



READY

PAL-GWE 6

1. Knife-Hand Middle Block
 2. (1) Front Kick
 (2) Middle Punch
 3. Knife-Hand Middle Block
 4. (1) Front Kick
 (2) Middle Punch
 5. Low Block
 6. Left Knife-Hand High Block and Right Knife-Hand Strike
 7. (1) Front Kick
 (2) Back-Fist Strike in Cross Stance and Yell
 8. Knife-Hand Low Block
 9. Spread Middle Block (Palm Down)
 10. (1) Front Kick
 (2) Middle Punch
 (3) Middle Punch
 11. Knife-Hand Low Block
 12. Spread Middle Block (Palm Down)
 13. (1) Front Kick
 (2) Middle Punch
 (3) Middle Punch
 14. Knife-Hand Middle Block
 15. Left Knife-Hand High Block and Right Palm-Heel Strike
 16. (1) Front Kick
 (2) Back-Fist Strike and Yell
 17. (1) Front Kick
 (2) High Block
 18. (1) Side Kick
 (2) Knife-Hand Middle Block
 19. Knife-Hand Middle Block