

The Upright Citizens Brigade Comedy Improvisation Manual Matt Besser

upright adjective (MORAL) honest, responsible, and moral: an upright young man (Definition of upright from the Cambridge Academic Content Dictionary © Cambridge University Press) UPRIGHT definition: erect or vertical, as in position or posture. See examples of upright used in a sentence. Upright refers to an object, posture, or position that is straight up and down, in a vertical or perpendicular direction, or not slanting or leaning. It can also refer to a person who is considered to be honest, ... 1. A perpendicular position; verticality. 2. Something, such as a goalpost, that stands upright. 3. An upright piano. 4. An upright bicycle. Upright definition: Adhering strictly to moral principles; righteous. The Upright posture corrector is validated by peer-reviewed studies and recommended by healthcare professionals worldwide. Independent clinical research shows 95% of users improve their posture ... Mar 4, 2026 · The correct seated posture involves the proper alignment of the hips, pelvis, spine, neck, shoulder, and head. Learn the 9 steps to sitting up straight. 3 days ago · Adjective upright (comparative more upright, superlative most upright) Vertical; erect. Upright, erect, vertical, perpendicular imply that something is in the posture of being straight upward, not leaning. That which is upright is in a position corresponding to that of a person standing up: a ... upright, honest, just, conscientious, scrupulous, honorable mean having or showing a strict regard for what is morally right. upright implies a strict adherence to moral principles.

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