

## TUL STANCES AND TECHNIQUES

<b>10th Grade - White Belt</b>	
Walking stance forearm low block	Gunnun so palmok najunde makgi
Walking stance middle front punch	Gunnun so kaunde ap jirugi
Walking stance knife hand low block	Gunnun so sonkal najunde makgi
Walking stance inner forearm middle side block	Gunnun so an palmok kaunde makgi
<b>9th Grade - White Belt/Yellow Stripe</b>	
Walking stance forearm rising block	Gunnun so palmok chukyo makgi
L stance inner forearm middle block	Niunja so an palmok kaunde makgi
L stance knife hand guarding block	Niunja so sonkal daebi makgi
L stance forearm guarding block	Niunja so palmok daebi makgi
<b>8th Grade - Yellow Belt</b>	
Walking stance high front punch	Gunnun so nopunde ap jirugi
L stance twin forearm block	Niunja so sang palmok makgi
Walking stance forearm rising block	Gunnun so palmok chukyo makgi
L stance middle knife hand side strike	Niunja so kaunde sonkal yop taerigi
<b>7th Grade - Yellow Belt/Green Stripe</b>	

Walking stance outer forearm high side block	Gunnun so bakat palmok nopunde yop makgi
Walking stance middle reverse punch	Gunnun so kaunde bandae jirugi
Walking stance straight fingertip thrust	Gunnun so sun sonkut tulgi
Walking stance back fist high side strike	Gunnun so dung joomuk nopunde yop taerigi
Sitting stance knife hand side strike	Annun so sonkal yop taerigi
<b>6th Grade - Green Belt</b>	
L stance knife hand high inward strike	Niunja so sonkal nopunde anuro taerigi
Fixed stance middle punch	Gojung so kaunde jirugi
Walking stance inner forearm circular block	Gunnun so an palmok dollimyo makgi
<b>5th Grade - Green Belt/Blue Stripe</b>	
Sitting stance middle punch	Annun so kaunde jirugi
Walking stance palm obverse hooking block	Gunnun so sonbadak golcho makgi
Walking stance palm reverse hooking block	Gunnun so sonbadak bandae golcho makgi
Walking stance front elbow strike	Gunnun so ap palkup taerigi
L stance twin knife hand block	Niunja so sang sonkal makgi
X stance back fist high side strike	Kyocha so dung joomuk nopunde yop taerigi
Walking stance double forearm high block	Gunnun so boo palmok nopunde makgi

<b>4th Grade - Blue Belt</b>	
L stance reverse knife hand outward block	Niunja so sonkal dung bakuro makgi
Rear foot stance palm upward block	Dwitbal so sonbadak ollyo makgi
Walking stance upper elbow strike	Gunnun so wipalgup taerigi
Walking stance twin fist high vertical punch	Gunnun so sang joomuk sewo jirugi
Walking stance twin fist upset punch	Gunnun so sang joomuk dwijibo jirugi
Walking stance X fist rising block	Gunnun so Kyocha joomuk chukyo makgi
Low stance palm pressing block	Gojung so mongdung - I makgi
Closed stance angle punch	Moa so giokja jirugi
<b>3rd Grade - Blue Belt/Red Stripe</b>	
Walking stance upset fingertip low thrust	Gunnun so dwijibum sonkut najunde tulgi
Close stance back fist side back strike	Mao so dung joomuk yopdwi taerigi
Walking stance X fist pressing block	Gunnun so kyocha joomuk noollo makgi
Sitting stance outer forearm W-shape block	Annun so bakat palmok san makgi
Walking stance flat fingertip high thrust	Gunnun so opun sonkut nopunde tulgi
L stance double forearm low pushing block	Niunja so doo palmok najunde miro makgi

L stance back fist high strike	Niunja so dung joomuk nopunde taerigi
X stance X fist pressing block	Kyocha so kyocha joomuk noolio makgi
L stance knife hand low guarding block	Niunja so sonkal najunde daebi makgi
<b>2nd Grade - Red Belt</b>	
Sitting stance palm pushing block	Annun so sonbadak miro makgi
L stance upward punch	Niunja so ollyo jirugi
Vertical stance knife hand downward strike	Soo jik sonkal naeryo taerigi
L stance obverse punch	Niunja so baro jirugi
L stance side elbow thrust	Niunja so yop palkup tulgi
Close stance inner forearm middle side front block	Mao so an palmok kaunde yopap makgi
<b>1st Grade - Red Belt/Black Stripe</b>	
Walking stance knife hand front strike	Gunnun so sonkal nopunde ap taerigi
L stance forearm low block	Niunja so palmok najunde makgi
Walking stance reverse knife hand high front strike	Gunnun so son dung nopunde ap taerigi
Sitting stance outer forearm middle front block	Annun so bakat palmok kaunde ap makgi
Sitting stance back fist high side strike	Annun so dung joomuk nopunde yop taerigi
L stance X knife hand middle side block	Niunja so kyocha sonkal kaunde yop makgi

Walking stance both palms  
upward block

Gunnun so doo sonbadak  
ollyo makgi