

GUP 4 to GUP3

<p>Basic Techniques Ready Position Walking Stance Front Stance Back Stance Horse 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</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</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</p> <p>Board Breaking Step in Spin Heel Kick</p>	<p>Forms Basic 1 Taegeuk 1 Taegeuk 2 Taegeuk 3 Taegeuk 4 Taegeuk 5</p> <p>Sparring Medium contact with pads 2 rounds 2 minutes each</p> <p>Terminology Numbers 1-50 Attention Bow Ready Position Instructor Uniform Flag</p>
<p>Tenants: *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Taegeuk 5

1	Turn 90 degrees left into a left front stance	Execute a left arm low block
2	Turn 90 degrees right, slide left foot back into an open stance	Execute a left hammer fist strike
3	Turn 90 degrees right into a right front stance	Execute a right arm low block
4	Turn 90 degrees left, slide right foot back into an open stance	Execute a right hammer fist strike
5	Step forward into a left front stance	Execute a left outside forearm block followed by a right outside forearm block
6	Execute a right front kick to the mid-section and step down into a right front stance	Execute a right back fist followed with a left outside forearm block
7	Execute a left front kick to the mid-section and step down into a left front stance	Execute a left back fist followed by a right outside forearm block
8	Step forward into a right front stance	Execute a right back-fist
9	Turn 270 degrees left into a left back stance	Execute a left hand knife hand block
10	Step forward into a right front stance	Execute a middle section right elbow strike taking the right elbow to the open left hand
11	Turn right 180 degrees into a right back stance	Execute a right knife hand block
12	Step forward into a left front stance	Execute a middle section left elbow strike taking the left elbow to the open right hand
13	Turn left 90 degrees into a left front stance	Execute a left arm low block followed by a right arm outside forearm block
14	Execute a right front kick to the middle section and step down into a right front stance	Execute a right low block followed by a left outside forearm block
15	Turn left 90 degrees into a left front stance	Execute a left high block
16	Execute a middle section side kick with the right leg and step down into a right front stance	Execute a left elbow strike to the right palm
17	Turn right 180 degrees into a right front stance	Execute a right high block
18	Execute a middle section side kick with the left leg and step down into a left front stance	Execute a right elbow strike to the left palm
19	Turn left 90 degrees into a left front stance	Execute a left arm low block followed by a right arm outside forearm block
20	Execute a middle section front kick with the right leg and jump forward into a right twist stance	Execute a right back fist, KIHOP