

GUP 7 to GUP 6

<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</p> <p>Combos Low Block-Middle Punch Combo Front Block-Middle Punch Combo High Block-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</p> <p>Board Breaking Step Over Axe Kick</p>	<p>Forms Basic 1 Teaguek 1 Teaguek 2</p> <p>Sparring Controlled no contact no pads 2 minutes</p> <p>Terminology Numbers 1-30 Attention Bow Ready Position Instructor Uniform Flag</p>
<p style="text-align: center;">Tenants: *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Teaguek 2

1	Turn left 90 degrees into a left walking stance	Execute a left arm low block
2	Step forward into a right front stance	Execute a right fist middle section punch
3	Turn right 180 degrees into a right walking stance	Execute a right arm low block
4	Step forward into a left front stance	Execute a left fist middle section punch
5	Turn left 90 degrees into a left walking stance	Execute a right arm outside forearm block
6	Step forward into a right walking stance	Execute a left arm outside forearm block
7	Turn left 90 degrees into a left walking stance	Execute a left arm low block
8	Execute a right leg front kick to the middle section and then step forward into a right front stance	Execute a right fist high section punch
9	Turn right 180 degrees into a right walking stance	Execute a right arm low block
10	Execute a left leg front kick to the middle section and then step forward into a left front stance	Execute a left fist high section punch
11	Turn left 90 degrees into a left walking stance	Execute a left arm high block
12	Step forward into a right walking stance	Execute a right arm high block
13	Turn left 270 degrees into a left walking stance	Execute a right arm outside forearm block
14	Turn right 180 degrees into a right walking stance	Execute a left arm outside forearm block
15	Turn left 90 degrees into a left walking stance	Execute a left arm low block
16	Execute a right leg front kick to the middle section and then step into a right walking stance	Execute a right fist middle section punch
17	Execute a left leg front kick to the middle section	Step into a left walking stance and then execute a left fist middle section punch
18	Execute a right leg front kick to the middle section and then step into a right walking stance	Execute a right fist middle section punch-KIHOP