














READY













PAL-GWE 7



1. Spread Low Block
2. (1) Front Kick
(2) Spread Middle Block (Palm In)
3. (1) Front Kick
(2) Double-Fist High X Block
4. (1) Side Kick
(2) Knife-Hand Middle Block
5. Outside Middle Block
6. Reverse High Punch
7. High Block
8. (1) Side Kick
(2) Knife-Hand Low Block
9. Reverse Middle Punch
10. Outside Middle Block
11. Reverse High Punch
12. High Block
13. (1) Side Kick
(2) Knife-Hand Low Block
14. Reverse Middle Punch
15. Double-Fist Low X Block
16. Double-Fist High X Block
17. Grab, High Punch and Yell
18. Low Block to the Front in Horseback Stance
19. Knife-Hand Strike
20. (1) Crescent Kick
(2) Elbow Strike
21. High Side Block Low Block in Horseback Stance
22. Knife-Hand Middle Block
23. Reverse Middle Punch and Yell

STOP

