

# PUGLAR AEN ATTENTION & GORILLA REST — DRILL CARDS (v2)

Old-Manual Commands • Tendon-Safe • Long Service

## CROSS STANCE → AEN ATTENTION

### CROSS STANCE (SET)

- Feet shoulder-width
- Arms crossed lightly
- Chin neutral
- Breath calm

“Stillness prepares order.”

### UNFOLD

- Uncross arms slowly
- Hands travel down
- Elbows close to ribs

“No snap. No rush.”

### AEN ATTENTION (SET)

- Heels together
- Hands down, fingers curled
- Shoulders set, scaps down
- Eyes forward

“Attention without tension.”

### HOLD LAW

- Breathe quietly
- No sway
- Release jaw
- 20–60s holds

“Calm is discipline.”

# FRONT LEANING REST — GORILLA REST (PUGLAR)

## GORILLA REST (BASE)

- Knuckles on floor
- Arms straight
- Hips high
- Stretch wrists & shoulders

"Stretch before force."

## SETTLE

- Lower hips slightly
- Stack shoulders
- Engage core lightly

"Stability before movement."

## KNUCKLE PUSH-UP POSITION

- Body straight
- Elbows tucked
- Neck neutral

"Bones aligned protect joints."

## CONTROLLED PUSH-UP

- Lower 3–5s
- Pause briefly
- Press smoothly

"Slow builds truth."

## REST LAW

- Shake hands
- Circle wrists
- Breathe

"Recovery is duty."

## PARADE REST • AT EASE • AS YOU WERE

### PARADE REST

- Feet shoulder-width
- Hands clasped behind back
- Elbows relaxed
- Chest open
- Head still

"Relaxed discipline."

### AT EASE

- Same as Parade Rest
- Head may move
- Eyes may scan
- Body remains disciplined

"Awareness without disorder."

### AS YOU WERE

- Release posture
- Return to natural stance
- Maintain awareness

"Order ends without collapse."