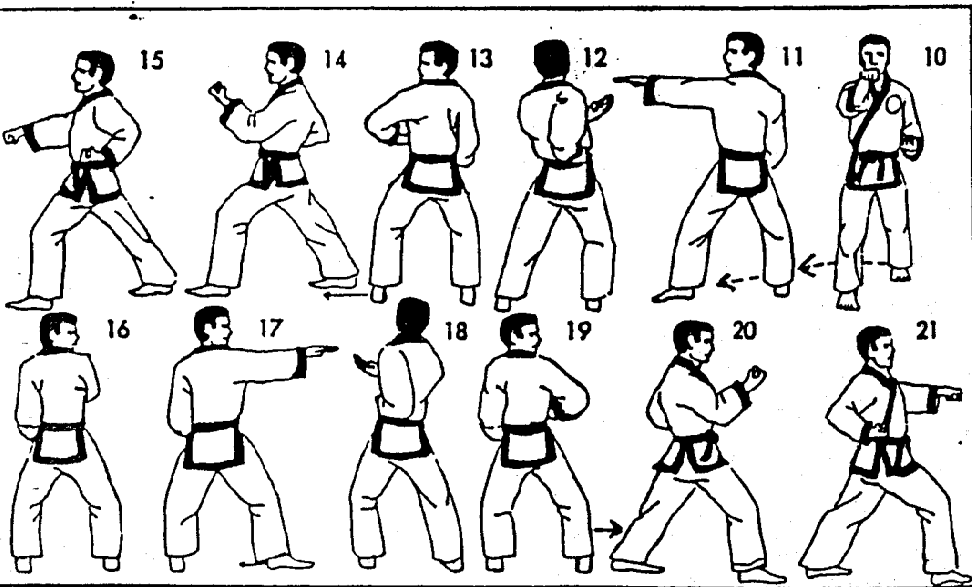


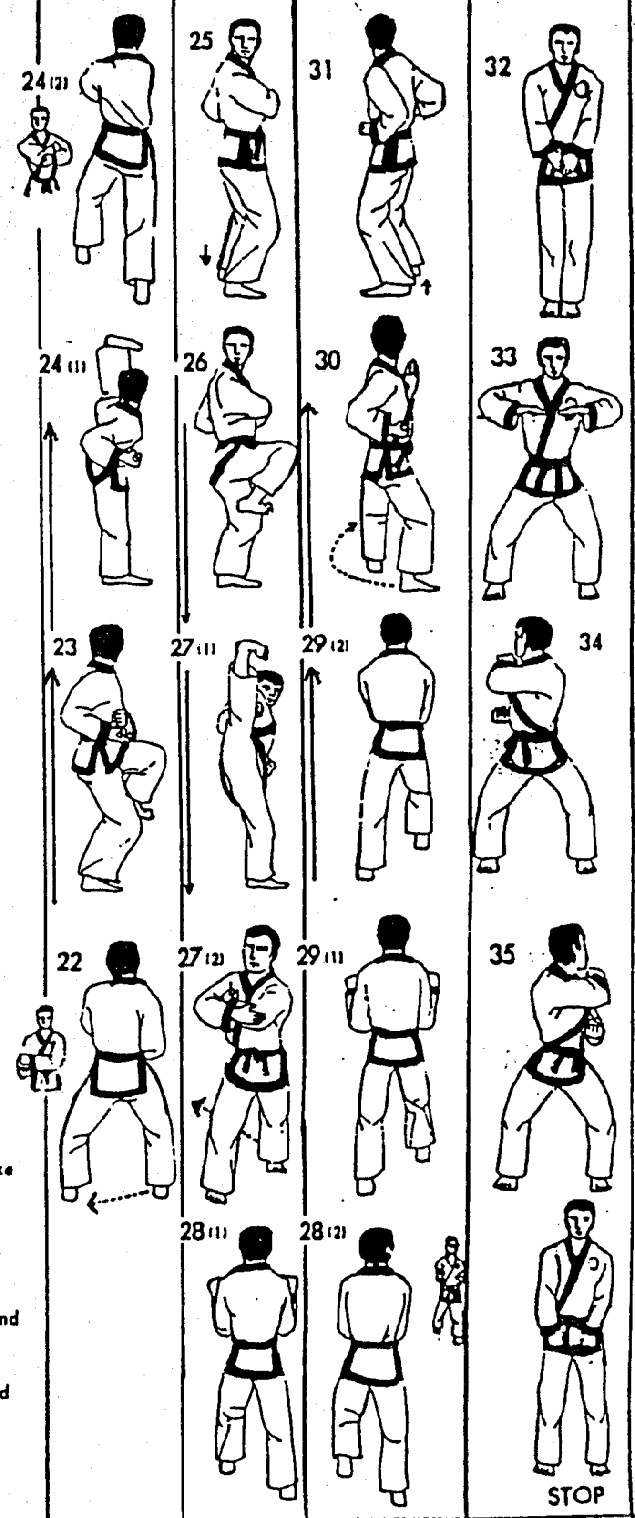
PAL-GWE 8



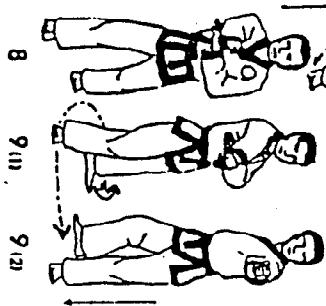
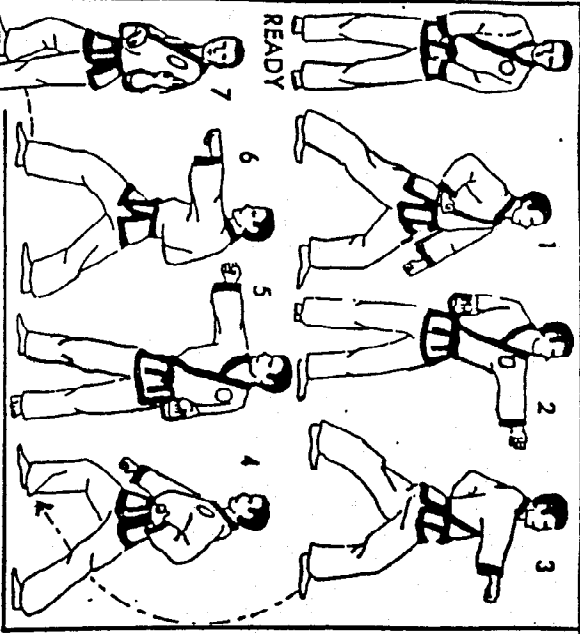
1. Low Block
2. Pull Free and Hammer-Fist Strike (Downward)
3. Middle Punch
4. Low Block
5. Pull Free and Hammer-Fist Strike (Downward)
6. Middle Punch
7. Knife-Hand Middle Block
8. Palm-Heel Center Block and Spear-Hand Thrust
9. (1) Twist Spear-Hand and Turn (2) Back-Fist Strike
10. High Punch and Yell
11. Knife-Hand Strike
12. Twist and Pull Free
13. Elbow Strike in Horseback Stance



14. Outside Middle Block
15. Reverse Middle Punch
16. Turn to the Left in Horseback Stance
17. Knife-Hand Strike
18. Twist and Pull Free
19. Elbow Strike in Horseback Stance
20. Outside Middle Block
21. Reverse Middle Punch
22. Turn to the Center in Horseback Stance
23. Crane Stance
24. (1) Side Kick (2) Elbow Strike
25. Turn to the Front in Horseback Stance
26. Crane Stance
27. (1) Side Kick (2) Elbow Strike
28. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut
29. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut
30. Knife-Hand Middle Block (Outside-to-Inside)
31. Spin and Backward Elbow Strike in Horseback Stance
32. Turn to the Front in Normal Stance
33. Double Elbow Release in Horseback Stance
34. Backward Right Elbow Strike and Over-the-Shoulder Left High Hook Punch
35. Backward Left Elbow Strike and Over-the-Shoulder Right High Hook Punch and Yell

