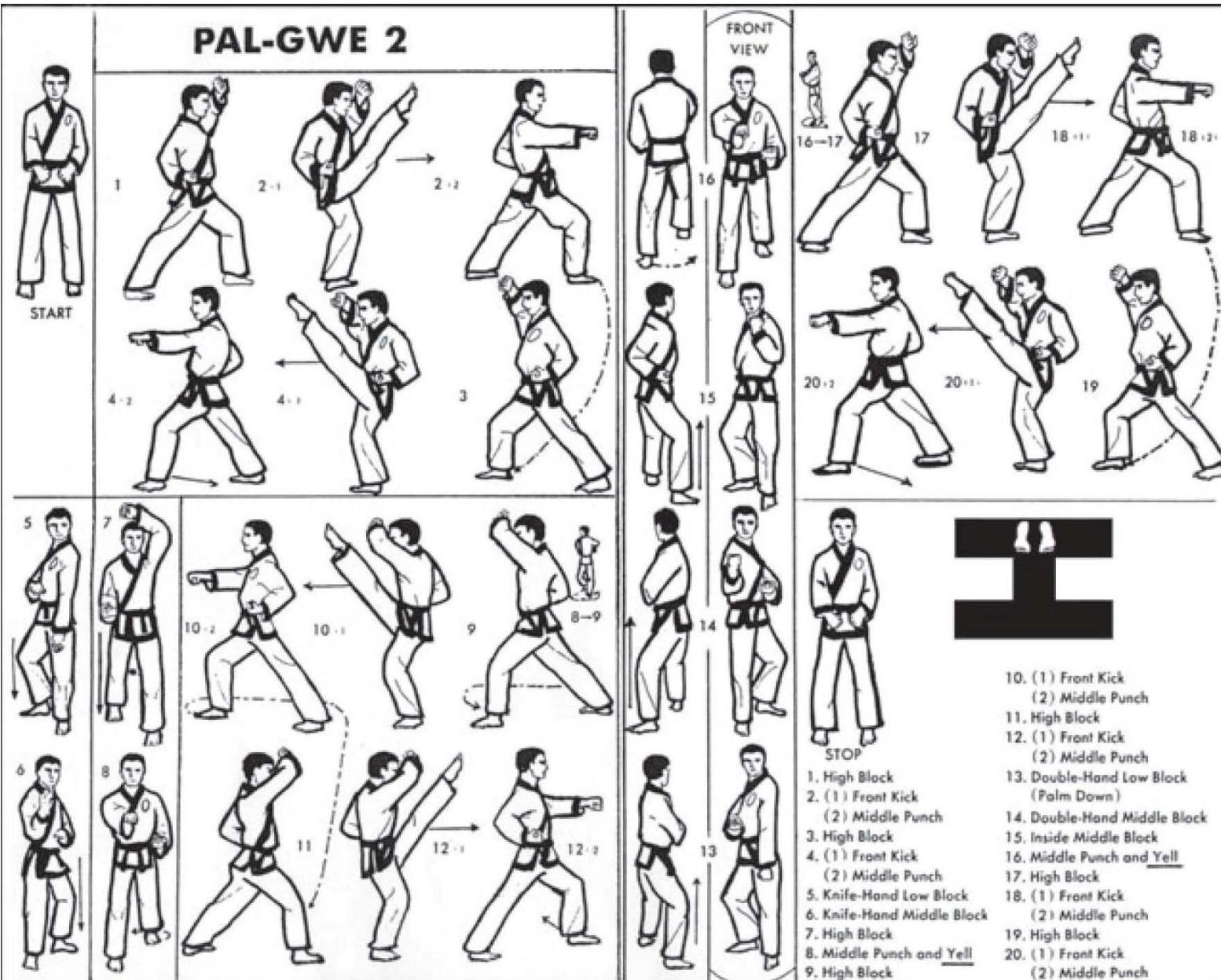
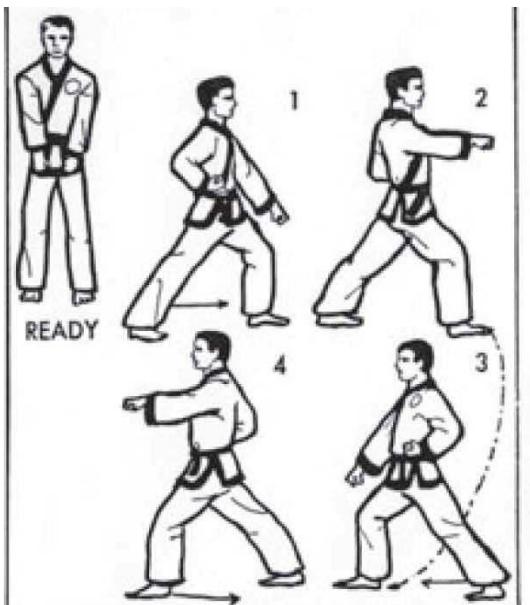


