

PUGLAR MICRO COMMAND CARDS (WALLET SIZE)

AEN ATTENTION	PARADE REST	AT EASE
Heels together Hands down Scaps set Eyes forward Calm order	Feet apart Hands behind Chest open Head still Relaxed discipline	Parade Rest body Head free Eyes scan Alert without disorder

AS YOU WERE	GORILLA REST	FRONT LEANING REST
Release posture Stay aware Order ends clean	Knuckles down Hips high Stretch wrists Prepare joints	Body straight Elbows in Bones aligned