

GUP 1 to DAN 1

<p>Basic Techniques Ready Position Walking Stance Front Stance Back Stance Horse Stance Cat Stance Tiger Stance</p> <p>Blocks High Block Outside Forearm Block Low Block Front Block Side Block Knife Hand Middle Block Double Knife Hand Middle Block Double Knife Hand High Block Double Knife Hand Low Block Push Block</p> <p>Combos Low Block-Middle Punch Combo Front Block-Middle Punch Combo High Block-Middle Punch Combo Knife Hand Middle Block-Reverse Middle Punch Combo Knife Hand High Block-Knife Hand Strike (palm up) Combo Knife Hand Strike (palm down)-45 Reverse Punch Round Kick-360 Round Kick Combo Round Kick-360 Round Kick-Spin Heel Kick Combo</p>	<p>Punches Middle Punch High Punch Low Punch Palm Heel Strike (palm down) Knife Hand Strike (palm up) Spear Hand Backfist</p> <p>Kicks Rear Leg Front Kick Rear Leg Round Kick (Round Kick) Stepping Side Kick Front Leg Round Kick (Fast Kick) Fast Kick-Round Kick Combo Rear Leg Ax Kick Step Over Ax Kick Back Kick Round Kick-Back Kick Combo Step In Back Kick (360) Step in Spin Heel Kick Spin Heel Kick Double Kick from Lead Leg Double Kick from Rear Leg 360 Round Kick</p> <p>Board Breaking 5 Station Break of Choice</p>	<p>Forms Basic 1 Taegeuk 1 Taegeuk 2 Taegeuk 3 Taegeuk 4 Taegeuk 5 Taegeuk 6 Taegeuk 7 Taegeuk 8 (all bold forms are tested)</p> <p>Sparring Medium contact with pads 3 rounds 2 minutes each</p> <p>Terminology Numbers 1-50 Attention Bow Ready Position Instructor Uniform Flag</p>
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Tenants:

*Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit

Taegeuk 8

1	Move the left foot one step forward into a right back stance while executing a double outer arm-block	Slide the left foot into a left forward stance while executing a middle section punch with the right fist
2	Execute a jumping front snap kick with the left foot and KIHOP landing into a left forward stance while executing an inner arm block with the left forearm	Execute two rapid middle section punches start with the right fist
3	With the left foot fixed, step forward with the right foot into a right forward stance	Execute a middle section straight punch with the right fist
4	Pivoting on the ball of the right foot, turn to the left 180 degrees by moving the left foot in a circular manner to form a right forward stance	Simultaneously execute an outer arm block with the right forearm and the low block with the left forearm
5	Twist the body left to change the stance into a left forward stance	Execute an uppercut punch with the right fist and bringing the left fist to the right shoulder
6	Move the left foot behind the right foot and quickly twist the upper body to the right	Then step out with the right foot to form a left forward stance while simultaneously executing an outer arm block with the left arm and a low block with the right arm
7	Twist the body to the right to form a right forward stance	Execute an uppercut punch with the left fist and bringing the right fist to the left shoulder
8	Pivoting on the ball of the left foot, turn to the left 180 degrees by moving the right foot into a right back stance	Execute a double knife-hand block
9	Slide the left foot into a left forward stance	Execute a middle section punch with the right fist
10	Execute a middle section front snap kick with the right foot	Drop the right foot back to its original position and step back with the left foot into a right tiger stance while executing a middle section palm block with the right hand
11	Turn left 90 degrees by moving the left foot into a left tiger stance	Execute a middle section double knife-hand block
12	With the right foot fixed, execute a middle section front snap kick with the left foot and step down into a left forward stance	Execute a middle section punch with the right fist
13	Slide the left foot back into a left tiger stance	Execute a middle section palm block with the left hand
14	Turn right 180 degrees with the right foot into a right tiger stance	Execute a double knife-hand block
15	With the left foot fixed, execute a front snap kick with the right foot and step down into a right forward stance	Execute a middle section straight punch with the left fist
16	With the left foot fixed, slide the right foot back into a right tiger stance	Execute a middle section palm block with the right hand
17	Pivoting on the ball of the left foot, turn to the right 90 degrees by	Execute a low block with the right hand and protecting the solar

	moving the right foot into a left back stance	plexus with the left fist
18	Execute a middle section front snap kick with the left foot the jump into the air and while both feet are off the floor, execute a high section front kick with the right foot and land in a right forward stance	Execute an inner arm block with the right are and follow immediately with a middle section punch with the left fist and KIHIOF
19	Pivoting on the ball of the right foot, turn to the left 270 degrees by moving the left foot into a right back stance	Execute a middle section knife-hand with the left hand
20	With the right foot fixed, slide the left foot forward into a left forward stance	Execute a high section elbow strike with the right elbow
21	Remain in the same stance and execute a high section back-fist strike with the right fist	Follow immediately with a middle section straight punch with the left fist
22	With the left foot fixed, turn to the right 180 degrees by pulling the right foot back into a left back stance	Execute a middle section knife-hand block with the right hand
23	Slide the right foot forward into a right forward stance	Execute a high section elbow strike with the left elbow
24	Execute a high section back-fist	Follow immediately with a middle section punch with the right fist and KIHIOF