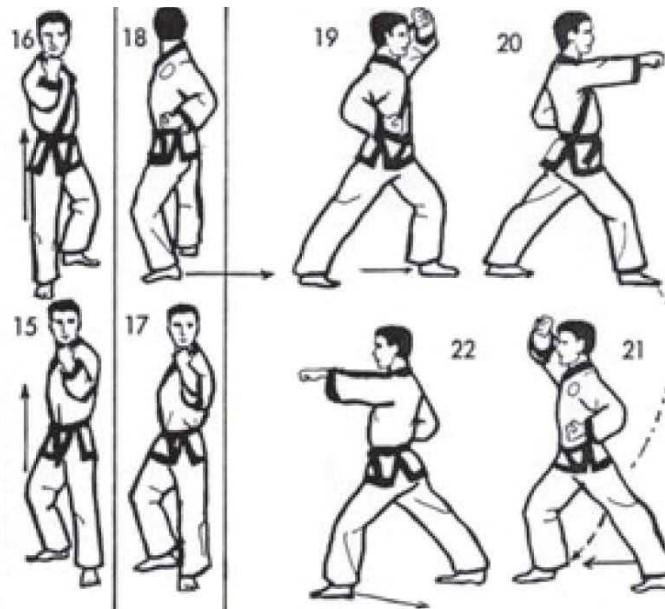
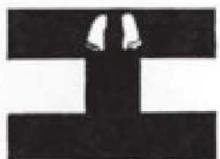
PAL-GWE 2



