

PAL GAE IL JANG

12
MIDDLE BLOCK
LBS

11
DOUBLE KNIFEHAND
MIDDLE BLOCK
RBS

9
DOUBLE KNIFEHAND
MIDDLE BLOCK
LBS

10
MIDDLE BLOCK
RBS

13
DOWN BLOCK
LFS

8
MIDDLE PUNCH *
RFS

14
KNIFEHAND STRIKE
RFS

7
MIDDLE BLOCK
LBS

15
KNIFEHAND STRIKE
LFS

6
MIDDLE BLOCK
RBS

16
MIDDLE PUNCH *
RFS

5
DOWN BLOCK
LFS

18
MIDDLE BLOCK
RFS

17
DOWN BLOCK
LFS

19
DOWN BLOCK
RFS

20
MIDDLE BLOCK
LFS

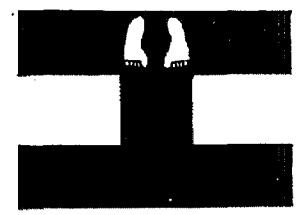
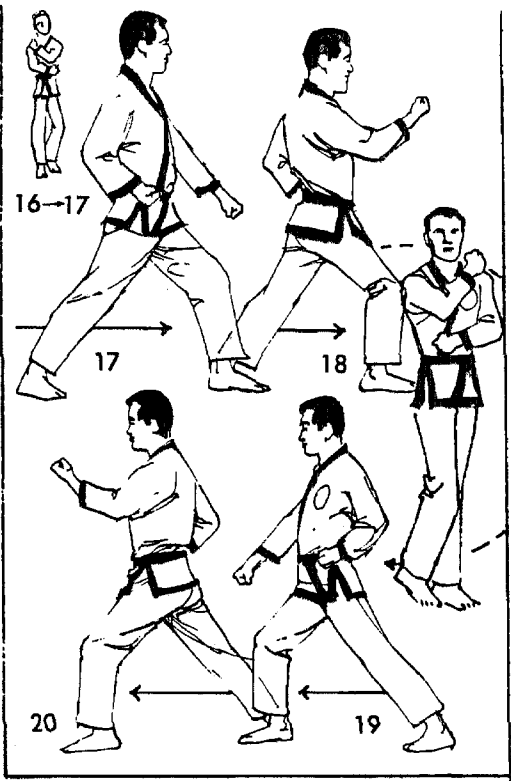
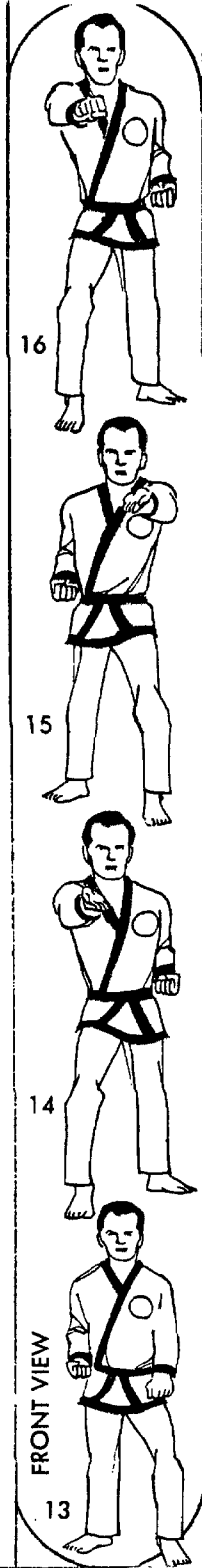
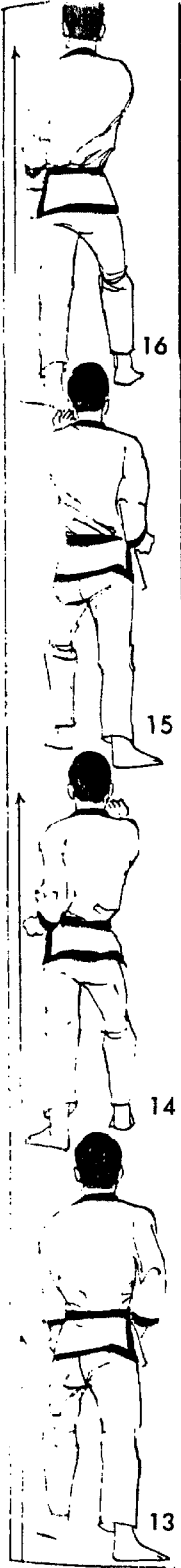
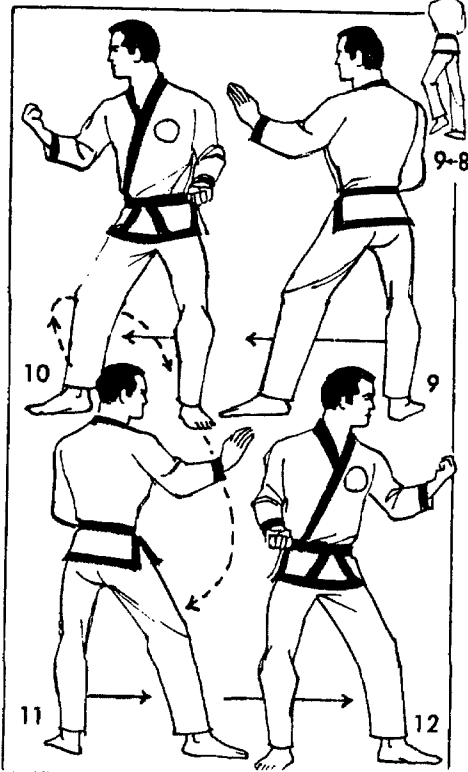
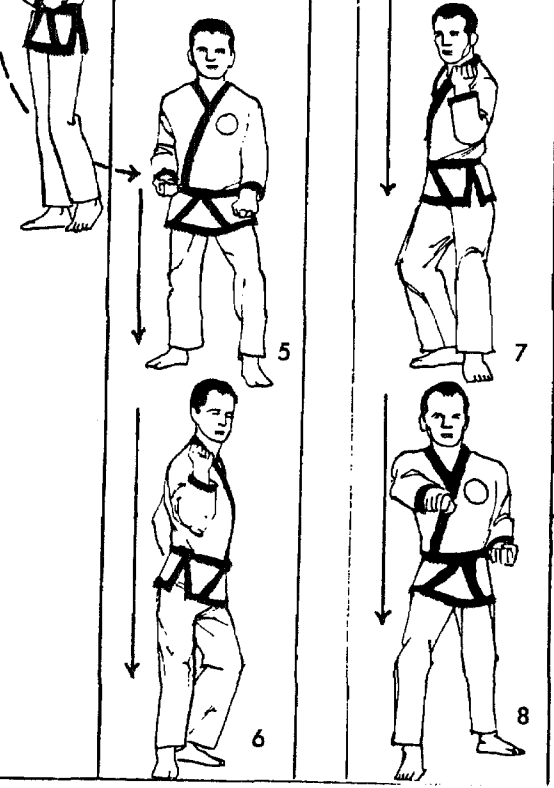
