

GUP 9 to GUP 8

<p>Basic Techniques Ready Position Walking Stance Front Stance Back Stance Horse Stance</p> <p>Blocks High Block Outside Forearm Block Low Block</p>	<p>Punches Middle Punch</p> <p>Kicks Rear Leg Front Kick Rear Leg Round Kick (Round Kick) Stepping Side Kick</p> <p>Board Breaking Stepping Side Kick</p>	<p>Forms Basic 1</p> <p>Sparring None</p> <p>Terminology Numbers 1-10 Attention Bow Ready Position</p>
<p>Tenants: *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Basic 1

1	Turn 90 degrees left into a left front 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 front stance	Execute a right arm low block
4	Step forward into a left front stance	Execute a left fist middle section punch
5	Turn 90 degrees left into a left front stance	Execute a left arm low block
6	Step forward into a right front stance	Execute a right arm high block
7	Step forward into a left front stance	Execute a left arm high block
8	Step forward into a right front stance	Execute a right fist middle section punch, KIHOP
9	Turn left 270 degrees into a left front stance	Execute a left arm low block
10	Step forward into a right front stance	Execute a right fist middle section punch
11	Turn right 180 degrees into a right front stance	Execute a right arm low block
12	Step forward into a left front stance	Execute a left fist middle section punch
13	Turn left 90 degrees into a left front stance	Execute a left arm low block
14	Step forward into a right front stance	Execute a right outside forearm block
15	Step forward into a left front stance	Execute a left outside forearm block
16	Step forward into a right front stance	Execute right arm middle section punch
17	Turn left 270 degrees into a left front stance	Execute a left low block
18	Step forward into a right front stance	Execute a right fist middle section punch
19	Turn right 180 degrees into a right front stance	Execute a right low block
20	Step forward into a left front stance	Execute a left fist middle section punch