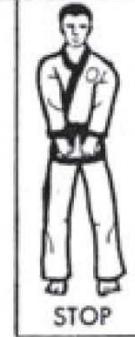
TAEKWONDO

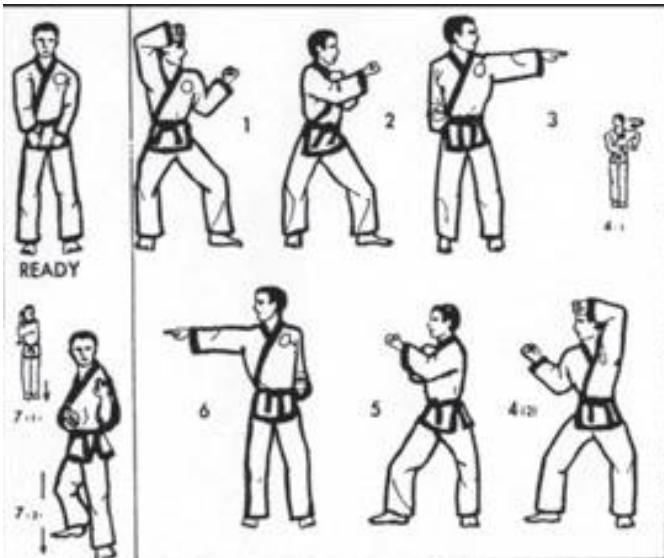


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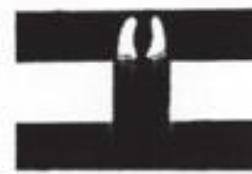
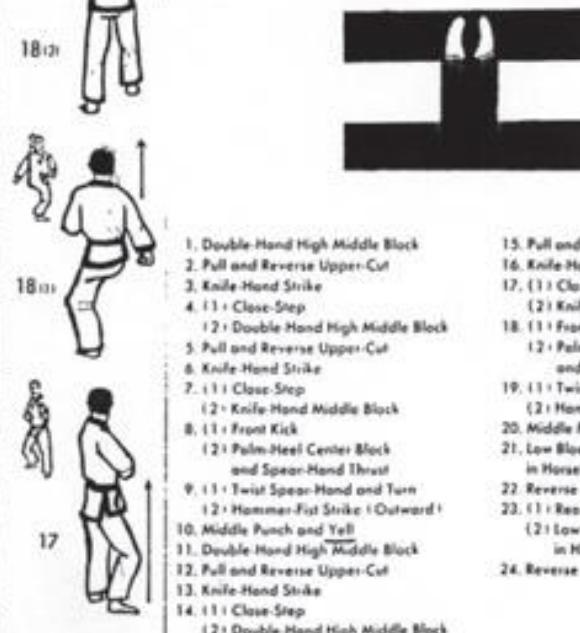
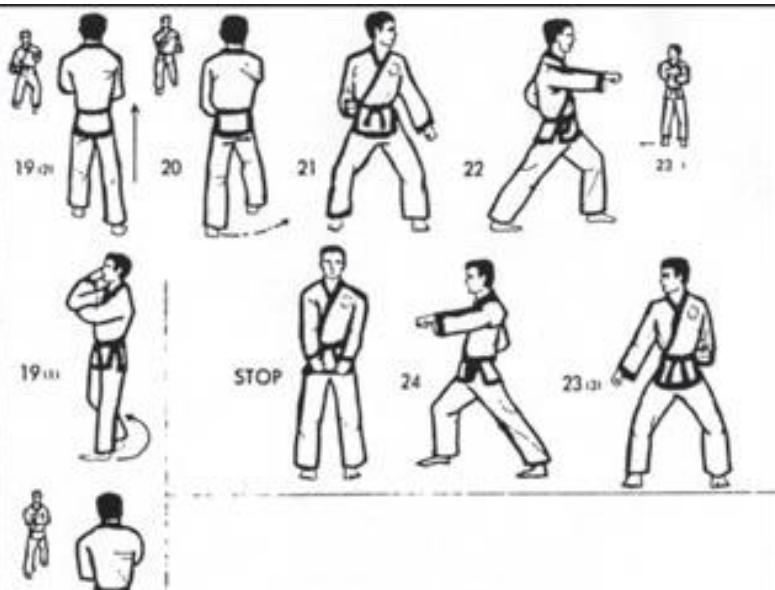
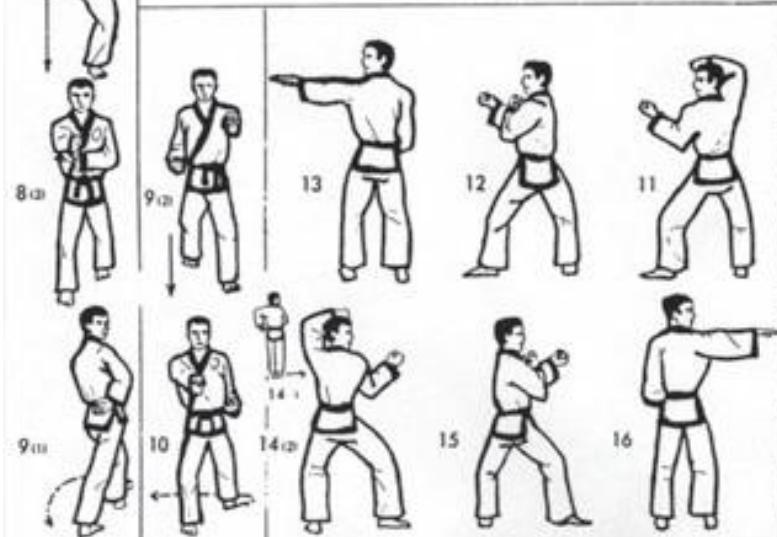