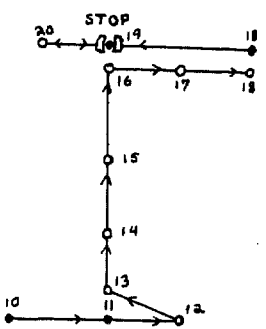
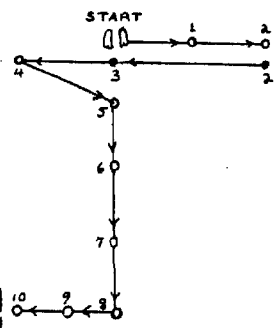
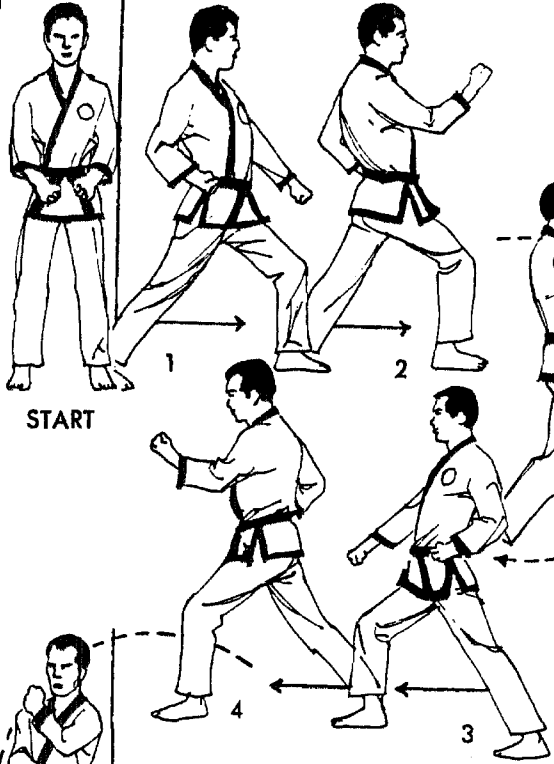
2
MIDDLE BLOCK
RFS

1
DOWN BLOCK
LFS

3
DOWN BLOCK
RFS

4
MIDDLE BLOCK
LFS

PAL-GWE 1



- 1. Low Block
- 2. Inside Middle Block
- 3. Low Block
- 4. Inside Middle Block
- 5. Low Block
- 6. Inside Middle Block
- 7. Inside Middle Block
- 8. Middle Punch and Yell
- 9. Knife-Hand Middle Block
- 10. Inside Middle Block
- 11. Knife-Hand Middle Block
- 12. Inside Middle Block
- 13. Low Block
- 14. Knife-Hand Strike
- 15. Knife-Hand Strike
- 16. Middle Punch and Yell
- 17. Low Block
- 18. Inside Middle Block
- 19. Low Block
- 20. Inside Middle Block