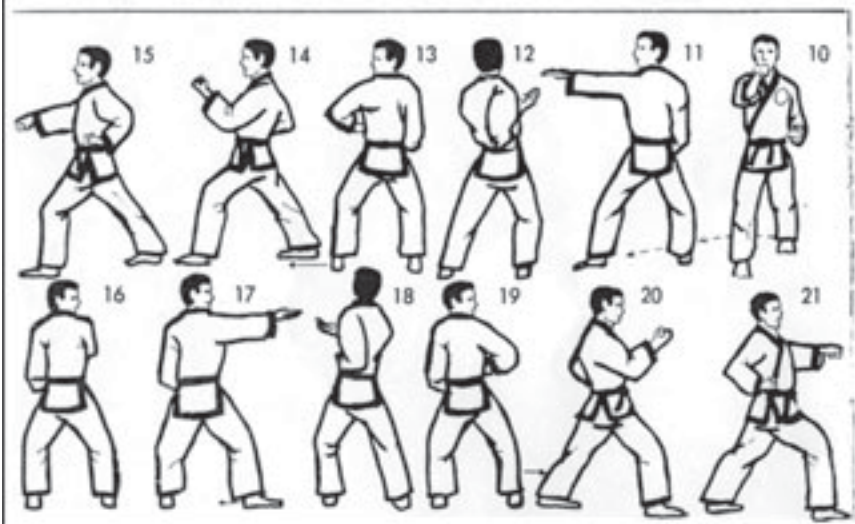


PAL-GWE 8



- 1. Low Block
- 2. Pull Free and Hammer-Fist Strike (Downward)
- 3. Middle Punch
- 4. Low Block
- 5. Pull Free and Hammer-Fist Strike (Downward)
- 6. Middle Punch
- 7. Knife-Hand Middle Block
- 8. Palm-Heel Center Block and Spear-Hand Thrust
- 9. (1) Twist Spear-Hand and Turn (2) Back-Fist Strike
- 10. High Punch and Yell
- 11. Knife-Hand Strike
- 12. Twist and Pull Free
- 13. Elbow Strike in Horseback Stance



- 14. Outside Middle Block
- 15. Reverse Middle Punch
- 16. Turn to the Left in Horseback Stance
- 17. Knife-Hand Strike
- 18. Twist and Pull Free
- 19. Elbow Strike in Horseback Stance
- 20. Outside Middle Block
- 21. Reverse Middle Punch
- 22. Turn to the Center in Horseback Stance
- 23. Crane Stance
- 24. (1) Side Kick (2) Elbow Strike
- 25. Turn to the Front in Horseback Stance
- 26. Crane Stance
- 27. (1) Side Kick (2) Elbow Strike
- 28. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut
- 29. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut
- 30. Knife-Hand Middle Block (Outside-to-Inside)
- 31. Spin and Backward Elbow Strike in Horseback Stance
- 32. Turn to the Front in Normal Stance
- 33. Double Elbow Release in Horseback Stance
- 34. Backward Right Elbow Strike and Over-the-Shoulder Left High Hook Punch
- 35. Backward Left Elbow Strike and Over-the-Shoulder Right High Hook Punch and Yell



STOP