1. Low Block
2. Middle Punch
3. Low Block
4. Middle Punch
5. Low Block
6. High Block
7. High Block
8. High Punch and Yell
9. Knife-Hand Middle Block
10. Knife-Hand Middle Block
11. Knife-Hand Middle Block
12. Knife-Hand Middle Block
13. Outside Middle Block
14. Outside Middle Block
15. Inside Middle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





PAL-GWE 4

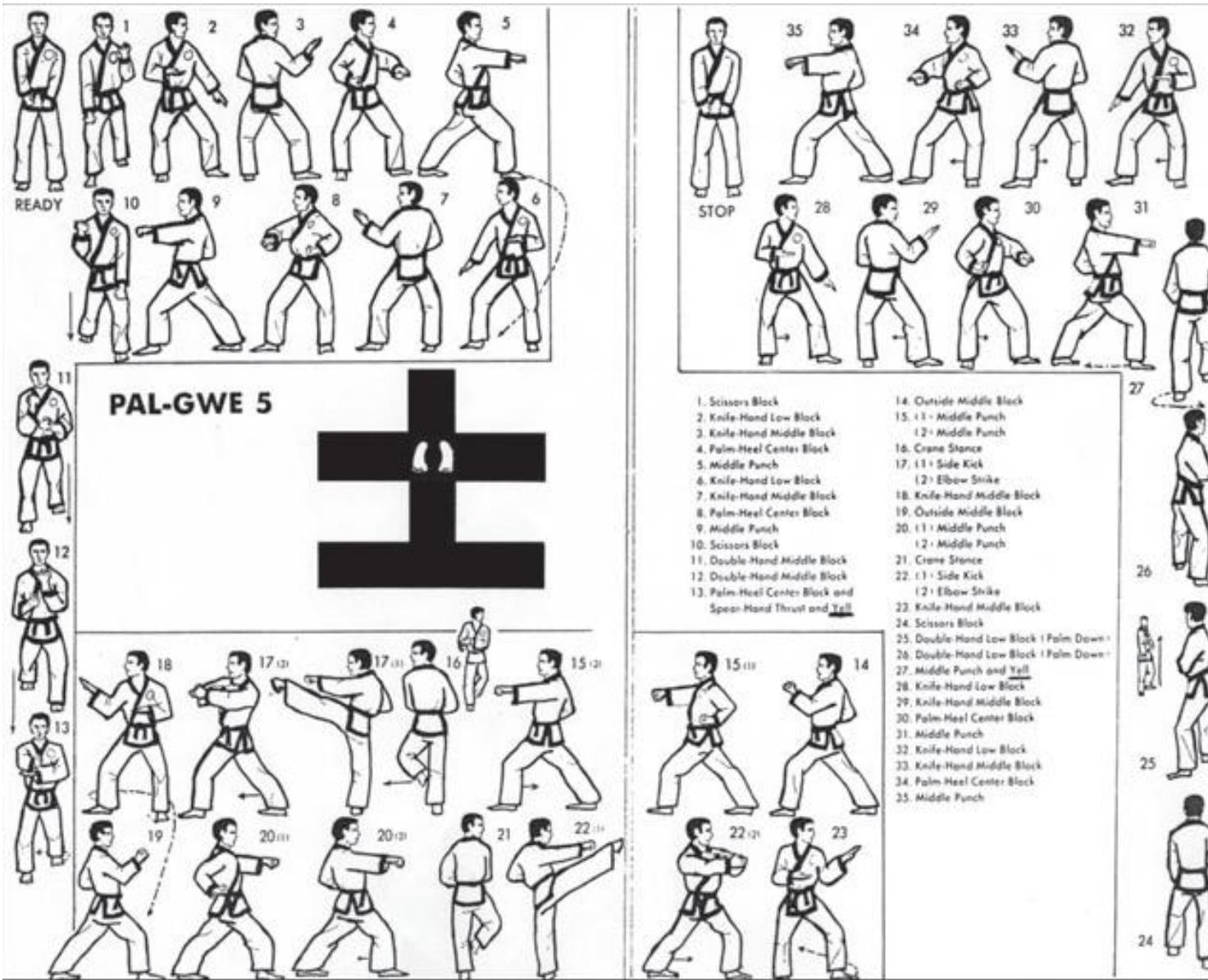


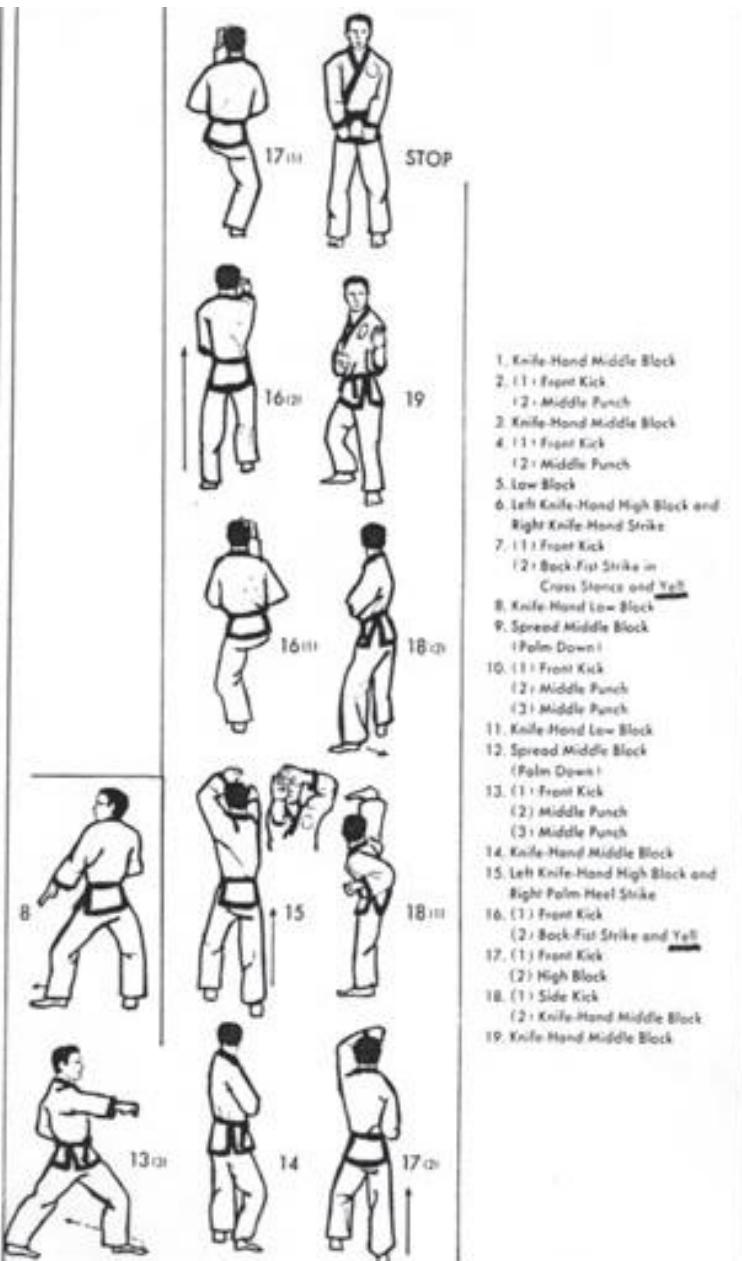
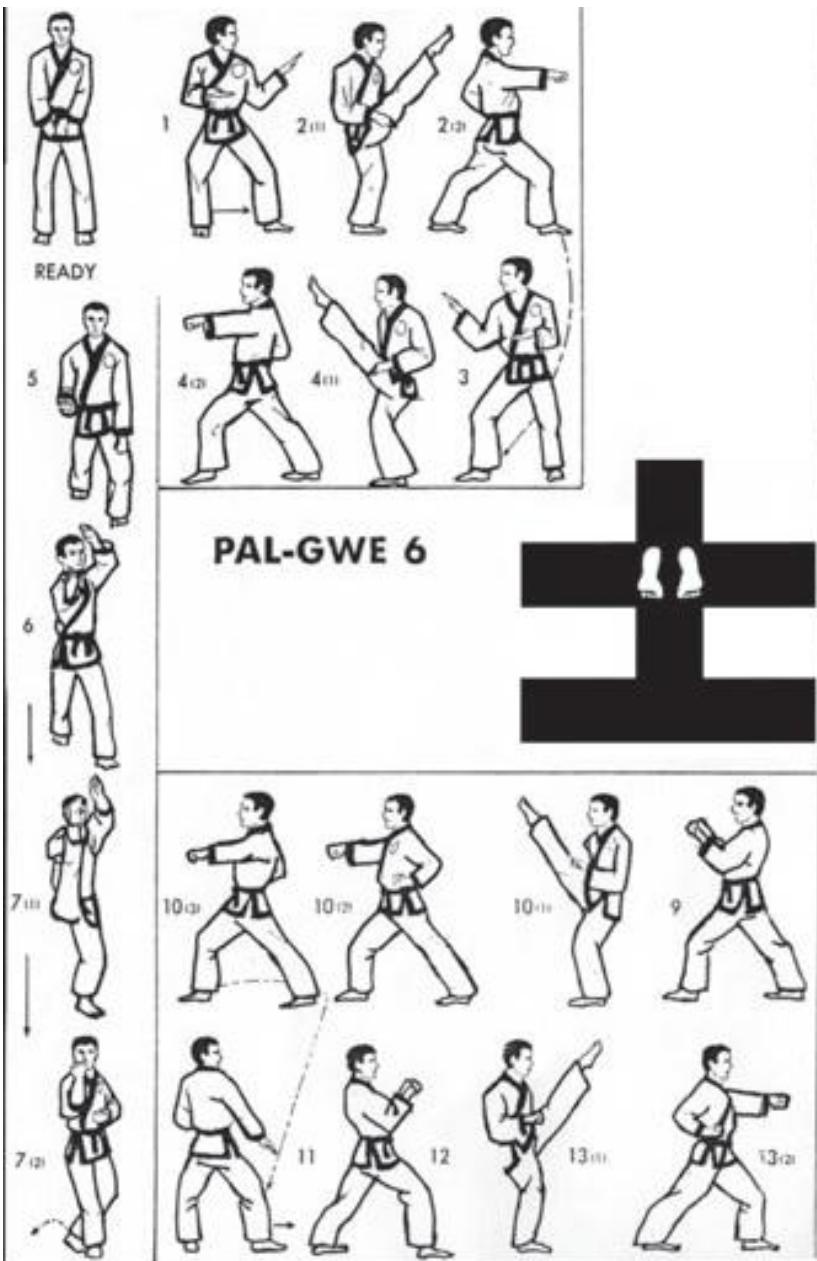
- 1. Double-Hand High Middle Block
- 2. Pull and Reverse Upper-Cut
- 3. Knife-Hand Strike
- 4. (1) Close-Step
(2) Double-Hand High Middle Block
- 5. Pull and Reverse Upper-Cut
- 6. Knife-Hand Strike
- 7. (1) Close-Step
(2) Double-Hand Middle Block
- 8. (1) Front Kick
(2) Palm-Heel Center Block and Spear-Hand Thrust
- 9. (1) Twist Spear-Hand and Turn
(2) Hammer-Fist Strike (Outward)
- 10. Middle Punch and Yell
- 11. Double-Hand High Middle Block
- 12. Pull and Reverse Upper-Cut
- 13. Knife-Hand Strike
- 14. (1) Close-Step
(2) Double-Hand High Middle Block

