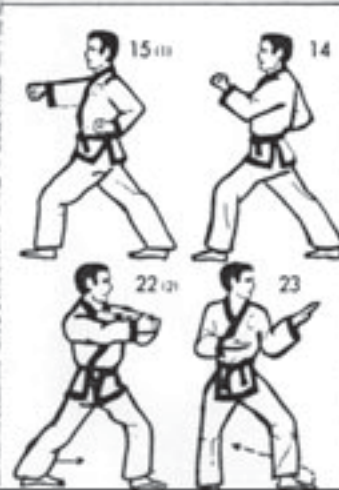
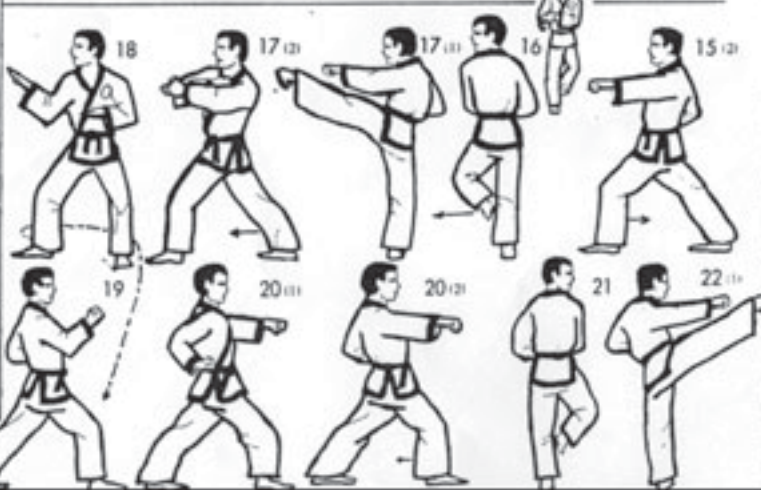


PAL-GWE 5



- 1. Scissors Block
- 2. Knife-Hand Low Block
- 3. Knife-Hand Middle Block
- 4. Palm-Heel Center Block
- 5. Middle Punch
- 6. Knife-Hand Low Block
- 7. Knife-Hand Middle Block
- 8. Palm-Heel Center Block
- 9. Middle Punch
- 10. Scissors Block
- 11. Double-Hand Middle Block
- 12. Double-Hand Middle Block
- 13. Palm-Heel Center Block and Spear-Hand Thrust and Yell

- 14. Outside Middle Block
- 15. (1) Middle Punch
- 16. Crane Stance
- 17. (1) Side Kick
- 18. Knife-Hand Middle Block
- 19. Outside Middle Block
- 20. (1) Middle Punch
- 21. Crane Stance
- 22. (1) Side Kick
- 23. Knife-Hand Middle Block
- 24. Scissors Block
- 25. Double-Hand Low Block / Palm Down
- 26. Double-Hand Low Block / Palm Down
- 27. Middle Punch and Yell
- 28. Knife-Hand Low Block
- 29. Knife-Hand Middle Block
- 30. Palm-Heel Center Block
- 31. Middle Punch
- 32. Knife-Hand Low Block
- 33. Knife-Hand Middle Block
- 34. Palm-Heel Center Block
- 35. Middle Punch