



**PAL-GWE**  
**3**

READY

STOP

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