

PALAMA SET 4



Cross Block and double elbow back strikes
Right body block



Left down punch,
Left body block,
Left outward block and right punch simultaneously



Right body block
Left cross punch with right outward block
Left body block
Right punch with left outward block



Double back elbow strikes
Upward cross block
Double back elbow strikes

PALAMA SET 4



Right down punch,
Right body block,
Right outward block and left punch simultaneously



Left body block
Right cross punch with left outward block
Right body block
Left punch with right outward block



Double back elbow strikes
Upward cross block
Double back elbow strikes