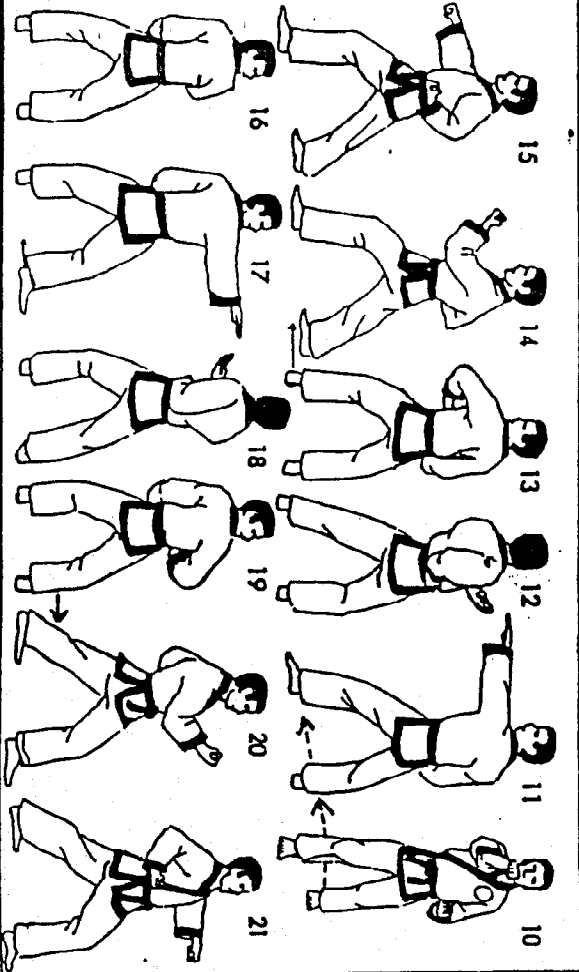
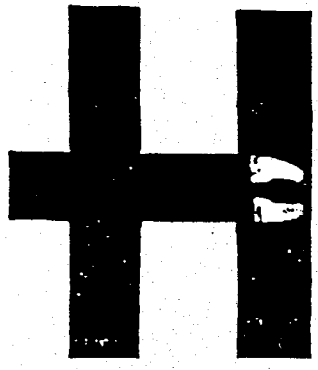


