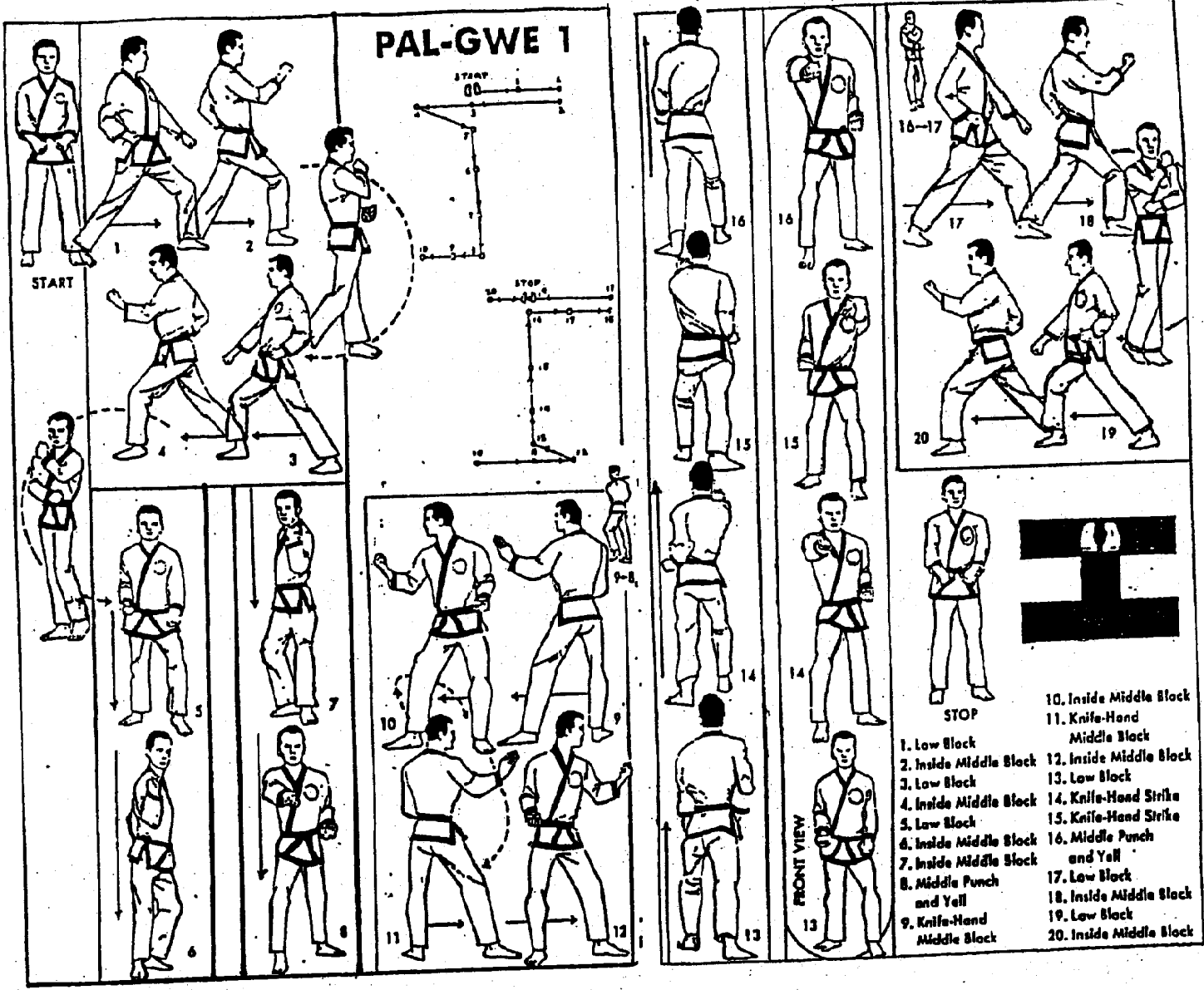
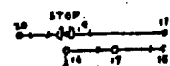
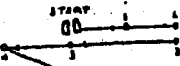


