

GUP 2 to GUP 1

<p><b>Basic Techniques</b>                  Ready Position                  Walking Stance                  Front Stance                  Back Stance                  Horse Stance</p> <p><b>Blocks</b>                  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><b>Combos</b>                  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</p>	<p><b>Punches</b>                  Middle Punch                  High Punch                  Low Punch                  Palm Heel Strike (palm down)                  Knife Hand Strike (palm up)                  Spear Hand                  Backfist</p> <p><b>Kicks</b>                  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</p> <p><b>Board Breaking</b>                  3 Station Break of Choice</p>	<p><b>Forms</b>                  Basic 1  <b>Taegeuk 1</b>                  Taegeuk 2  <b>Taegeuk 3</b>                  Taegeuk 4  <b>Taegeuk 5</b>                  Taegeuk 6  <b>Taegeuk 7</b>                  (all bold forms are tested)</p> <p><b>Sparring</b>                  Medium contact with pads                  3 rounds                  2 minutes each</p> <p><b>Terminology</b>                  Numbers 1-50                  Attention                  Bow                  Ready Position                  Instructor                  Uniform                  Flag</p>
<p><b>Tenants:</b>                  *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Taegeuk 7

1	Turn left 90 degrees into a left tiger stance	Execute a right hand push block
2	Execute a middle section front kick with the right leg and step back into a left tiger stance	Execute a left outside forearm block
3	Turn right 180 degrees into a right tiger stance	Execute a left hand push block
4	Execute a middle section front kick with the left leg and step back into a right tiger stance	Execute a right outside forearm block
5	Turn left 90 degrees into a left back stance	Execute a low double-knife hand block
6	Step forward into a right black stance	Execute a low double-knife hand block
7	Turn left 90 degrees into a left tiger stance	Execute a right hand low push block while supporting the right elbow with the left hand, palm open and down then execute a right fist back-fist
8	Turn right 180 degrees into a right tiger stance	Execute a left hand low push block while supporting the left elbow with the right hand, palm open and down then execute a left fist back-fist
9	Turn left 90 degrees into a closed stance	Place palm of left hand over knuckles of right fist and raise fist slowly to chin
10	Step forward into a left front stance	Execute a right arm down hook block followed by a left arm down hook block
11	Step forward into a right front stance	Execute a left arm down hook block followed by a right arm down hook block
12	Turn left 270 degrees into a left front stance	Execute a double inside forearm block
13	Execute a middle section right knee strike while bringing both hands down onto knee (Simulate pulling opponents head into knee)	Jump forward into a right twist stance and execute a simultaneous double middle section uppercut then step back with left foot into a right front stance and execute a low X block
14	Turn right 180 degrees into a right front stance	Execute a double inside forearm block
15	Execute a middle section left knee strike while bringing both hands down onto knee (Simulate pulling opponents head into knee)	Jump forward into a left twist stance and execute a simultaneous double middle section uppercut then step back with right foot into a left front stance and execute a low X block
16	Step back to an open stance	Execute a high-section back fist
17	Open palm and execute a right foot crescent kick to the palm landing in a horse stance while performing a right elbow strike to the left palm (Will be facing the opposite direction)	Pull left foot up to an open stance while executing a right back fist
18	Open palm and execute a left foot crescent kick to the palm landing in a horse stance while performing a left elbow strike to the right palm (Will be facing the opposite direction)	Execute a left-hand knife block
19	Step with right leg into a horse stance (facing the opposite direction)	Execute a right arm side-punch, KIHOP