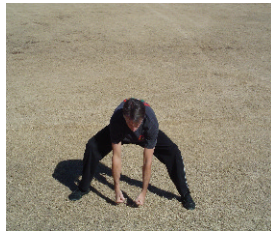


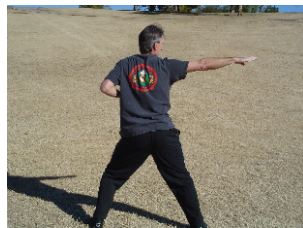
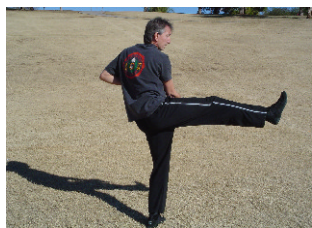
PALAMA SET 3



Upward cross block and set into horse stance
Double punch downward and double punch upward



Right outward and left inward blocks simultaneously
Right back-fist and left chop simultaneously
Look left and left down block with right check at the face



Right vertical knife hand and right front kick
Right horizontal knife hand and left cross punch



Look left and cross step with your right, left horizontal knife hand
Right cross punch



Right down block, Step forward and left front punch
Step forward to side stance and right horizontal elbow strike to the left open hand
Face left and withdraw to shooting star stance

PALAMA SET 3



Lunge and right punch with left upward block

Left vertical knife hand strike

Step back with the right and left horizontal knife hand strike

Step forward to side stance and right horizontal elbow strike



Step back with the right and upward cross block

Set down into horse stance