STOP

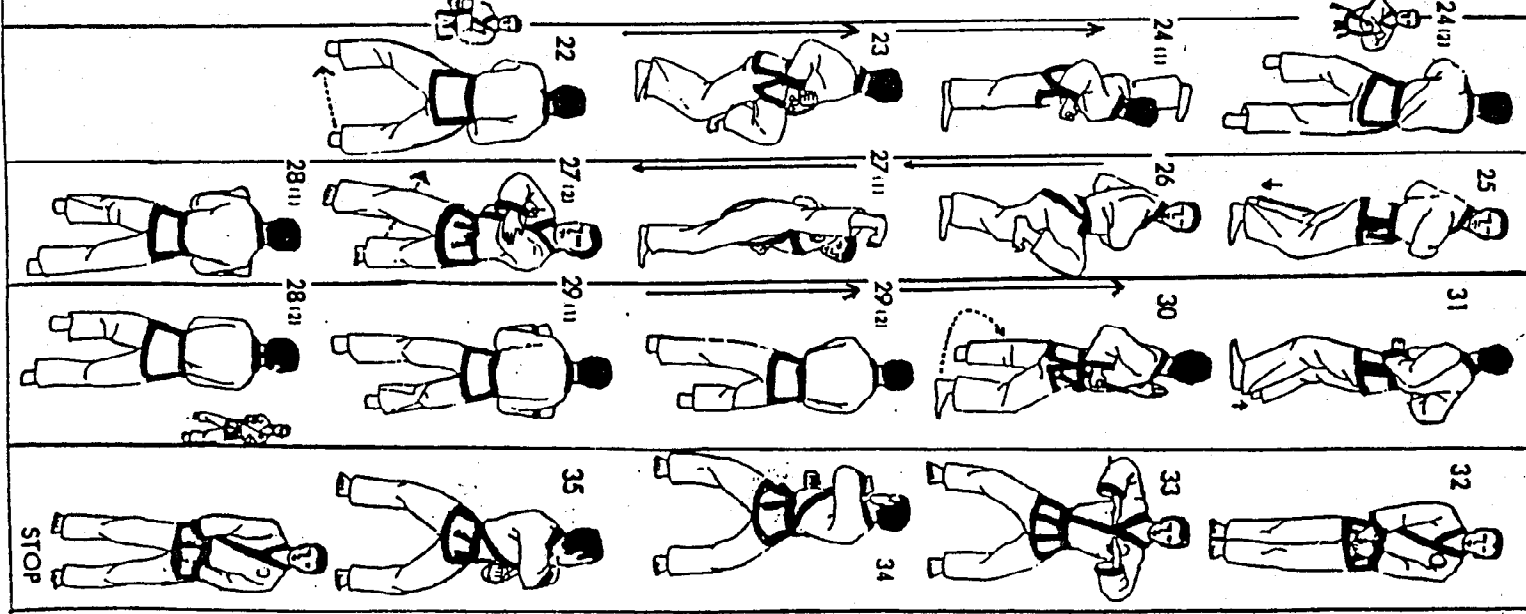


PAL-GWE 8

1. Low Block
2. Pull Free and Hammer-Fist Strike (Downward)
3. Middle Punch
4. Low Block
5. Pull Free and Hammer-Fist Strike (Downward)
6. Middle Punch
7. Knife-Hand Middle Block
8. Palm-Heel Caster Block and Spear-Hand Thrust
9. (1) Twist Spear-Hand and Turn (2) Back-Fist Strike
10. High Punch and Yell
11. Knife-Hand Strike
12. Twist and Pull Free
13. Elbow Strike in Horseback Stance



14. Outside Middle Block
15. Reverse Middle Punch
16. Turn to the Left in Horseback Stance
17. Knife-Hand Strike
18. Twist and Pull Free Elbow Strike in Horseback Stance
19. Outside Middle Block
20. Reverse Middle Punch
21. Turn to the Center in Horseback Stance
22. Turn to the Front in Normal Stance
23. Crane Stance
24. (1) Side Kick (2) Elbow Strike
25. Turn to the Front in Horseback Stance
26. Crane Stance
27. (1) Side Kick (2) Elbow Strike
28. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut (Palm Down)
29. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut (Outside-to-Inside)
30. Knife-Hand Middle Block in Horseback Stance
31. Spin and Backward Elbow Strike in Horseback Stance
32. Turn to the Front in Normal Stance
33. Double Elbow Release in Horseback Stance
34. Backward Right Elbow Strike and Over-the-Shoulder Left High Hook Punch
35. Backward Left Elbow Strike and Over-the-Shoulder Right High Hook Punch and Yell



PAL-GWE 8

1. ¼ turn left, down block
2. Draw left foot into L stance. Twist left fist palm up inward Hammerfist strike to shoulder.
3. Middle punch
4. Front leg 180° turn, down block
5. Draw right foot into L stance. Twist right fist palm up inward Hammerfist strike to shoulder.
6. Middle punch
7. ¼ turn left, double knife hand middle block
8. Heel palm center block (left hand) and spear hand thrust (right hand).
9. Twist right hand palm down and place back of open hand against small of your back. Pivot on right foot 360° (L stance). Backfist (left hand) to face.
10. Up punch and yell (kiai)
11. Back leg ¾ turn (L stance). Knife hand strike to neck.
12. Draw left foot into Horse stance. Twist left fist palm up inward.
13. Elbow strike (left) into ribs while remaining in Horse stance.
14. Pivot on right foot into Front stance. Outside middle block
15. Stay in place - reverse middle punch
16. 1/4 turn right (Horse stance). Pull right hand back in to left hip, palm up.
17. Bring left foot in next to right. Slide right foot over ½ step (L stance). Knife hand strike to neck.
18. Draw right foot in to Horse stance. Twist right hand in to chest, palm up.
19. Slide right foot over ½ step. Elbow strike with left arm to ribs.
20. Shift right foot back into Front stance. Outside middle block.
21. Stay in place – reverse middle punch.
22. ¼ turn left (Horse stance). Pull left fist in to right hip, palm up.
23. Pull right foot into Crane stance.
24. Side kick & up punch, elbow strike (right elbow into left palm).
25. ¼ turn right (Horse stance). Pull right fist in to left hip, palm up.
26. Pull left foot into Crane stance.
27. Side kick & up punch, elbow strike (left elbow into right palm).
28. Cross left foot behind right & about face. Spread middle block. Double upper cut
29. Spread middle block, double middle upper cut.
30. Knife hand middle block (L stance).
31. Grab with left hand, pivot on left foot 180° (Horse stance). Backward elbow strike.
32. ¼ left turn into Ready stance. Place hands over abdomen (left palm on back of right hand.)
33. Slide left foot out one step (Horse stance). Double elbow strike to shoulder.
34. Step over to right (Horse stance). Backward elbow strike (right) and high hook punch (left).
35. Step over to left (Horse stance). Backward elbow strike (left) and high hook punch (right).

Use front stance unless otherwise specified.