PAL-GWE 1



START

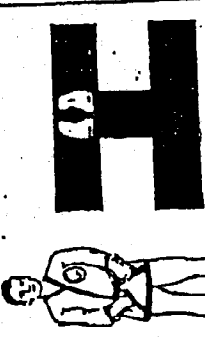
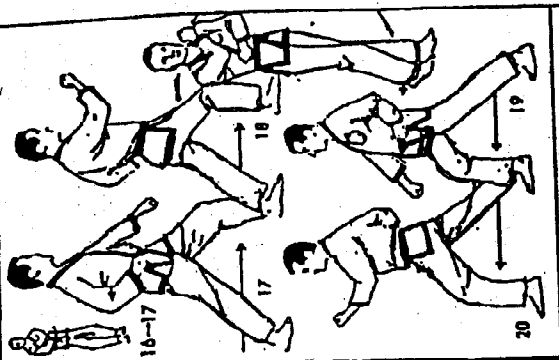
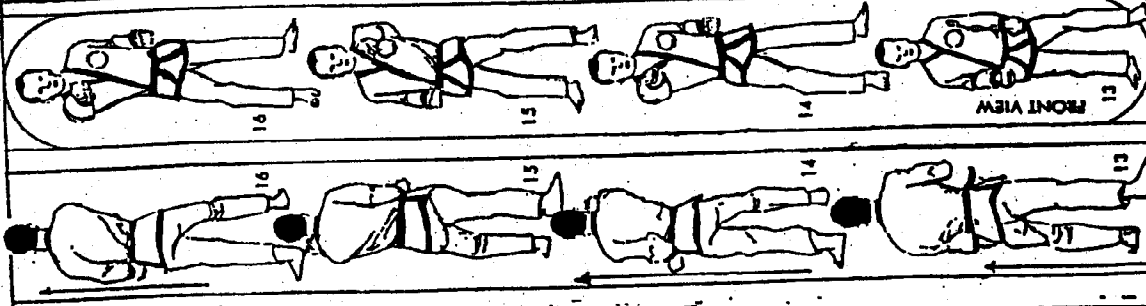
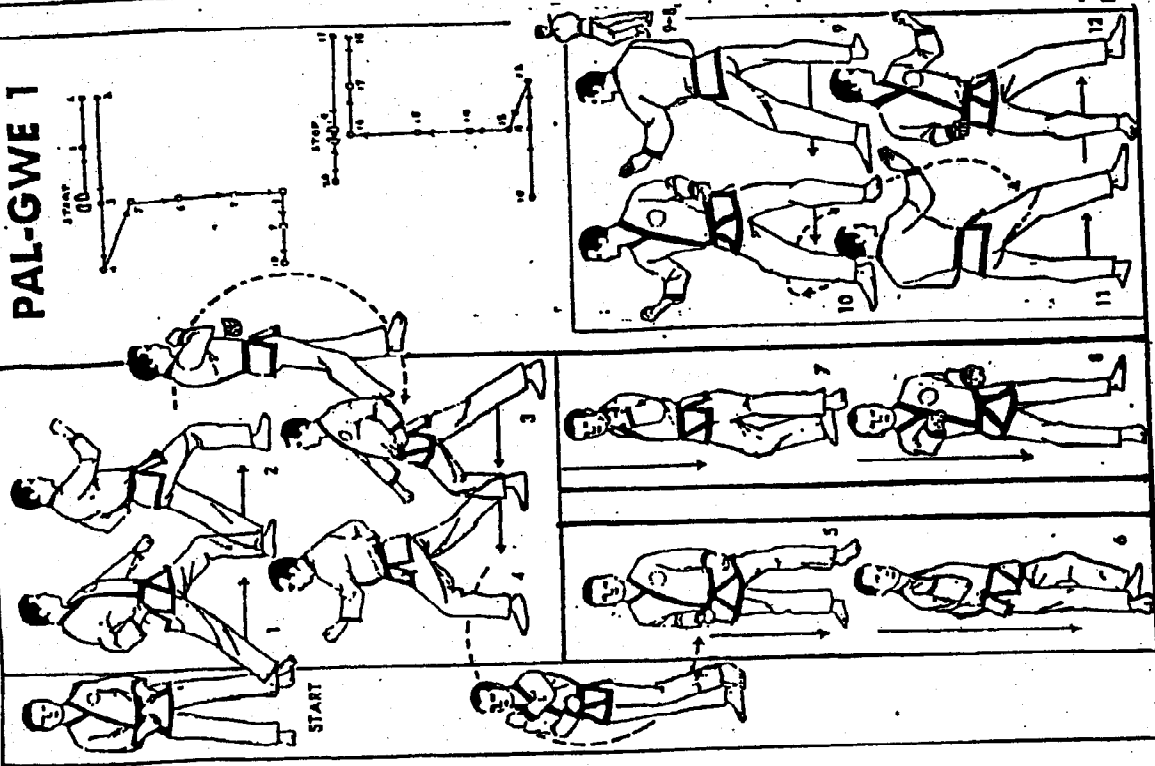


- STOP
- 1. Low Block
 - 2. Inside Middle Block
 - 3. Low Block
 - 4. Inside Middle Block
 - 5. Low Block
 - 6. Inside Middle Block
 - 7. Inside Middle Block
 - 8. Middle Punch and Yell
 - 9. Knife-Hand Middle Block
 - 10. Inside Middle Block
 - 11. Knife-Hand Middle Block
 - 12. Inside Middle Block
 - 13. Low Block
 - 14. Knife-Hand Strike
 - 15. Knife-Hand Strike
 - 16. Middle Punch and Yell
 - 17. Low Block
 - 18. Inside Middle Block
 - 19. Low Block
 - 20. Inside Middle Block

FRONT VIEW



PAL-GWE 1



1. Low Block
2. Inside Middle Block
3. Low Block
4. Inside Middle Block
5. Low Block
6. Inside Middle Block
7. Inside Middle Block
8. Middle Punch and Yell
9. Knife-Hand Middle Block
10. Inside Middle Block
11. Knife-Hand Middle Block
12. Inside Middle Block
13. Low Block
14. Knife-Head Strike
15. Knife-Head Strike
16. Middle Punch and Yell
17. Low Block
18. Inside Middle Block
19. Low Block
20. Inside Middle Block

PAL-GWE 1

- 1. ¼ left turn & down block**
- 2. Inside middle block**
- 3. Front leg 180 degree turn & down block**
- 4. Inside middle block**
- 5. ¼ left turn & down block**
- 6. Inside middle block (L stance)**
- 7. Inside middle block (L stance)**
- 8. Middle punch & yell (kiai)**
- 9. Back leg ¾ turn & double knife hand middle block (L stance)**
- 10. Inside middle block (L stance)**
- 11. Front leg 180 degree turn & double knife hand middle block (L stance)**
- 12. Inside middle block (L stance)**
- 13. ¼ left turn & down block**
- 14. Knife hand strike**
- 15. Knife hand strike**
- 16. Middle punch & yell (kiai)**
- 17. Back leg ¾ turn & down block**
- 18. Inside middle block**
- 19. Front leg 180 degree turn & down block**
- 20. Inside middle block**
- 21. Reverse punch & yell (kiai)**

Front stance should be used unless otherwise specified.