



**READY**

**PAL-GWE 4**

**STOP**

1. Double-Hand High Middle Block	15. Pull and Reverse Upper-Cut
2. Pull and Reverse Upper-Cut	16. Knife-Hand Strike
3. Knife-Hand Strike	17. (1) Close-Step
4. (1) Close-Step	(2) Knife-Hand Middle Block
(2) Double-Hand High Middle Block	18. (1) Front Kick
5. Pull and Reverse Upper-Cut	(2) Palm-Heel Center Block
6. Knife-Hand Strike	and Spear-Hand Thrust
7. (1) Close-Step	19. (1) Twist Spear-Hand and Turn
(2) Knife-Hand Middle Block	(2) Hammer-Fist Strike (Outward)
8. (1) Front Kick	20. Middle Punch and Yell
(2) Palm-Heel Center Block	21. Low Block to the Left
and Spear-Hand Thrust	in Horseback Stance
9. (1) Twist Spear-Hand and Turn	22. Reverse Middle Punch
(2) Hammer-Fist Strike (Outward)	23. (1) Ready Stance
10. Middle Punch and Yell	(2) Low Block to the Right
11. Double-Hand High Middle Block	in Horseback Stance
12. Pull and Reverse Upper-Cut	24. Reverse Middle Punch
13. Knife-Hand Strike	
14. (1) Close-Step	
(2) Double-Hand High Middle Block	