

GUP 6 to GUP 5

<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</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</p>	<p>Punches Middle Punch High Punch Low Punch Palm Heel Strike (palm down) Knife Hand Strike (palm up)</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</p> <p>Board Breaking Back Kick</p>	<p>Forms Basic 1 Taegeuk 1 Taegeuk 2 Taegeuk 3</p> <p>Sparring Medium contact with pads 2 minutes</p> <p>Terminology Numbers 1-40 Attention Bow Ready Position Instructor Uniform Flag</p>
<p>Tenants: *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Taegeuk 3

1	Turn left 90 degrees into a left walking stance	Execute a left arm low block
2	Execute a right leg front kick to the middle section and then step into a right front stance	Execute a double punch to the middle section beginning with the right hand
3	Turn right 180 degrees into a right walking stance	Execute a right arm low block
4	Execute a left leg front kick to the middle section and then step into a left front stance	Execute a double punch to the middle section beginning with the left hand
5	Turn left 90 degrees into a left walking stance	Execute a right hand knife-hand mid section block
6	Step forward into a right walking stance	Execute a left hand knife-hand mid section block
7	Turn left 90 degrees into a left leg forward back stance	Execute a left knife-hand block
8	Step out to a left front stance	Execute a right fist middle section punch
9	Turn 180 degrees into a right leg forward back stance	Execute a right knife-hand block(Note: feet should come together before stepping into the right back stance)
10	Step out into a right front stance	Execute a left fist middle section punch
11	Turn left 90 degrees, J Step, into a left walking stance	Execute a right outside forearm block
12	Step forward into a right walking stance	Execute a left outside forearm block
13	Turn left 270 degrees into a left walking stance	Execute a left arm low block
14	Execute a right leg front kick to the middle section and then step into a right front stance	Execute a double punch to the middle section beginning with the right hand
15	Turn right 180 degrees into a right walking stance	Execute a right arm low block
16	Execute a left leg front kick to the middle section and then step into a left front stance	Execute a double punch to the middle section beginning with the left hand
17	Turn left 90 degrees into a left walking stance	Execute a left arm low block followed immediately by a right fist middle section punch
18	Step forward into a right walking stance	Execute a right arm low block followed immediately by a left fist middle section punch
19	Execute a left leg middle section front kick and then step into a left walking stance	Execute a left arm low block followed immediately by a right fist middle section punch
20	Execute a right leg middle section front kick and then step into a right walking stance	Execute a right arm low block followed immediately by a left fist middle section punch-KIHOP