

## PUGLAR MICRO COMMAND CARDS (WALLET SIZE)

<b>AEN ATTENTION</b> Heels together Hands down Scaps set Eyes forward  Calm order	<b>PARADE REST</b> Feet apart Hands behind Chest open Head still  Relaxed discipline	<b>AT EASE</b>  Parade Rest body Head free Eyes scan  Alert without disorder
<b>AS YOU WERE</b> Release posture Stay aware  Order ends clean	<b>GORILLA REST</b> Knuckles down Hips high Stretch wrists  Prepare joints	<b>FRONT LEANING REST</b>  Body straight Elbows in  Bones aligned