- 15. Pull and Reverse Upper-Cut
- 16. Knife-Hand Strike
- 17. (1) Close-Step
(2) Knife-Hand Middle Block
- 18. (1) Front Kick
(2) Palm-Heel Center Block and Spear-Hand Thrust
- 19. (1) Twist Spear-Hand and Turn
(2) Hammer-Fist Strike (Outward)
- 20. Middle Punch and Yell
- 21. Low Block to the Left in Horseback Stance
- 22. Reverse Middle Punch
- 23. (1) Ready Stance
(2) Low Block to the Right in Horseback Stance
- 24. Reverse Middle Punch

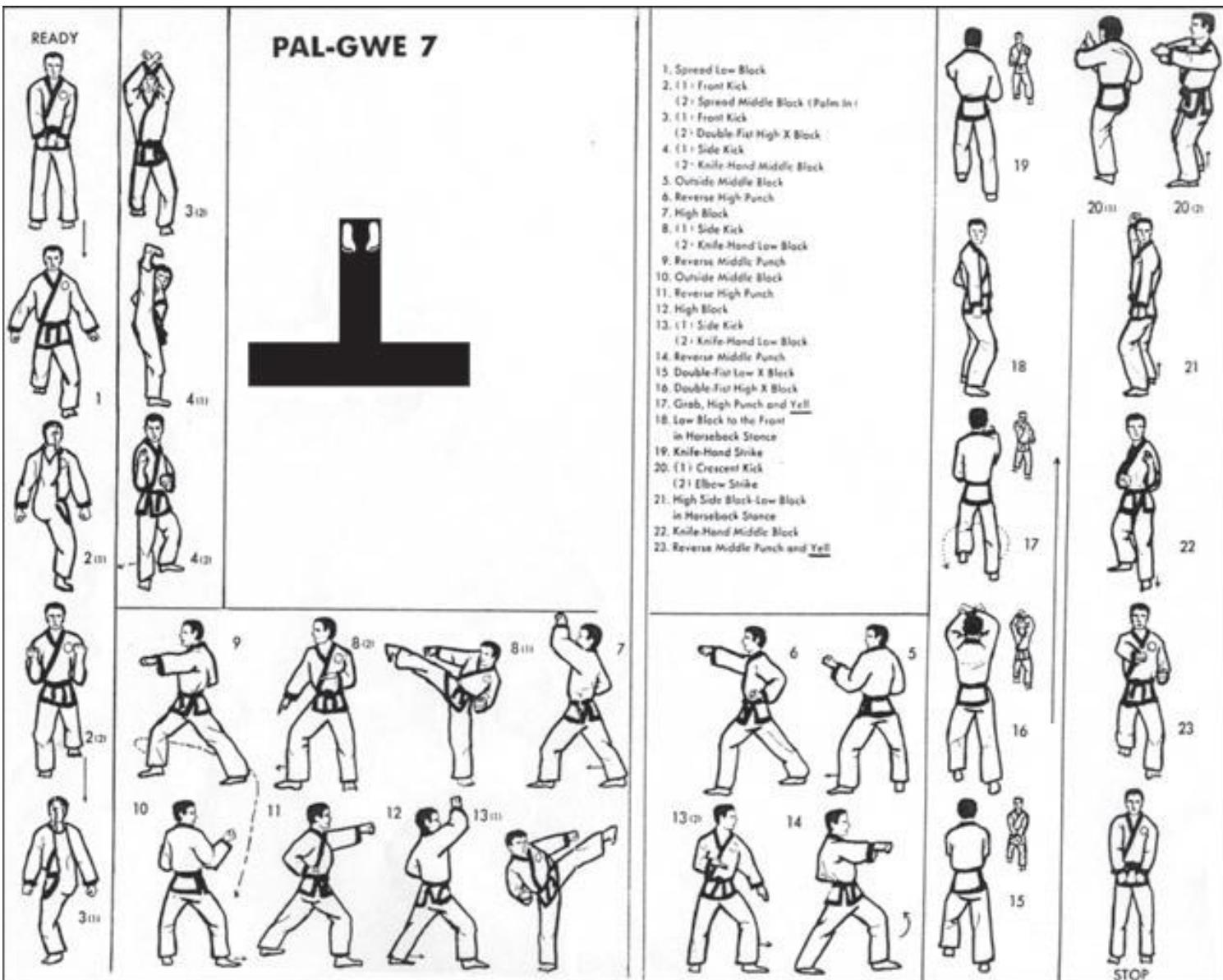


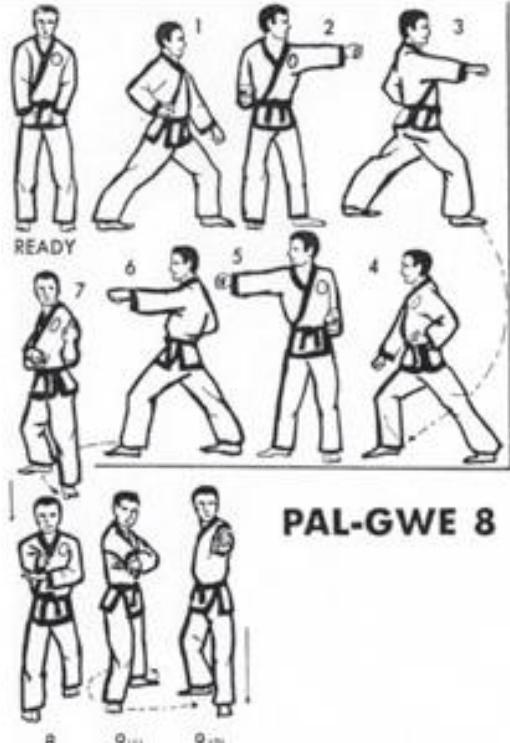
TAN'S
TAEKWONDO





- 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

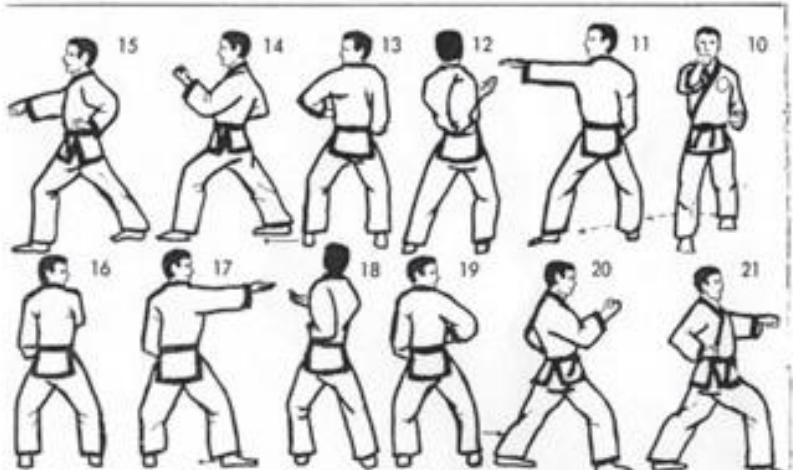




PAL-GWE 8



1. Low Block
2. Full Free and Hammer-Fist Strike ↓ Downward
3. Middle Punch
4. Low Block
5. Full Free and Hammer-Fist Strike ↓ Downward
6. Middle Punch
7. Knife-Hand Middle Block
8. Palm-Heel Center Block and Spear-Hand Thrust
9. 11.1 Twist Spear-Hand and Turn
12. Back-Fist Strike
10. High Punch and Yell
11. Elbow 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. 11.1 Side Kick
25. Turn to the Front in Horseback Stance
26. Crane Stance
27. 11.1 Side Kick
28. 11.1 Elbow Strike
29. 11.1 Spread Middle Block (Palm Down)
30. Double Middle Upper-Cut
31. 11.1 Spread Middle Block (Palm Down)
32. Double Middle Upper-Cut
33. Knife-Hand Middle Block (Outside-to-Inside)
34. Spin and Backward Elbow Strike in Horseback Stance
35. Turn to the Front in Normal Stance
36. Double Elbow Release in Horseback Stance
37. Backward Right Elbow Strike and Over-the-Shoulder Left High Hook Punch
38. Backward Left Elbow Strike and Over-the-Shoulder Right High Hook Punch and Yell



TAN'S
TAEKWONDO