

Chapter 21 - Exhibit B: GUP Memory Guide

#	BELT	HAND	FOOT	GRAB	FORM	BREAK	BASICS	BIBLE
12a		Block & Punch	Kick, Punch, Punch	Basic - 1 hand	Hyung IL Bo	Hammer or Front Snap	Low / High Block Rev Middle Punch Front Snap Kick	Ephesians 2:8-9
12b		Left, Right, Left,	Turning Side Kick	Basic - 2 hand	Hyung EE Bo			
11a		Horse - Ear	O/I Knife	Top Smack	Hyung Sum Bo	Soo Do or Side Kick	I / O Block Turn Hammer Fist Side Snap Kick	Isaiah 53:6 Romans 3:23
11b		Horse - Nose	Jump Side	Bottom Smack				
10a		Outside - Elbow	I/O Crescent	Bear Front	Pyung Ahn Cho Do	Elbow Strike or T. Side Kick	Chop Block Palm Strike Roundhouse Kick	Romans 6:23 Hebrews 9:27
10b		Outside - Wrist	Back kick	Bear Back				
9a		Elbows - 2 fist	O/I - Side	Lapel - 1 hand	Chil Sung EE Ro	Ridge Hand or Axe Kick	2 Fisted Block Turning Soo Do Hook Kick	1 Peter 3:18
9b		Elbows - Uppercut	O/I - Back	Lapel - 2 hand				
8a		Back - Groin	Roundhouse	Shoulder - 1 hand	Pyung Ahn EE Dan	Back Wheel Kick	DBL Knife Hand Elbow Strike Back Kick	Rev 3:20 1 John 5:11-13
8b		Back - Strike	Jump Roundhouse	Shoulder - 2 Front				
7a		R/H - Grab	Front, Jump	Open Door	Pyung Ahn Sum Dan	Jump Diagonal Kick	L / H "X" Block Back Fist Wheel Kick	2 Cor 5:17 Galatians 2:20
7b		R/H - Knife	Hook Kick	Hair then Kick				
6a		Knee to Head	Rev Kick & Punch	Belt Twist	Pyung Ahn Sah Dan	Any Jumping Kick	DBL Knife Fist Spear hand Knee Kick	Romans 12:1-2
6b		Knee to Chest	Flying Side	Lunging - Back				
5a		Elbow Wrap	Jump Back	Shoulder 2-Back	Chil Sung IL Ro	Any Spinning Kick	Developed by Student	2 Timothy 3:16
5b		Elbow Smash	Jump Turn Back	Chock- Nose/Leg				
4a		Knee Flip	X, Kick to Rib	Cross Elbow	Pyung Ahn O Dan	Flying Side Kick	Holding Block Yuk Soo Do I / O Kick	Proverbs 3:5-6
4b		Knee Kick	Front then Round	Cross Temple				
3a		Elbow - 4	O/I then O/I	Cross Head Butt	Passai So	Flying Turning Back Kick	Sum Dan Block Wrist Strike O / I Kick	Philippians 4:5-6
3b		Elbow Chop	Sweep Hook	Cross Jaw				
2a		Sweeps	O/I, Turning Hook	ADV, Elbow	Passai Dae	3 Station Break	O / I Block Inverted Punch Diagonal Kick	Hebrews 10: 24-25
2b		3 Stooges	I/O then Round	ADV. Knee				
1a		Knee Chop	Front, Round, Back	ADV. Open Door	Naihanchi Cho Dan	Hand & Foot Together	Developed by Student	Matt 4:19 Romans 1:16
1b		High / Low	T. Side, Back, Pete	ADV. Top Smack				